

**CHICAGO SPORTS**

**Tough calls loom for Bears in offseason**

Next year, the Bears hope to be playing this week. But how much heat is general manager Ryan Pace willing to take to push the team to the next level? Difficult decisions lie ahead.



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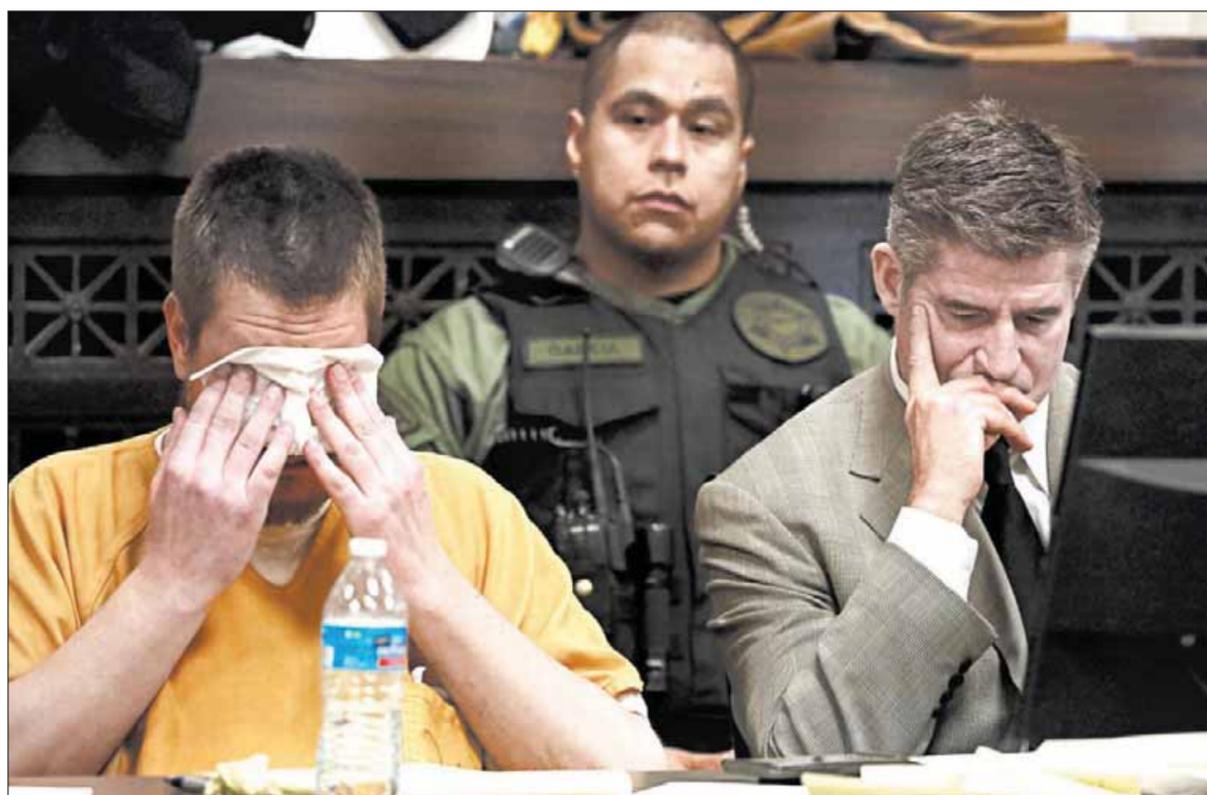
# Chicago Tribune



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SUNDAY, JANUARY 20, 2019

BREAKING NEWS AT CHICAGOTRIBUNE.COM



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Former Chicago police Officer Jason Van Dyke listens as his daughter Kaylee, a junior in high school, testifies at his sentencing hearing Friday.

## Police case rulings leave questions about reforms

**7 years for killing plus 3 officers' acquittals could deepen divisions**

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

By any definition, the criminal cases connected to Laquan McDonald's murder have been watershed moments for a city with a decadeslong history of police abuses.

Yet on back-to-back days last

week at Cook County's main criminal courthouse, many reform advocates were left disappointed and wondering if any real progress has been made.

In one courtroom Friday, a judge sentenced Chicago police

Officer Jason Van Dyke to just under seven years in prison for killing 17-year-old McDonald, less than half of what prosecutors had sought. He could be released in as soon as three years.

A day earlier, a different judge acquitted three of Van Dyke's fellow officers of charges alleging a cover-up of McDonald's shooting. Instead, the judge issued a staunch endorsement of the officers' actions that night, calling the black teen an erratic, armed assailant who ignored

**SECURITY CONCERNS:** Officials won't say where Jason Van Dyke will be imprisoned. **Page 6**  
**MAYORAL RACE:** Candidates react to the sentence. **Page 8**

commands to drop a small knife.

To some, the rulings threaten to deepen the divisions brought to the fore by the court-ordered release of the infamous police

Turn to **Reforms, Page 11**

## Trump: DACA deal for the wall

Democrats say plan to end shutdown is a 'non-starter'

BY JILL COLVIN, CATHERINE LUCEY AND ZEKE MILLER  
Associated Press

WASHINGTON — In a bid to break the shutdown impasse and fund his long-promised border wall, President Donald Trump on Saturday offered to extend temporary protections from deportation for young people brought to the U.S. illegally as children.

But while Trump cast the move as a "common-sense compromise," Democrats were quick to dismiss it as a "non-starter."

Trump declared from the White House that "both sides in Washington must simply come together," adding he was there "to break the logjam and provide Congress with a path forward to end the government shutdown and solve the crisis on the southern border."

But Trump did not budge on his \$5.7 billion demand

Turn to **Trump, Page 32**

## Progressives see path to Chicago City Council

Candidates fight for open seats and longtime aldermen face new opposition. **Chicagoland, Page 12**

## Women's March across nation and suburban Geneva

**Chicagoland, Page 4 and Nation & World, Page 29**

## Boosting fish populations has struggles of its own

Eggs suffocating in man-made reefs in Lake Michigan

BY TONY BRISCOE  
Chicago Tribune

Across the Great Lakes, collections of underwater rocks have traditionally served as incubators for native fish eggs.

In Lake Michigan, this reef habitat can vary from a field of cobblestones the

size of baseballs to a hulking assemblage of boulders. Each fall, species like lake trout return to these spawning grounds to deposit eggs into crevices between the rocks, which protect the unhatched fry. For months, even after they've hatched, juveniles hide in these cracks to avoid being eaten by predators.

Over the past 30 years, scientists and fishery managers have tried to repli-

cate that success, building numerous artificial reefs to boost fish populations. But experts question whether these reefs are a viable solution because of threats posed by invasive species and climate change.

Without a suitable nursery habitat, the fish population will keep shrinking, said Alex Gatch, a former fisheries technician with Cornell University and the

Turn to **Fish, Page 16**



JOHN J. KIM/CHICAGO TRIBUNE

## One-two punch: Snow, then cold

Volunteers organized by My Block, My Hood, My City shovel sidewalks in the Chatham neighborhood of Chicago on Saturday after the city's first winter storm of 2019. Next up: Bitter cold. **Chicagoland, Page 5**

**TOM SKILLING'S WEATHER**

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Welcome to the new Life + Travel section. Each week, you'll find a dynamic, modern cover highlighting the week's best stories in Lifestyles, Travel, Style, Home and Relationships and Home design. Inside, you'll find a colorful section filled with the stories and columns that bring you back week after week, including Ask Amy, Heidi Stevens, Rick Steves, Miss Manners, Answer Angel and Candid Candace.

We've created a section designed to help you navigate your life. Whether you are planning a vacation, decorating your home or trying to understand that game your kids are obsessed with, we've got you covered. We're also rearranging things a bit to put stories and sections together in a more intuitive way.

Our Books coverage moves to its previous home in the Sunday A&E section. The weekly best-seller list can be found in Saturday A&E and online at [chicagotribune.com/books](http://chicagotribune.com/books).

Recipes and drink coverage can be found in print on Wednesdays in the Food & Dining section, and any day of the week at [chicagotribune.com/dining](http://chicagotribune.com/dining).

We're making A&E easier for you to find inside the Sunday paper, and we're tucking Puzzle Island behind the Comics section. You'll still be able to pull it out and work on all your favorite puzzles at your leisure.

We hope you'll enjoy all of these improvements to our Sunday product and visit us at [chicagotribune.com](http://chicagotribune.com) for more each day. Thank you for reading.

— Amy Carr, director of content/life + culture



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ANTONIO PEREZ/CHICAGO TRIBUNE 2015



## JOHN KASS

# Who walks away from the McDonald case? Politicians.

As a storm prepared to hit Chicago on Friday, the judge handed down his sentence in the murder of Laquan McDonald. The politicians made moves to further insulate themselves. They're good at that. And the lawyers and the families had their say.

The only one without an agenda is cold in the cold ground, that black teenager who was shot 16 times by the white cop, Jason Van Dyke.

Van Dyke will do only about three and a half years with good behavior after being sentenced to 81 months for murder in the second degree.

"We are being treated like second-class citizens in the city of Chicago," said McDonald's great-uncle, the Rev. Marvin Hunter. "There are no laws on the books for a black man that a white man is bound to honor."

As he spoke, the snow was set to fall across Chicago, on the street at 40th and Pulaski, where McDonald walked, knife in hand, refusing orders to stop, just before 10 p.m. on that October night in 2014, and where he fell seconds later, twitching upon the ground, the rounds from Van Dyke's gun penetrating his body again and again.

And the snow would fall farther west to cover Forest Home Cemetery, settling on the bare trees and the shrubs and the gravestone that marks McDonald's resting place:

"Beloved Son & Brother  
Laquan J. McDonald  
Sept. 25, 1997  
Oct. 20, 2014."

But there is another beloved son in this, too, a beloved brother, husband and father of two daughters who've been tormented at school, targeted as the children of a murderer.

"The last thing I wanted to do was shoot Laquan McDonald," Van Dyke told the court. "I will live with this for the rest of my life."

If you watched the testimony from all sides at Van Dyke's sentencing hearing, and you weren't sick to your stomach afterward, at all the pain and loss suffered by these families, then you have no heart.

McDonald's great-uncle read a

victim statement he'd written in the voice of the dead teenager, pleading for justice from the grave.

And Van Dyke's wife, Tiffany, broke down sobbing that some inmate would murder her husband.

"My biggest fear is that somebody will kill my husband for something he did as a police officer — something he was trained to do," she said, weeping. "There was no malice, no hatred on that night. He was simply a man doing his job."

Or he was a cop who panicked and fired when other officers didn't and fired repeatedly into the body on the ground.

Either way, a jury convicted him of 16 counts of aggravated battery, and the second-degree murder charge. Luckily for Van Dyke, Judge Gaughan merged the charges, or the sentence could have easily been 20 or more years in prison.

Three and a half years is a bargain. Still, for an officer to spend even one night in state prison is a nightmare. The racial-political components of this case won't be lost on the inmate population. All of it marks Van Dyke as a target.

But he pulled the trigger 16 times. There was no way he'd get probation. Chicago could not have afforded that kind of mercy. He had to go. And there was that video.

More than three years ago now, I told you about that video, how it would rip Chicago apart. It did rip Chicago politics apart.

That video — or more accurately, the willful and cynical suppression of the video by City Hall — cost Mayor Rahm Emanuel his job.

He sat on it until after his 2015 re-election was safe. And Chicago aldermen friendly to him voted for a \$5 million payment to the McDonald family. It was a done deal. But then it was exposed, and highlighted, and there was no way Emanuel could have stood for re-election and won.

If he hadn't pulled out before the trial, establishment Chicago ran the risk of losing complete control. And

the establishment couldn't take that risk. So, Rahm is out.

And for all that, Emanuel doesn't pay all that great of a price. He loses power, yes, but he'll resurface, as a mortgage banker, as a CNN commentator, as a political shape-shifter. There are some he won't forgive in this town, and I suppose I'm one of them.

Emanuel fired his police superintendent, Garry McCarthy, who became sacrifice to the mayor's politics in the McDonald case.

McCarthy's political punishment? Not much. He's running for mayor, isn't he?

And the three Chicago police officers charged with conspiracy and misconduct in fudging the incident reports of what Van Dyke did that night?

They walked the other day. "I always thought the higher-ups got away," said Chicago mayoral candidate Paul Vallas after the acquittal of the three officers. "There was a cover-up and it began at the top, and I'm talking about Emanuel and McCarthy."

Emanuel and McCarthy deny it, of course. In their minds, they did nothing wrong, nothing at all. And the aldermen who approved that \$5 million in hush money? They walked.

And those three cops who allegedly lied to protect Van Dyke, and the others who were implicated in the cover-up?

Prosecutors couldn't prove their case, the trial judge said the other day. So, they walked too. You can argue Van Dyke gets a break in all of this. And those who know Chicago shouldn't be surprised.

The only one not walking away? It's the teenager in the ground, the snow falling on his gravestone.

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# Our weary, worn city and cries of anger as Van Dyke sentenced



MARY SCHMICH

Some days Chicago makes you want to cry. Friday was one of those days, at least for many of us who watched the sentencing hearing of Jason Van Dyke. Van Dyke is a former Chicago police officer whose name is now known around the world as a synonym for police brutality. He came to court Friday in a yellow inmate's jumpsuit, unexpectedly bearded and conspicuously thinner than he was on the day last October that he was convicted of murdering a 17-year-old named Laquan McDonald. He looked weary.

Weary. The word kept popping into my head as I watched the hearing on my computer. So much weariness in that courtroom. You could hear the weariness, coupled with anger, in the four African-American men who testified for the prosecution. They had been called to make the case that Laquan McDonald's killing was part of a pattern of racism and abuse Van Dyke had shown for years.

One man recounted how Van Dyke once put a gun to his temple and screamed obscenities and racial slurs at him.

Another described the night Van Dyke arrested him after a traffic stop — the man conceded he'd been drinking — and wound up choking him because he wouldn't remove a cough drop from his mouth.

Yet another man wept as he recounted the time Van Dyke pulled him over, ordered, "Open this mother----- door right now," then dragged him out of his seat and slammed him face-down onto a car.

A fourth man, who said Van Dyke had pulled him over for blaring music from his car, which he said he wasn't doing, summed up the larger weariness of it all: "I'm just a young black man in America. I always get in fear for my life when CPD gets behind me."

Their weariness was grounded in ugly history. Whatever else there may be to tell about each of those incidents, and regardless of the violence that residents of many Chicago neighborhoods inflict on each other, there is no doubt that black men in this city have a well-founded fear of being unfairly and brutally treated by police.

Also on display in the courtroom Friday were the weariness and anger of Van Dyke's family. In making their plea for leniency, his relatives described a good father and husband and talked of how the family had been targeted.

His wife of 17 years testified, with tears in her eyes, that he was a "kind, gentle man" without malice, hatred or racism.

His sister, father and African-American brother-in-law echoed the sentiments. So did his 17-year-old daughter, who described her father as a strong, selfless man with a big heart.

"I have been bullied, teased,



ANTONIO PEREZ/CHICAGO TRIBUNE PHOTOS

Edward Nance, who alleged he was roughed up by Officer Jason Van Dyke during a traffic stop in 2007, testifies at Van Dyke's sentencing hearing.



Keith Thompson, Jason Van Dyke's brother-in-law, testifies in support of Van Dyke at the hearing at the Leighton Criminal Court Building on Friday.

**Violence and its causes run deep in Chicago, and policing is some of the hardest work in the city. Many good people do it and do it well. But until the city reckons with what's wrong with the system, the work will only get harder.**

picked on, threatened, you name it, all because my dad did his job," she said.

It was the heartrending anguish of a girl who just loves her dad.

But there was another 17-year-old in the courtroom Friday, if only in name and spirit.

"I am a 17-year-old boy," Laquan's great-uncle said from the witness stand, reading a statement in Laquan's voice. "I am a victim of murder."

The weariness of Laquan's friends and family has been evident all along. It was compounded Thursday when a judge acquitted three Chicago police officers of covering up the

murder. And then Friday, at the end of the day, another judge sentenced Van Dyke to only six years and nine months, far less than was widely expected. With good behavior, he could get out of prison in just about three years.

Van Dyke's defenders say he's a scapegoat. He's not. He did what he did — shot McDonald 16 times — and ought to be punished.

What's true, though, is that he's not the only person who should be exposed and punished for the sins of a system that, no matter what Thursday's verdict suggests, depends on a code of silence.

Violence and its causes run deep in Chicago, and policing is some of the hardest work in the city. Many good people do it and do it well. But until the city reckons with what's wrong with the system, the work will only get harder.

During Friday's hearing, a former Chicago police officer vouched for Van Dyke by saying he'd only done what he was trained to do. He paused, then added, "People get the police that they seek, and God help the city of Chicago."

If that's true, it's on us to keep seeking a better police system, however interminable the quest seems, however wearying it is.

God will only help the city that helps itself.

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# Chicago Tribune CHICAGOLAND

## 500-plus at Women's March in Geneva

First-time event planned amid strife in national group

BY LINDA GIRARDI  
AND ANGIE LEVENTIS  
LOURGOS  
Chicago Tribune

Despite a snowstorm and low temperatures, a crowd of more than 500 flooded downtown Geneva on Saturday at the first Women's March in this small western suburb that boasted prominent speakers like newly elected U.S. Reps. Lauren Underwood and Sean Casten.

"Thank you for braving the cold but more importantly for all that you have done in these last two years, and it started with marching," Underwood told the sea of supporters.

"Look at where we are now," she said to applause. "We are stronger and more represented than ever before in Congress."

The inaugural Fox Valley Women's March was organized following recent news that this year there'd be no Chicago march, an event that in previous years drew hundreds of thousands of supporters to Grant Park. In contrast, the turnout at a last-minute Women's March rally downtown this year was a little over 200.

The shift comes as controversy and divisions embroil the larger movement, with leaders of the national group Women's March Inc. facing mounting accusations of anti-Semitism.

Women's March Chicago recently announced it wouldn't host its annual march and rally at Grant Park this year, citing costs and limited volunteer resources so soon after coordinating a similar event in October. While organizers say they have no affiliation with the national group Women's March Inc. and the decision was independent of the recent strife, the opportunity to further distance themselves was considered a "side benefit."

Instead, the local group urged supporters to craft their own community-based marches, political actions or service projects, an initiative dubbed "operation activation."

The result was dozens of anniversary events scattered across the region. An organization in west suburban Brookfield held an event making Valentine's Day cards for the upcoming Brookfield Senior Social. The Downtown Islamic Center organized a talk called "Stories of Woman Strong!" Volunteers on the South Side of the city coordinated snow shoveling to help those in need.

But some women expressed disappointment at the lack of a unified march in Grant Park.

To fill the void, college student Jazmine-Marie Cruz announced this



ERIN HOOLEY/CHICAGO TRIBUNE PHOTOS

Demonstrators gather Saturday in Federal Plaza in Chicago for the Young Women's March Rally, which was in alignment with Women's March Inc.



Activist Kina Collins addresses the Chicago rally, where turnout at the last-minute event was a little over 200. Similar demonstrations were held across the country.

month that she was organizing an event dubbed "Young Women's March Rally 2019" at Federal Plaza.

She said her rally was in alignment with Women's March Inc., and its leaders helped her coordinate it; she said she hopes the public can move on from the controversy and embrace the good that's come of the broader movement.

"The Women's March has never been easy. The weather has never been perfect," said Cruz, a 19-year-old freshman at Roosevelt University, as snow covered her hair just before the rally kicked off.

"But after all that women have been through this past year, we can handle a little snow."

Supporters huddled to stay warm, occasionally dodging plows clearing out the several inches of snow

that had already accumulated. Roughly a dozen speakers using a megaphone tackled a range of topics including disability rights, violence against women and immigrant rights.

Nineteen-year-old Sydney Leidig of northwest suburban Algonquin stayed warm in her pink cat-eared knit cap, the icon of the movement from the original women's marches following the January 2017 inauguration of President Donald Trump. She said she didn't mind the cold and snow.

"There are women all over the world fighting for their rights in far worse conditions," she said. "If we can be here, we should."

Posters dotting the scene defended women's rights and mocked the president, including one with an image of Trump as an infant,

declaring him "the only baby that belongs in a cage."

Megan Owens traveled from downstate Quincy on the train Friday night to take part in the rally. It was her first Women's March event — she said she didn't understand the magnitude of the movement in 2017 and had to work in 2018.

"If you're not going to stand up for what you believe in, that's when complacency sets in," she said.

While Cruz had hoped for a crowd of 1,200, she said she was still very proud of what she called a powerful, youth-led event. "We definitely accomplished what we set out to do."

Marches were held in south suburban New Lenox, northwest suburban Woodstock and Rockford, as well as other cities across the country.

The New York Times

reported a smaller crowd than usual at Women's March events in Washington, D.C., this year, amid stormy weather as well as infighting as Women's March Inc. continues to battle claims of anti-Semitic rhetoric and ties to Louis Farrakhan, whose Chicago-based Nation of Islam has been called a hate group by the Southern Poverty Law Center.

One organization in New Orleans canceled its local Women's March, citing the national controversy. Another in Houston rebuked national leaders in a statement titled "What we WON'T stand for."

Back in Geneva — a suburb of roughly 22,000 — organizers said they longed to continue the momentum spurred by the Women's March movement, advocating not just for the rights of women but also for the immigrant and LGBTQ communities, as well as causes like the environment and gun laws.

"We're tough and we are going to march through," said co-organizer Leah Beck. "We are going to stand up for our rights and not let the weather slow us down."

The event, which organizers said is not affiliated with Women's March Inc., drew women from all over the area, including Naperville, Elgin and Chicago. Metra added three commuter train cars on the Union Pacific-West line to accommodate the extra traffic.

Supporters gathered at the Old Kane County Courthouse for a pre-march rally

**"We're tough and we are going to march through. We are going to stand up for our rights and not let the weather slow us down."**

— Leah Beck, co-organizer of the Fox Valley Women's March in Geneva, a first in the western suburb

before stepping off at South Third and James streets, and heading south to the Geneva Metra train station. The village closed Third Street to traffic to accommodate the crowd.

Marchers carried placards with such messages as "Families Belong Together" and "We are not afraid," and chanted, "This is what democracy looks like."

Various local politicians spoke, including Underwood and Casten, two newcomers to politics who flipped their respective seats blue in the midterm election.

Casten said it was remarkable to be among a freshman congressional class that has so much diversity.

"We are in a class that looks like America," he told the crowd.

Chicago Tribune's Hal Dardick contributed.

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## Sunday's 'Super Blood Wolf Moon' 1st total lunar eclipse in 3 years

BY TONY BRISCOE  
Chicago Tribune

Chicago sky-watchers could be treated to a dazzling celestial display Sunday night as the sun, moon and Earth align for the first total lunar eclipse in more than three years.

Weather permitting, the entirety of North and South America will be able to witness the Earth cast its shadow upon the moon. Starting at 9:34 p.m. central time, a dark, curved shade will become visible on the face of the moon, according to Michelle Nichols, director of public observing at the Adler Planetarium.

"It's going to look like someone took a bite out of the moon, but what you're actually seeing is the earth's shadow," Nichols said. "People ask me all the time, what's your favorite thing about lunar eclipses? I tell them, look at the shape of the shadow — it's curved.



KANSAS CITY STAR

A total lunar eclipse or "blood moon," is photographed in the early morning hours of April 15, 2014.

You can see the curvature of the earth. Ancient Greeks and others knew the Earth was round because of its shape on the shadow of the moon."

By 10:41 p.m., Nichols says, the moon will be completely within the fully shaded region known as the umbra and should begin to take on a red or orange hue. The moon will start to leave the earth's

shadow at 11:43 p.m. Sunday and will return to its normal, bright complexion by 12:50 a.m. Monday, Nichols said.

"The sunlight is shining through atmosphere on the edge of the earth," Nichols said. "As it passes through the atmosphere, just like when you see a sunset, the more blue light is scattered out and all you're left with is red.

"When that happens with the lunar eclipse, you could say that the lunar eclipse is the collective of sunrises and sunsets happening all around the world at that particular moment in time."

The color will also depend on how clear the atmosphere is across the globe, Nichols said. Cloudiness, dust storms and volcanic eruptions can all affect the coloring. Lunar eclipses can appear coppery orange, brick red or even a particular tone of gray.

During the lunar eclipse on Sept. 27, 2015, the eclipse appeared dimmer than expected, possibly from ash spewed by a volcano in Chile, Nichols said.

As a part of a citizen science program, some observers around the Chicago area will be polled on the pigment of Sunday night's eclipse to establish a baseline.

This year's total lunar eclipse has garnered even more attention for its unofficial designation as a "Super Blood Wolf Moon." However, these titles are just window dressing for the most part.

A Wolf Moon is a Native American name given to the first full moon of the year each January. Total lunar eclipses have been termed "Blood Moons" because of the reddish tinge the moon takes once it's within the Earth's shadow and because of apocalyptic theories associated with the

events.

Perhaps the most noteworthy heading is "Super Moon," a full or new moon that's within 90 percent of its closest approach to the Earth. Super moons can appear as much as 14 percent larger in diameter and up to 30 percent brighter.

Adler will be hosting a watch event called "Lunapalooza" in and outside its lakefront campus building between 8 p.m. and midnight.

The planetarium's astronomy team will have telescopes set up for free outside along with portable heaters and a limited supply of hot cocoa. For the cost of \$12 for adults and \$8 for children, attendees can watch a live feed of the eclipse indoors and also view a screening of a new presentation called "Imagine the Moon."

Viewing opportunities are still uncertain in the Chicago area given a chance

of snow showers and cloud cover. According to the National Weather Service, sky cover will be between 50 to 55 percent during the eclipse.

For the Chicago area, this will be the last visible total eclipse until May 15, 2022.

"These events are always a lot of fun because no matter what happens outside, we're going to party with the moon inside," Nichols said.

"It's a great way for people to connect with the sky, with an object that people are familiar with and that you don't need special equipment to go outside and see. We get to see that connection between the earth, sun and the moon in the sky in that moment, which is really neat. You get to start to feel like you're a part of a larger solar system."

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# Bitter cold forecast following city's 1st winter storm of year

By David Jackson  
Chicago Tribune

Many Chicago-area residents spent Saturday shoveling their walks, helping neighbors dig out cars and trying to convince unwilling dogs to take a walk.

They'll spend the next 24 hours trying to warm up as temperatures plunge into the teens.

Chicago's first winter storm of 2019 dumped its heaviest snow in the northern suburbs on Saturday, and resulted in snowy and icy roads throughout northern Illinois, some Metra delays and more than 600 cancellations at the city's airports. The weather was also blamed for a flight that skidded off the runway at O'Hare, causing no injuries.

"The band of snow moving over the city is finally kind of moving out," National Weather Service meteorologist Ricky Castro said Saturday afternoon.

Still, Castro said, more snow was expected to continue Saturday night and into Sunday morning, and Sunday will be windy and much colder.

At a news conference Saturday, Mayor Rahm Emanuel asked city residents to make sure their

neighbors were safe. "If you have a neighbor who's elderly or sick, or is physically incapacitated, please check in on them and make sure everything's OK," Emanuel said.

Some lake-effect snow may continue to affect counties including Cook, Lake, DuPage and Will in Illinois as well as Lake and Porter counties in Indiana, but probably won't amount to much accumulation, Castro added.

Still, temperatures, which were about 30 downtown and in the mid-20s at the airports as of Saturday afternoon, will be dropping by Sunday morning and are only expected to reach the high teens on Sunday.

Before dawn Sunday, temperatures were expected to drop to the single digits or below zero in inland portions of Chicago-area counties, and into the teens by the lake. And the strong winds will produce a wind chill factor that will make it feel significantly colder, Castro said.

The weather service issued a snow advisory for Lake and Cook counties in Illinois starting at 8 p.m. Saturday evening, and for Lake and Porter counties in Indiana starting at midnight and extending until 4 p.m.

Sunday. Accumulations of an inch or two of snow were expected in the eastern portions of Will and DuPage counties, with snow dusting the regions further inland, he said.

Standing beside Emanuel at the news conference Saturday, Chicago Streets and Sanitation Commissioner John Tully said that "a full complement" of about 300 salt spreaders and plows has been working major streets since 11 p.m. Friday, and driving shifted Saturday to focus on residential streets.

Tully said wind problems slowed plowing on South Lake Shore Drive, but that issue was "rectified" by Saturday morning and "Lake Shore Drive is moving very smooth."

The CTA reported no problems due to the weather. Metra service saw delays of less than 20 minutes on some lines Saturday morning but quickly cleared up the problems.

"All hands are on deck. We continue to have round-the-clock coverage, and they are clearing out the platforms and salting them as well," Metra spokeswoman Sylvia Cooper said Saturday afternoon. There tend to be more snow-



ABEL URIBE/CHICAGO TRIBUNE

Men use snowplows to clear snow from the skating rink in Millennium Park in Chicago. More than 5 inches of snow fell in the downtown area before 8:30 a.m. Saturday.

related problems on Metra than on the CTA, since the commuter railroad covers much longer distances. Workers were still clearing tracks and removing snow from rail yards, Cooper added.

Metra was advising travelers to give themselves a little more time getting to the stations and to watch out for fellow travelers, Cooper added. "We always want to stress safety," she said.

O'Hare International Airport was seeing delays of about 40 minutes and close to 600 cancellations, while

Midway had delays of less than 15 minutes and less than 100 canceled flights, according to flychicago.com. Visibility at Midway Airport remained only about a mile and a half on Saturday, and winds were still blustery. "Winds coming off the lake are probably going to keep the snow flying," Castro said.

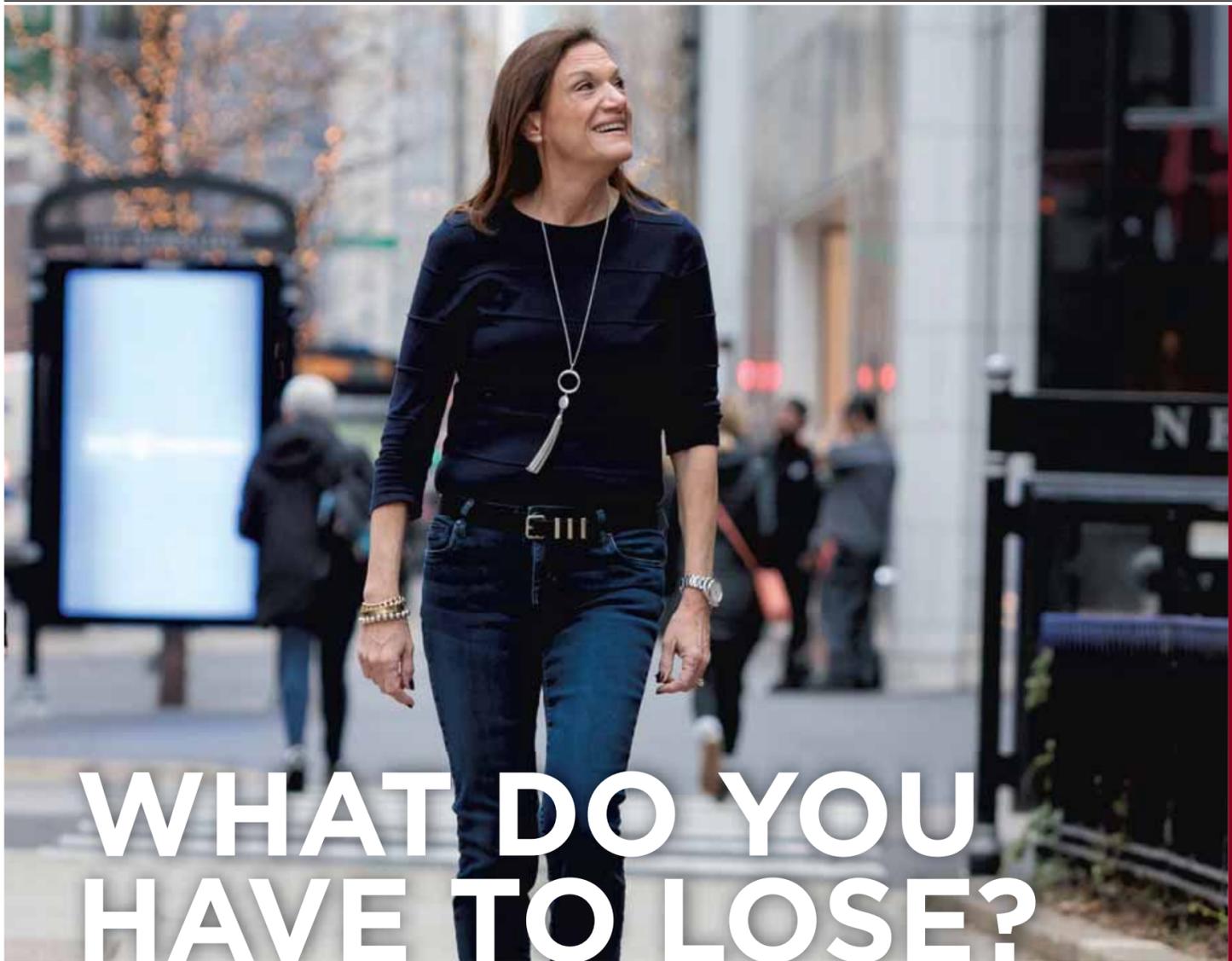
Pockets of heavy snow began falling around 8 p.m. Friday evening. The largest snow totals were recorded in the northern suburbs: Highwood in southern Lake County counted 8.8 inches of snow as of 8:53 a.m.

Saturday, according to the National Weather Service. The city of McHenry recorded about 10 inches.

Outages were reported on the ComEd website Saturday morning at less than 100 locations in the northern suburbs, and restoration was underway, officials said.

Downtown Chicago, where sidewalks usually clear quickly, saw more than 5 inches before 8:30 a.m. Saturday, and Midway recorded 3 inches by 6 a.m., and O'Hare nearly 4.

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## DuPage County fentanyl deaths up 76% in 2018

BY ERIN HEGARTY  
Naperville Sun

DuPage County deaths in 2018 caused by fentanyl alone increased by 76 percent over the previous year, according to opioid statistics released Thursday by the DuPage County coroner's office.

Fentanyl on its own contributed to 30 DuPage County deaths in 2018, compared with 17 in 2017, 16 in 2016 and eight in 2015, the coroner's office news release said.

Deaths resulting from the combination of heroin and fentanyl in 2018 was 34. That's up from 32 in 2017, 26 in 2016 and seven in 2015. Heroin alone accounted for 17 DuPage County deaths in 2018. That's down from 23 in 2017 and 36 in 2016 and 2015.

DuPage County deaths from illegal opioids increased 13 percent — from 72 to 81 — from 2017 to 2018, according to the news release. Total deaths in DuPage County from opioids, including prescription medications, in-

creased from 95 in 2017 to 98 in 2018 — or by 3 percent.

The opioid epidemic is escalating and destroying the lives of too many DuPage County residents, DuPage County Coroner Richard Jorgensen said in the release.

"The influx of potent synthetic opiates including fentanyl has increased significantly, and now represents a higher percentage of illicit drug usage and cause of death than heroin alone," Jorgensen said in the release. "I and my office remain committed to continue our efforts to fight against this plague through education, support of drug treatment and the DuPage County Narcan Program."

Opioid-based prescription medicines accounted for 17 deaths in 2018, down from 23 in 2017. Prescription medicines that are opioid-based contributed to 17 DuPage County deaths in 2016, according to the release.

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## Officials cite security concerns, won't divulge Van Dyke housing

BY MEGAN CREPEAU  
Chicago Tribune

Former Chicago police Officer Jason Van Dyke began serving prison time for his second-degree murder conviction Friday, but officials won't say where.

Citing concerns for Van Dyke's safety, an Illinois Department of Corrections spokeswoman on Saturday declined to say where the ex-patrolman is being housed. And unlike his fellow inmates, Van Dyke was not listed on the IDOC's offender search website as of Saturday afternoon.

After a lengthy hearing Friday, Cook County Judge Vincent Gaughan sentenced Van Dyke to less than seven years in prison for second-degree murder in the on-duty slaying of 17-year-old Laquan McDonald.

Van Dyke was transferred to IDOC custody after the sentencing, confirmed Cara Smith, chief policy officer for the Cook County sheriff's office. Just be-

fore 7 p.m. Friday, a large contingent of Illinois State Police vehicles escorting a prison van was seen on the Stevenson Expressway south of the Leighton Criminal Court Building.

A Cook County jury in October convicted Van Dyke of second-degree murder and 16 counts of aggravated battery. The verdict marked the first time in half a century a Chicago police officer was convicted of murder in an on-duty shooting.

In a major win for the defense, Gaughan on Friday sentenced Van Dyke only on the second-degree murder conviction, finding it was the more serious crime and the 16 aggravated battery convictions should "merge" into it for sentencing purposes.

That decision means Van Dyke will serve only half of the sentence — less than 3½ years in prison — given standard good-behavior credit. With credit for time in county custody awaiting sentencing, he could be released

in about three years. After his conviction, Van Dyke was held in isolation at a Quad Cities-area jail. The move was part of an arrangement Cook County has with other jails to move prisoners who are high-profile, dangerous or working as cooperating witnesses in other cases.

And Van Dyke's case was the highest-profile in Cook County. His murder charges came down the same day as the court-ordered release of graphic dashboard camera video showing him shoot McDonald 16 times as the teen walked away from police with a knife in his hand.

The video's release more than a year after the October 2014 shooting led to months of upheaval and prompted a federal investigation of the Police Department that concluded officers routinely violated the civil rights of minorities.

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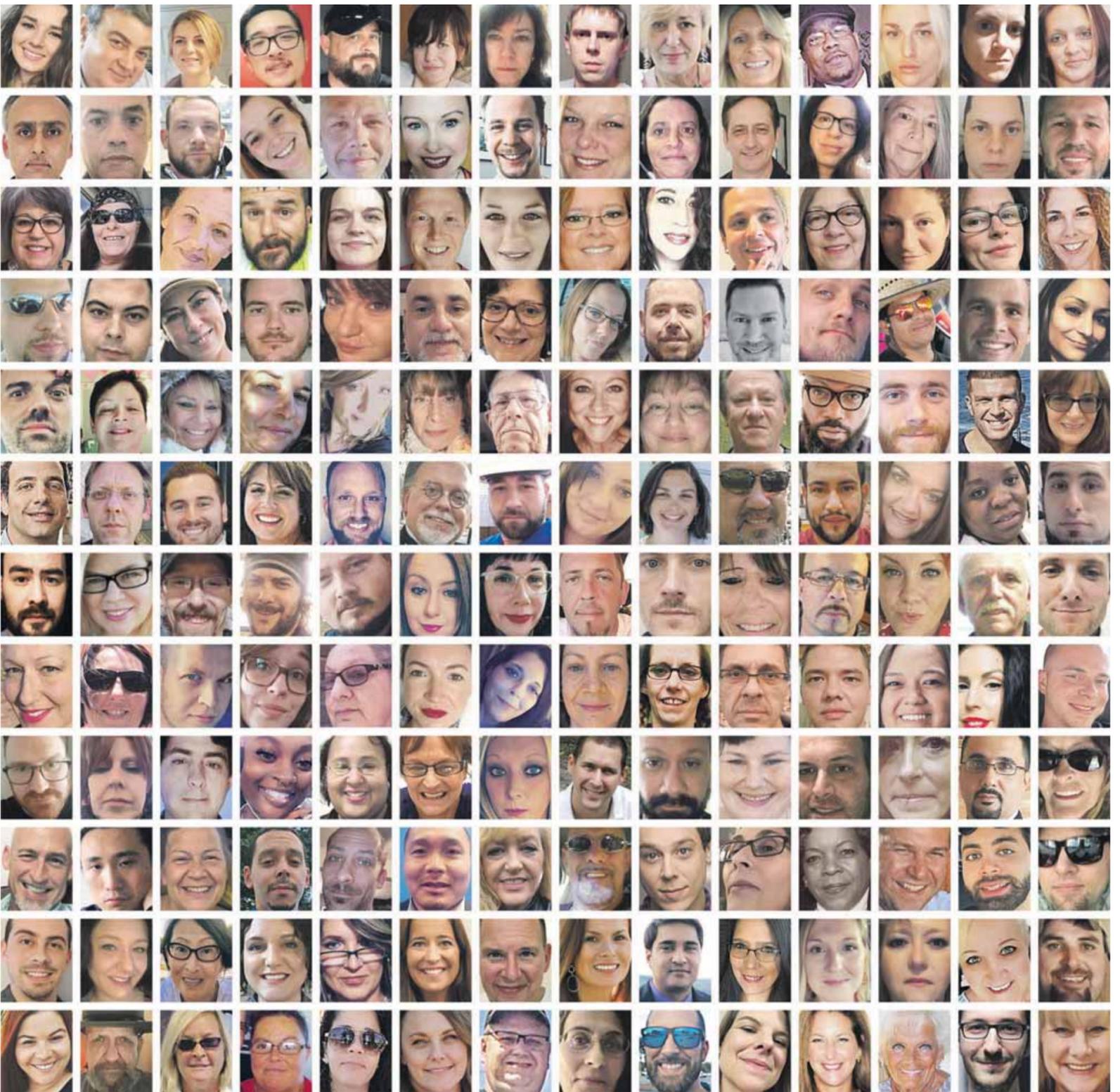
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# Mayoral candidates react to Van Dyke's sentence

BY BILL RUTHHART AND GREGORY PRATT  
Chicago Tribune

Many of Chicago's candidates for mayor expressed outrage Friday at what they called an unjustifiably light sentence for former police Officer Jason Van Dyke in the murder of black teenager Laquan McDonald.

Just 30 minutes after Judge Vincent Gaughan sentenced Van Dyke to six years and nine months in prison, six mayoral candidates appeared onstage at a mayoral forum held by the American Civil Liberties Union of Illinois.

Former federal prosecutor Lori Lightfoot wasted no time in sharply criticizing the sentence, using her opening remarks of the forum to declare the decision "does not send a message of justice or equity as it should." Gaughan's decision means Van Dyke will serve only half of the sentence —

less than 3 1/2 years in prison — if he earns good behavior credit.

"Sentencing Jason Van Dyke to the equivalent of a home invasion for murdering a young black man should give none of us any pleasure and make ourselves question what justice looks like in Cook County," said Lightfoot, who also chaired a city task force on police reform.

Cook County Board President Toni Preckwinkle, who long has advocated for criminal justice reform, praised the courage of the McDonald family and the persistence of community activists "who kept this issue alive."

"I am profoundly disappointed and outraged by the sentence," Preckwinkle said. "We have two standards of justice: one for black and brown people and one for police officers."

Former Chicago Public Schools CEO Paul Vallas

said he thought Van Dyke's sentence should be longer.

"I was quite frankly surprised by the sentence, and this is the father of two police officers and the husband of a police officer speaking on this issue," Vallas said.

Policy consultant Amara Enyia described the sentence as "barely a slap on the wrist" and said it was symptomatic of a justice system that "shows a unique sympathy and bias that only seems to apply when the corruption of its law enforcement is involved."

State Rep. LaShawn Ford focused mostly on sending a message to possible demonstrators that could be on the way, noting the damage and destruction as fires and rioting engulfed the city's West Side after the assassination of Rev. Martin Luther King Jr.

"We know what happened of the tragedy with Dr. King and what hap-

pened in Chicago, and our streets and our neighborhoods are still suffering from the impact of that," Ford said. "So, I think we need to make sure the community knows it's time for us to come together."

Businessman Willie Wilson invoked King in a different way. Noting that Martin Luther King Jr. Day is Monday, Wilson said the civil rights icon's "got to be rolling over in his grave!"

"I ask, 'Is that all a black life is worth?'" Wilson said in a statement. "It's 2019. We can do better. We need to do better. We have to do better."

Other candidates who did not attend the forum issued statements also criticizing the verdict, including Bill Daley who said "the jury clearly found Jason Van Dyke guilty of multiple crimes."

"The court has an obligation to sentence him in a way that is consistent with

other defendants. The appearance of a lenient sentence is a problem at a time when we desperately need to rebuild trust between people and police," Daley said.

City Hall veteran Gery Chico said the sentence "is far too light for this crime."

"Now, we as leaders of this city, have a responsibility to ensure we lead Chicago to be a more just and fair city to all of our citizens," Chico said.

State Comptroller Susana Mendoza said Van Dyke's conviction was "a historic step forward" but said the "lenient sentence did not fit the severity of the crime."

"While many are justifiably disappointed with this sentence, this has nonetheless sent a message to police officers that if they break the law, there will be consequences," Mendoza said.

Not all the candidates criticized the sentence. Garry McCarthy, who

was police superintendent at the time of the shooting, issued a statement saying "the justice system has spoken" and "we all need to accept this decision."

"Hopefully, the city will now begin to heal and we can begin the difficult conversations that need to be had for that to occur," McCarthy said. "We must stop the polarization that exists in this city if we are to move forward."

McCarthy was fired amid the fallout of the McDonald shooting by Mayor Rahm Emanuel, who also took a public position on the Van Dyke sentence. In a joint statement issued with Chicago police Superintendent Eddie Johnson, Emanuel said the sentencing "marks the end of a court case, but our work to bring lasting reform to the Chicago Police Department continues."

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# Police case rulings leave questions

Reforms, from Page 1

dashboard camera video showing Van Dyke firing 16 shots at McDonald as he walked down Pulaski Road. After Van Dyke was sentenced Friday evening, protesters trailed his wife and school-aged daughters out of the courthouse jeering and chanting "16 shots" in reference to the number of bullets that struck McDonald.

"It's going to take a lot to repair the relationship with law enforcement — not just in Chicago, but across our country — and communities of color," said special prosecutor Joseph McMahon, who led the prosecution of Van Dyke. "We're not going to fix it with one case. We were not going to fix it with one sentence. But we're headed in the right direction."

Whatever the outcomes, the cases were each historic in their own way. Van Dyke was the first Chicago police officer to be convicted of murder in an on-duty shooting in half a century. And his colleagues in the conspiracy case were believed to be the first officers ever charged with covering up a police-involved shooting.

McDonald's great-uncle, the Rev. Marvin Hunter, expressed his family's disappointment Friday at Van Dyke's relatively light sentence, saying it reduced McDonald to a "second-class" citizen. Hunter, though, saw progress in the fact that a Chicago police officer is going to prison for unjustifiably shooting a black teen.

"If they sentenced him to one minute, it's a victory," he told reporters in the lobby of the Leighton Criminal Court Building. "It sends a strong message to unjust police officers that you can and will go to jail if you're caught lying, if you're caught breaking the law."

## '16 Crocks'

Many activists who spoke after the marathon seven-hour sentencing hearing described Van Dyke's punishment as lenient, particularly considering the graphic video depicting the white officer continuing to shoot McDonald after he fell to the street.

"He deserves to spend the rest of his life behind bars," said William Calloway, who fought to get the dashcam video released and who is running for city alderman. "That's a slap in the face to us and a slap on the wrist for him."

Still, Calloway said the outcome of the case is cause for celebration.

"African-Americans have been getting shot in this city disproportionately for decades," he said. "We finally held one (officer) accountable. He's a convicted murderer and will never be a police officer again."

A jury convicted Van Dyke of second-degree murder and 16 counts of aggravated battery following a four-week trial last fall. The verdict won praise from community activists and black leaders, many of whom had expressed doubts as to whether a white cop would ever be held accountable for killing an African-American teen.

Those same activists sat open-mouthed Thursday as Associate Judge Domenica Stephenson acquitted three other officers accused of lying about the circumstances surrounding the shooting. In shredding the prosecution's case, she offered a staunch hour-long defense of the Police Department's actions that night — including suggestions that Van Dyke could have reasonably believed the teen was about to attack him.

Her decision drew praise from the Fraternal Order of Police Lodge 7, the union that represents rank-and-file officers and has been outspoken in its defense of the indicted officers. Union leadership mocked the charges brought against retired Detective David March, former patrolman Joseph Walsh and Officer Thomas Gaffney, calling the charges "trumped up."

"16 Crocks," read one post-acquittal tweet from FOP Vice President Martin

Preib.

Stephenson's 28-page ruling also sparked outrage across segments of the city as the American Civil Liberties Union, religious leaders and some mayoral candidates blasted her decision. There were calls for protests outside the courthouse Friday, but none materialized amid a threatened snowstorm.

"I'm not a lawyer, but I know the difference between right and wrong," the Rev. Leon Finney of Chicago's Metropolitan Apostolic Community Church told reporters after the acquittals. "Right and justice was not served."

The court-ordered release of the video more than a year after the October 2014 shooting led to months of protests and political upheaval, and prompted a federal investigation of the Police Department that concluded officers routinely violated the civil rights of minorities.

That tension was emphasized during emotional testimony from four African-American men during sentencing Friday. The witnesses each said Van Dyke verbally or physically abused them after what prosecutors said should have been routine, uneventful traffic stops.

## Scathing attack by judge

While Van Dyke's trial centered on his actions on the night of the shooting, the conspiracy case has been seen as a referendum on a so-called code of silence within the Police Department designed to protect fellow officers from accountability for wrongdoing.

"That blue code of silence isn't just with the Chicago Police Department," Calloway said. "It expands to the judicial system, and this is an example of that."

Stephenson's ruling demonstrated the difficulties in trying to prove criminal charges involving the code of silence, requiring evidence that the officers conspired together to hide misconduct by an officer.

"Look, there was no smoking gun in this case," veteran criminal-defense attorney Steven Greenberg said. "There's a reason why perjury and obstruction of justice cases are rarely charged. They're very hard to prove."

Terry Ekl, also a veteran criminal-defense attorney who worked as Cook County prosecutor in the 1970s, said bringing such a case against Chicago cops would have been unimaginable back then.

"Never, never would have happened," he said. "Even though the three officers were found not guilty in the cover-up part of it, at least they were prosecuted, and that was a good thing. I'm not passing judgment on (Judge Stephenson's) decision, but it was a good thing they were prosecuted. ... I think that those are all advances in the system."

While many legal experts predicted the three officers would be acquitted in the conspiracy case, few expected Stephenson's scathing attack of the prosecution and its witnesses. The judge, for example, pulverized the crucial testimony of a Chicago police officer who alleged her statements about the shooting were falsified — and said she faced retribution from colleagues for coming forward.

She also dismissed the account of a civilian eyewitness who said he was shooed away from the shooting scene. Jose Torres, who was driving his son to the hospital when he saw the shooting from a few car-lengths away on Pulaski Road, testified in both trials that he never saw McDonald make an aggressive move toward the police and was so shocked at the amount of shots he cursed in his car.

After seeing a police union spokesman characterize the shooting as justified in a news report, Torres reached out to the city's police oversight agency to share what he saw. He later spoke to FBI as well.

Still, Stephenson derided



ZBIGNIEW BZDAK/CHICAGO TRIBUNE PHOTOS

The Rev. Marvin Hunter, great-uncle of Laquan McDonald, reacts Friday after Jason Van Dyke was sentenced.



Activist William Calloway said of Van Dyke, "He's a convicted murderer and will never be a police officer again."

Torres for not contacting the Chicago police with his account. She also concluded that Torres was farther away from the shooting than he had indicated on the witness stand, while finding credible the details in his testimony that matched the officers' accounts.

Torres fired back after the acquittals, accusing Stephenson of having a conflict of interest in the case because she had worked closely with March's attorney, James McKay, when both were Cook County assistant state's attorneys.

"I believe that the case was tainted from the beginning," Torres told the Chicago Tribune. "The judge and one of the defense attorneys were formal colleagues. One of them should have recused themselves."

Other also have questioned whether Stephenson's background as a prosecutor makes her biased toward the police — a common complaint about judges at the courthouse at 26th Street and California Avenue. Indeed, it was the latest in a string of high-profile trials in which Chicago police officers accused of wrongdoing were cleared by judges at the courthouse.

In 2015, Judge Diane Gordon Cannon cleared Cmdr. Glenn Evans of charges he shoved his gun down a man's throat and threatened to kill him. The judge largely discounted seemingly strong evidence showing the man's DNA on Evans' gun.

That same year, Detective Dante Servin was acquitted by Judge Dennis Porter of all charges in an off-duty, late-night shooting in which he opened fire after alleging a man made a threatening motion at him with an object he took to be a gun, only to fatally shoot Reikia Boyd, an innocent young woman standing nearby. The object turned out to be a cellphone, authorities said.

Stephenson's ruling likely will make prosecutors think twice before charging police officers with wrongdoing, legal experts said.

"There's no question in my mind that her message to prosecutors is don't bring these cases anymore," said attorney Antonio Romanucci, who has won landmark civil cases involving police misconduct. "That does have a chilling effect and becomes part of the code of silence."

Romanucci expressed even greater disbelief after Van Dyke's sentencing, saying the punishment sent a message that officers are treated differently than others in the legal system.

"It's time again now for the community to speak up and rally," he said.

## Van Dyke heartened by sentence

Before announcing his sentence, Judge Vincent Gaughan predicted "100 percent" of the courtroom

be released in three years.

He would be 43.

Ekl, who sued the Police Department in the first successful code of silence case, said he thought Gaughan reached a fair decision.

"I'm not sure that there is any message that any of us can really put our finger on," he said. "I know there are people who thought he should have gotten more and, of course, police officers and others in the city who thought he should have been found not guilty. But I think the judge really did an excellent job in handling the trial, and I think the sentence was appropriate."

Van Dyke's lawyer, Daniel Herbert, said a grateful Van Dyke was heartened by the judge's sentence. He will still have to go to prison and live the rest of his life as a convicted felon, but he will be young enough to rebuild his life and celebrate major milestones in his daughters' lives.

The defense was so gratified by the outcome, Herbert said they may not appeal and run the risk of being re-sentenced to a lengthier prison term.

"He truly felt great," Herbert said. "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."

McMahon also had a positive take on the sentence, even though he sought 18 to 20 years in prison. Justice had been served, he said.

"I understand the sentence is not exactly what the McDonald and Hunter families wanted," he said. "But the sentence, like the verdict, does hold the defendant accountable."

To that end, McDonald's family left the courthouse insisting that McDonald — a protective big brother, high school student and part-time construction worker whose last paycheck was used to buy his funeral clothes — had not died in vain.

"This is a historic moment for us," said Hunter, the great-uncle and family patriarch. "I know a lot of people are angry, but this is a victory. We have a million miles to go, but it must start with a first step. And we took that first step today."

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# Progressive candidates see path to council

Open seats, new challengers foretell big changes ahead

BY GREGORY PRATT  
Chicago Tribune

Chicago progressives once proudly considered Ald. Joe Moore one of their own.

After succeeding David Orr as 49th Ward alderman in 1991, Moore built up his progressive credentials. He battled Mayor Richard M. Daley over a living wage ordinance and implemented the country's first participatory budgeting program, giving ward residents a say in neighborhood improvement projects.

Now, amid unprecedented upheaval in the city's power structure and criticism from some that he's too close to Mayor Rahm Emanuel, Moore finds himself a target of progressive activists and unions looking to unseat him in next month's election. Orr, formerly a close ally, is supporting Moore's challenger Maria Hadden.

"Most of the progressive community wants someone who'll stand up and decide things as opposed to being a rubber stamp for the mayor," Orr said.

The race between Hadden and Moore mirrors what's happening in other wards across the city as candidates fight for open seats and longtime aldermen face new opposition from progressive challengers who say the incumbents lack independence from Emanuel, are unresponsive to activists' concerns and don't back their issues. In next month's election, only three of the 50 City Council seats are unopposed, and there's a mad dash for five open seats.

Bolstered by Emanuel's pending exit, several prominent City Council retirements and the fallout from Ald. Edward Burke's pending federal corruption case, activists and unions across the city say they're poised to win more seats on the council that will further tilt Chicago to the left on key policies including housing, policing and immigration. They also feel momentum from the last citywide election, when progressive unions pushed hard for now-U.S. Rep. Jesus "Chuy" Garcia in the only mayoral runoff, against Emanuel.

"We planted seeds in 2015," Chicago Teachers Union Vice President Stacy Davis Gates said. "In 2019, you see the manifestation of that."

United Working Families Executive Director Emma Tai said her group, which is affiliated with numerous progressive organizations, has endorsed 13 candidates across the city. Many of them promise to be outspoken members of the council.

Tai said she sees people "who want to bring that fighting spirit to City Hall. We do not think the go-along-to-get-along model is working for black, Latinx and white working-class families."

Potentially boosting progressive groups' prospects is the amount of change already guaranteed for council leadership. Ald. Danny Solis, 25th, is retiring after more than two decades in office, opening the chairmanship of the powerful zoning committee and creating a spot that could be taken by one of several progressives vying for his seat.

Longtime Ald. Margaret Laurino, 39th, who has been on the council since 1994 and presides over council meetings when Emanuel leaves the chamber, is stepping down from the post previously held by her father, ensuring someone from outside her family will represent the Northwest Side ward for the first time since 1965.

Also on the Northwest Side, Ald. Ariel Reboyras, 30th, is backed by Emanuel and faces a tough challenge from Jessica Washington Gutierrez, daughter of former U.S. Rep. Luis Gutierrez. Reboyras chairs the public safety committee and has been on the council since 2003.

Emanuel's floor leader, 40th Ward Ald. Patrick O'Connor, is up against four challengers, while Burke is facing a federal attempted extortion charge and a chal-



Maria Hadden and Joe Moore greet each other before a 49th Ward aldermanic debate at Sullivan High School in Chicago.



ARMANDO L. SANCHEZ/CHICAGO TRIBUNE

Marianne Lalonde, left, and Erika Wozniak running for City Council in the 46th ward, taking on Ald. James Cappleman.



ARMANDO L. SANCHEZ/CHICAGO TRIBUNE

Katie Sieracki, left, and Rossana Rodriguez-Sanchez are challenging Ald. Deb Mell in the 33rd ward.



ERIN HOOLEY/CHICAGO TRIBUNE



BRIAN JACKSON/CHICAGO TRIBUNE

lenger backed by Garcia. Even if Burke wins, it's unlikely he'll reclaim the power he once had as finance committee chairman before he was charged.

Progressives are challenging incumbents or seeking to claim vacant seats in at least 14 wards. Those contests include a crowded field in the 20th Ward on the South Side to replace indicted Ald. Willie Cochran and the 37th Ward on the West Side where CPS teacher Tara Stamps is running in a 2015 rematch against Ald. Emma Mitts. Stamps opposes the police and fire academy Emanuel wants to build in that ward.

Although all the progressives aren't likely to win, some political insiders privately fret that a progressive turnover may lead to conflict not seen since the 1980s Council Wars-era, a time when a bloc of mostly white aldermen feuded with Chicago's first black mayor, often blocking his initiatives.

But some observers caution that the true dynamic this election cycle is between the establishment and outsiders.

Tom Bowen, a former Emanuel adviser, said the city already is progressive "because that's where the voters are." Bowen said Burke's corruption case will bolster outsider candidates, but he's skeptical that the city will change as dramatically on policy issues in the next council as some candidates promise.

"Once you're in office, reality sets in," Bowen said. "The typical things that make it difficult to make changes in law — taxes, spending cuts, taking away benefits from one group and giving them to another — those often change the way those incumbents vote."

## 46th Ward

Uptown Ald. James Cappleman, 46th, is facing challengers who criticize him from the left on key issues including schools and housing in the North Side lakefront ward.

Chicago Public Schools teacher Erika Wozniak said her candidacy is animated by "the need for fully funded neighborhood public schools" and making sure

people have good-paying jobs.

Driving to work every day, Wozniak said, she sees Stewart school — one of the dozens of schools Emanuel shuttered in 2013 as part of the largest public school closings in Chicago history. It has since been transformed into luxury lofts that cost up to \$3,600 a month for a two-bedroom apartment.

Wozniak said she met a woman who went to Stewart and said she was saddened by its transformation.

"What they told me is those developers are more important than my education and my children's education," Wozniak recalled the woman saying. "That's what we did in Chicago when we closed 49 schools."

Another Cappleman challenger, scientist Marianne Lalonde, called the alderman "a champion for the luxury real estate developers in our neighborhood." "It fuels the polarization between the income classes in our ward," she said.

Along the same lines, Lalonde said she is critical of Cappleman for approving \$16 million in tax incentives to a luxury apartment development at Montrose and Clarendon avenues.

"That's an inappropriate use," she said. Cappleman is also facing Justin Kreindler, Angela Clay and Jon-Robert McDowell.

Cappleman countered that his ward has the most government affordable housing in the city.

"I'm always pushing to do more," Cappleman said. "But the fact of the matter is, no ward comes close to what we have."

Cappleman, who took office in 2011, said he didn't want Stewart to close either, but CPS made that decision because it needed extensive rehabilitation and the system had a major deficit.

Asked about the lofts, Cappleman said CPS controlled the process that led to the conversion. The former school was zoned for residential use, so it did not need a zoning change, he said.

Answering Lalonde's criticism, Cappleman said the developer was promised the subsidy, but "has not received any money from

the city, and will only receive the money when this development generates the tax revenue." Nevertheless, Cappleman said the developer has invested \$4.6 million into the Clarendon Park Community Center and an additional \$5.7 million for the Low-Income Housing Trust Fund.

Cappleman said he's focusing on the long-delayed Uptown Theatre restoration, a project that he said will create jobs for the community.

"Where am I not progressive enough?" he asked.

## 33rd Ward

Ald. Deb Mell, the daughter of Richard Mell, a Chicago political legend who embodied machine-style politics, considers herself a progressive. Yet Mell, also the sister-in-law of disgraced former Gov. Rod Blagojevich, is facing a challenge from two progressives who disagree.

Katie Sieracki, who works for a business that organizes conferences for public works, transit, fire and parks leaders, said she first moved to the ward in 2003 because of its diversity. That's being eroded by gentrification, a key issue in the Northwest Side bungalow belt ward that encompasses the Albany Park, Avondale, Irving Park and Ravenswood Manor neighborhoods, she said.

"Long-term families are being priced out of their homes due to both rent increases and property taxes," Sieracki said. "I think it's important that the alderman does what she can to make sure people who've lived here their whole lives can afford to stay here."

Sieracki said she's concerned about vacant storefronts and two-flats being turned into single-family homes. Around the ward, Sieracki said she's gotten the sense people think Mell is "fine" but the ward deserves a more active voice like Progressive Caucus chair Scott Waguespack.

"I'm not fine with fine," Sieracki said.

Also running against Mell is Rossana Rodriguez-Sanchez, a Democratic Socialists of America candidate who says she was

priced out of her apartment while pregnant.

Among the aldermanic candidates, Rodriguez-Sanchez is one of the furthest to the left. Alongside Ald. Carlos Ramirez-Rosa, 35th, she signed a progressive platform that includes calls for reinstating a corporate head tax Emanuel eliminated, instituting a downtown commercial rent tax, opposing a new \$95 million West Side police and fire academy, supporting a moratorium on charter schools, creating a council for community oversight of police, lifting the ban on rent control and tightening eviction standards.

"At a national level and at a local level, we are floating ideas that for a long time we thought were impossible," she said. "We might not be there yet, but those things are becoming real possibilities to people."

Part of her interest in running, Rodriguez-Sanchez said, is to empower activists and community members by rallying for "people power."

"We need to be taking cues and direction from the people that are building that power because they are speaking to the politicians, they are telling them, 'This is what we need,'" she said. "To me, the idea is to build people power everywhere we are."

Mell succeeded her father in 2013 but narrowly avoided a runoff in 2015. The next year, Mell's father lost his seat as committeeman to attorney Aaron Goldstein, a sign of the family's political vulnerability.

Mell noted she often stands alongside the Progressive Caucus at news conferences and voted to support a controversial affordable housing project in a nearby ward that drew a rare split vote.

Mell listed a number of ways she's progressive: supporting a police accountability ordinance, expanding the inspector general's investigative powers, opposing a subsidy for Presence Health because of the Catholic Church's position on abortion and gay rights.

"They don't know what's in my heart," she said, in response to critics.

Some people criticize her

because of her father's record, Mell said, but they're two different people. "I'm 50 years old," she said. "I have a record."

Mell said she supports reforming the 2015 Affordable Requirements Ordinance, known as the ARO, so that developers are forced to build more family-sized units. The ARO requires that developers include residences that rent for less than the market rate in the area when they put up new buildings or pay fees instead of building those affordable units themselves. The Tribune previously reported that most units produced under the ARO are too small for families who find themselves priced out. But she noted there are limits to what an alderman can do on housing.

"When a developer comes in and sees a distressed building and tenants have month-to-month leases, it's a sad situation," she said. "It's a private transaction. They need nothing from the alderman. There's no zoning change."

## 49th Ward

On Tuesday night, Rogers Park residents on the city's Far North Side packed Sullivan high school for the only scheduled debate between Hadden and Moore. Hadden noted Moore's past achievements but said it's time for him to go.

Under Mayor Richard M. Daley, Moore was a leader of the council's progressives and one of the mayor's antagonists. But he's become an ardent backer of Emanuel's agenda.

"In recent years, I think he's fallen short of being the independent progressive leader that we deserve," Hadden said.

In interviews, the candidates explained their differences further. Moore countered by referencing his record of support for progressive issues and touting his nearly 28 years on the council.

"Platitudes and empty promises don't get things done," Moore said. "Hard work, collaboration and, yes, experience, is the recipe for a progressive city and a successful and vibrant community."

Hadden said she supports an elected school board in some form while Moore said he's opposed. Despite a referendum showing opposition to charter schools, Moore said he will continue to favor them.

One key difference between them was on policing, where Hadden said she opposes the city's West Side police and fire academy while Moore said he supports the academy.

Hadden said she supports reallocating police from low-crime areas such as Rogers Park to other locations in the city that may need them more. Moore disagreed, saying the neighborhood needs "as much police protection as reasonably possible."

Hadden said she'll be a more active listener to the community than Moore, and she wants to amplify residents' work on key issues.

Moore countered that he's never been more in touch with his ward and said he's been unfairly criticized, and defended both his record and Emanuel's as progressive. Under Emanuel, Moore said, he supported the city's first minimum wage, paid sick leave and closing coal power plants, among other issues.

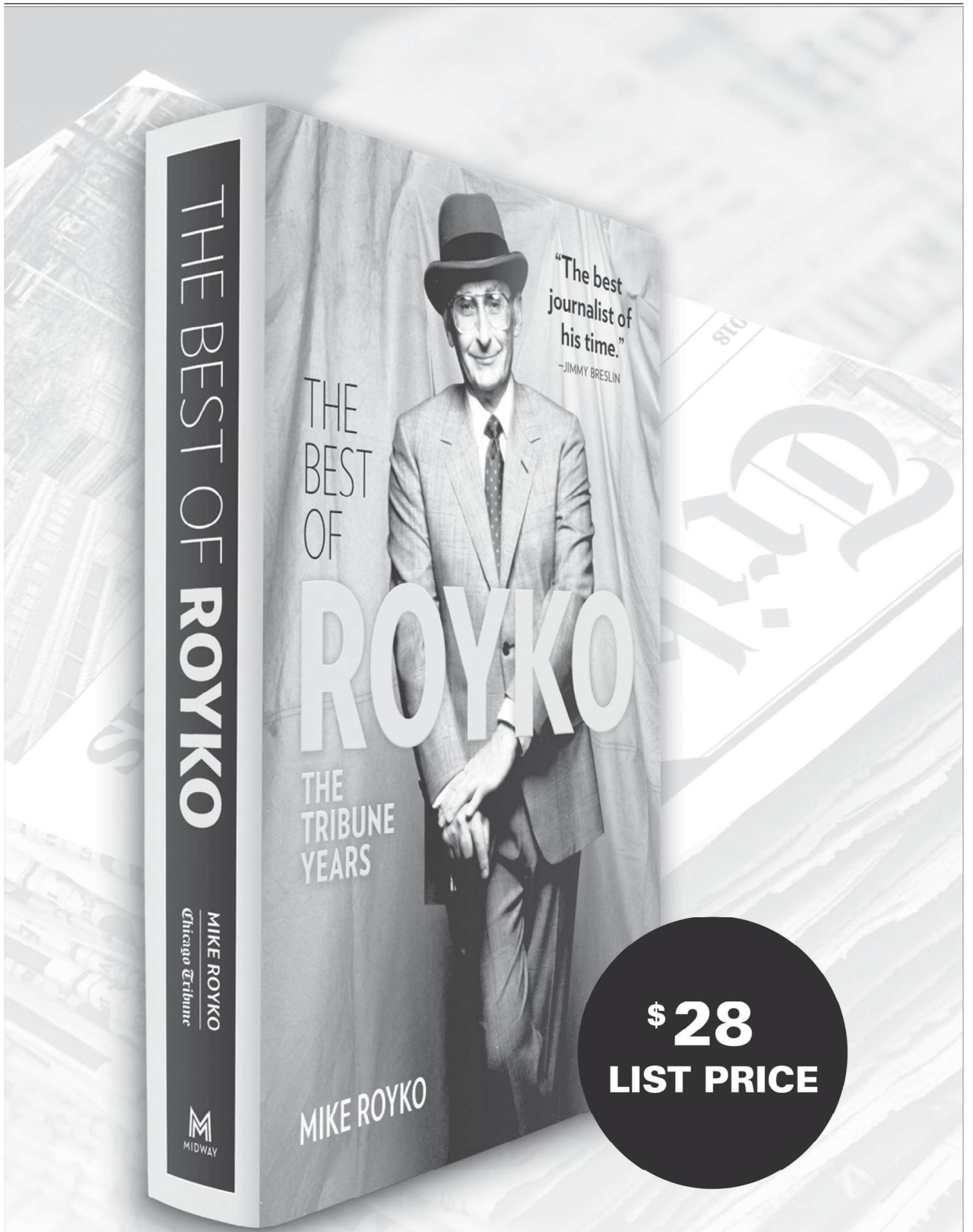
Supporting charter schools is about helping low- and moderate-income families, he said, casting his stance as "a progressive view."

"If you look at the issues, you'll find I haven't changed," Moore said. "The mayor of the city of Chicago changed."

Hadden said she doesn't believe Moore is "as in touch with the experiences of the majority of his residents." She said the city's problems have worsened over the years and dynamic leadership is needed to "change with the times."

"If he says in his own words that he hasn't changed, that may be true," Hadden said. "And that may be part of the problem."

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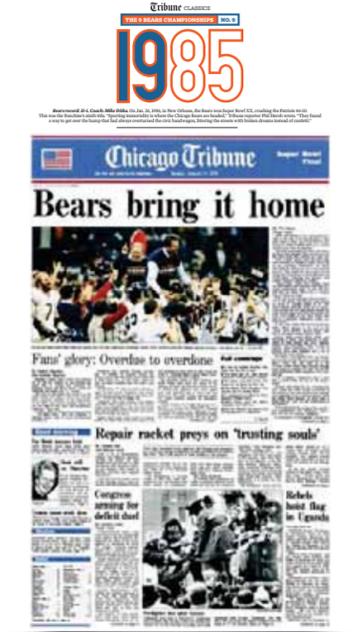
**Bears record: 9-1-1. Coach: George Halas.** On Dec. 18 at Cubs park, the 1921 season of the American Professional Football Association (renamed the National Football League in 1922) came to an anti-climactic end. The Decatur Staleys (predecessor to the Chicago Bears) tied the Chicago Cardinals 0-0. "Several thousand shivering rooters braved the cold to see one of the hardest fought battles of the season," wrote the unnamed Tribune reporter. Thus, the season ended with the Staleys and Buffalo All-Americans tied atop the standings. But the Bears claimed the title because they beat the All-Americans 10-7 in their most recent meeting on Dec. 4, also at Cubs park.

**CAN YOU FIND THE HEADLINE?**

The franchise's first title didn't receive the same fanfare as its next eight — not by a long shot. The story ran on Page 19, in the right-hand column. In the text of the story, it's still not clear that the Staleys would win the title. With the Staleys and Buffalo tied for first place, and having split two games during the season, George Halas later convinced league owners to use a tiebreaker rule stating that the last game between the two teams (a Staleys win) would carry more weight. In Buffalo, this became known as the "Staley Swindle."



THE TRIBUNE'S COVERAGE OF THE BEARS' FINAL GAME OF THE 1921 SEASON, WHICH LED TO A DISPUTED CHAMPIONSHIP — BUT THE FRANCHISE'S FIRST TITLE NONETHELESS





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CHARLES OSGOOD/CHICAGO TRIBUNE

The Straits of Mackinac, a 1928 ship that once ferried cars and people on Lake Michigan, is sunk in 2003 to create an artificial reef 8 miles east of Evanston.

# How can fish nurseries be saved?

Fish, from Page 1

U.S. Geological Survey who is researching approaches to restore spawning reefs as his master's dissertation at Purdue University.

"It's just one piece to the puzzle, but it's an important one," he said.

Many Great Lakes reefs, both man-made and natural, have been smothered by invasive zebra and quagga mussels that have colonized the lake bottom, leaving eggs exposed and more vulnerable to predators. In other areas near the mouths of rivers and tributaries, scientists say these reefs are being buried by sand and silt, the result of increased precipitation, soil erosion and runoff from climate change.

Man-made reefs have proved capable of beckoning large numbers of fish, but it is unclear how much these structures are helping the overall wild fish population.

Native fish in the Great Lakes have already faced a gantlet of obstacles to survive: overfishing, pollution, less food availability, competition with invasive species. Researchers are now wondering how lake trout and other species — including walleye, lake whitefish, smallmouth bass — will respond to this bout of habitat degradation.

Some lawmakers believe there have been significant enough strides in curtailing agricultural runoff that it may be time to rebuild reefs, again. The U.S. Environmental Protection Agency last year awarded \$980,000 to the state of Michigan to reconstruct two reefs in Saginaw Bay, where downstream sand plumes have been a problem.

"It's a sandbar rather than a rocky reef," Gatch said about one of the Saginaw Bay sites.

Purdue researchers are attempting a different approach.

With funding from the geological survey, Gatch hopes to restore natural and constructed reefs that have been buried by sedimentation and caked with invasive mussels. Gatch built two sledlike devices, one equipped with propeller fans and another with water jets, that can be towed behind a boat to clean off reefs.

The contraptions were used to clean sand from two reefs in Saginaw Bay and mussels from one in Thunder Bay last year. Gatch said he plans to bring the operation to three sites in southern Lake Michigan this summer including an artificial reef known as Carlsons Reef about a mile offshore of Chicago's Museum of Science and Industry. The reef, made up of 4,500 tons of large granite rock spread over an area the size of two football fields, was built in 1999 to boost the population of smallmouth bass and provide a reliable fishing hole for anglers.

"The goal will be to create something portable and affordable to try to clean off these reefs and create quality habitat for fish spawning," Gatch said. "Ultimately, we want to have a more sustainable population of sport fish, both for the ecosystem and



NATURAL HISTORY SURVEY LAKE MICHIGAN BIOLOGICAL STATION

About 14 miles off Fort Sheridan, Julian's Reef is covered in quagga mussels and nuisance algae.



ALEX GATCH/PURDUE UNIVERSITY

Purdue researchers surveying reef habitat for whitefish eggs in Michigan's Saginaw Bay saw quagga mussel shells.

for the general public to catch."

## Giving nature a hand

As early as the 1800s, rock piles were built along the lakefront to protect important infrastructure from wave damage. These rocky fortifications incidentally became reefs for large schools of fish. Starting in the 1980s, fishery managers began constructing rock piles in shallow water to improve sport fishing.

By the 1990s, the heyday

## Man-made reefs have beckoned large numbers of fish, but it is unclear how much the reefs are helping the overall wild fish population.

of reef construction in the Great Lakes, fishery managers saw reefs as a potential avenue for increasing spawning.

According to a 2015 study published in the *Journal of Great Lakes Research*, Lake Michigan has the most man-made reefs, with eight. Plankton-rich Lake Erie, which boasts the most abundant fish population, has six. Lakes Huron and Ontario each have three, and Lake Superior, which has remained relatively free

of quagga mussels, has two.

Fishermen are generally in favor of creating habitat that could provide them with more dependable places to fish in these vast bodies of water, according to Jeff Goad, past president of the Elliott Donnelley Chapter of Trout Unlimited. Many anglers use sonar to scan the lake bottom for changes in elevation in hopes of finding reefs where fish are congregating.

In the ocean, artificial reefs have been made from vehicle tires, retired train

cars and sunken ships. As part of a conservancy group, however, Goad and others want policymakers to be mindful of what these reefs are made of. While sunken ships have served as reef habitat in the Great Lakes, these are primarily intended for recreational divers.

"I think it's always great to add habitat when nature isn't able to do it itself," said Goad, 58, of West Lakeview, who often fishes at Belmont Harbor.

"The conflict comes in where we're putting artificial things in the lake, like sinking boats," he said. "In so many coastal places, in saltwater, they'll take a boat out, cut holes in it, blow it up and sink it — and, boom, now it's a reef. The challenge is, here, this is drinking water for millions of people. We don't want to put anything in there that will pollute our freshwater."

Goad also wants to see the Great Lakes' \$7 billion fishing industry protected.

"There's a notion that there's a lot of water, it's a big place, there's an unlimited supply of fish and we'll always have a lot of everything," Goad said. "But, as an angler, we understand there is no promise of unlimited resources of fish and clean, clear water that will be sustainable for these species."

Matt Herbert, an aquatic ecologist with the Nature Conservancy in Michigan, believes if state and federal governments are going to pour money into building reefs, there needs to be a clear strategy.

Since 2015, the Nature Conservancy, along with Central Michigan University and the state of Michigan, have been restoring reef habitat in Grand Traverse Bay, an area where powerful waves have kept rock formations clear of mussels and sand.

Under the project, 450 tons of limestone have been added to one reef and barriers have been built to control egg predators like the rusty crayfish. While egg survival could still suffer because of strong storms, the preliminary results have been "encouraging," Herbert said.

"Our message is reef creation is not necessarily a bad idea," Herbert said.

"It just requires due diligence and good science behind it. Historically, we've just haphazardly constructed reefs, and those days are over."

## Buried by sand

Purdue is part of a team of institutions studying reefs in Michigan's Saginaw Bay, which once was touted as one of the most robust wall-eye fisheries in the Great Lakes but is now recovering after drastic changes in the

region's logging and agriculture industries more than a century ago.

Because of deforestation near the Saginaw River, soil that otherwise would've been anchored by tree roots was washed into the river with rainfall. Some of this freshly cleared land was converted into farmland, and a sizable amount of soil and nutrients from fertilizer was also swept into the waterway each year.

As carbon emissions have increased and temperatures have risen, runoff has gotten worse. The warmer atmosphere is capable of holding more moisture, according to scientists.

In the Great Lakes region, heavier downpours are increasingly eroding the soils, strengthening the flow of streams and possibly spilling more sand and silt over the reefs in areas like Saginaw Bay.

After heavy storms, aerial images show large sediment plumes emanating from rivers and tributaries feeding into the Great Lakes. The underwater avalanche of sediment spells trouble for fish eggs.

In laboratory experiments, Gatch, the Purdue researcher, found whitefish eggs had a slimmer chance at survival when blanketed by sand and, even more so, silt. These eggs rely on lake currents to pass through the gaps between rocks to provide them oxygen.

"After a certain amount of sedimentation, there's not enough oxygen flow and the eggs just basically suffocate," Gatch said.

## Musseled out

While Michigan rivers contribute to the sandy shores of eastern Lake Michigan, Illinois waters are characterized by a rocky lake bottom.

At Julian's Reef, a natural deep-water reef nearly 14 miles offshore of Fort Sheridan, scientists in 1990 took video of the pristine cobblestones and bedrock where lake trout had been known to congregate and spawn.

Twenty years later, scientists returned to survey the area and found it had been completely overtaken by fingernail-sized quagga and zebra mussels.

"We knew (mussels) would be out there, but we

were all shocked to see this complete blanket effect," said Rebecca Redman, a scientist who has studied reef habitat with the Illinois Natural History Survey. "Our immediate concern was, well, where are those spaces? Those mussels have encrusted the rocks and filled in all those spaces that we think lake trout need for their eggs to thrive."

Since the 1980s, Julian's Reef is the only place in Lake Michigan where the U.S. Fish and Wildlife Service stocks lake trout in Illinois waters. Researchers say much of the 100,000-plus fingerling lake trout survive to adulthood today, but conservationists worry that the increase in fouled reef habitat will impede natural spawning.

The superabundant quagga mussels are also believed to be asphyxiating fish eggs. They already take up much of the oxygen near the lake bottom, and they excrete feces that breeds nuisance algae known as *Cladophora* that contributes to lower levels of oxygen.

Even if eggs get enough oxygen to survive, because mussels are blocking the spaces between reef rocks, the eggs can be easy pickings for predators. Now, in addition to tiny, invasive bottom-feeders like round gobies and rusty crayfish that were already able to prey on eggs safeguarded by rocks, larger fish like channel catfish are gobbling them up as well.

Gatch said his reef-cleaning devices are untested against invasive mussels, which use sticky, thread-like appendages to stick to hard surfaces. But this summer Lake Michigan will be their proving ground.

## An unexpected discovery

Meanwhile, fish are still returning to mussel-blanketed reefs to spawn. At Julian's Reef, researchers have observed lake trout eggs and fry — some of which were where they least expected them to be, according to Jeffrey Stein, a senior research scientist with the Illinois Natural History Survey.

After mussels die, their shells are being rustled away by the lake current and they are forming new reeflike structures, Stein said. In a valley at the base of Julian's Reef, lake trout eggs and fry are hiding amid mounds of dead mussel carcasses, a sign that this could be serving as new spawning terrain.

There are still many questions, including whether the formations can protect eggs from potential predators such as whitefish, which researchers have observed rooting around in the beds of dead shells. But the discovery is an encouraging development.

"I don't know if you want to call it resilience, because their rehabilitation has been slow," Redman, the state scientist, said about lake trout.

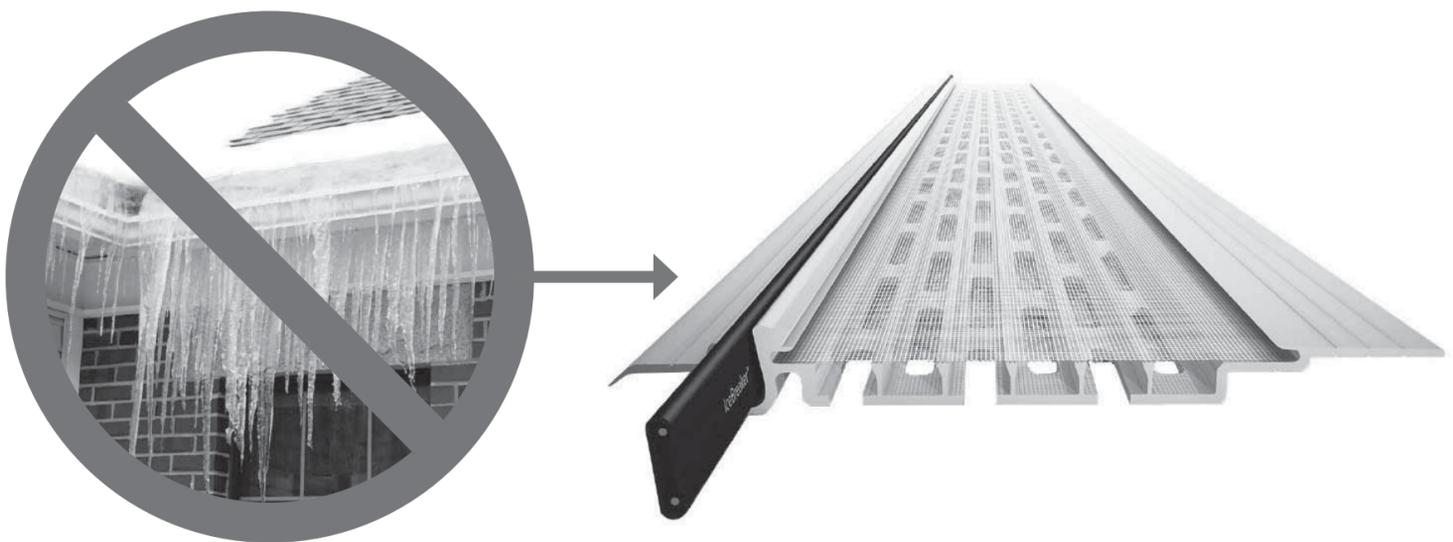
"But it's a realization that they might be finding a way to successfully reproduce."

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## 14th Ward candidates make their cases to unseat Burke

BY JOHN BYRNE  
Chicago Tribune

Embattled Ald. Edward Burke wasn't on hand Friday as two challengers tried to end his aspirations for re-election, but he dominated their discussion just the same, proof that his decadeslong iron grip on the Southwest Side ward continues to reverberate.

Candidates Jaime Guzman and Tanya Patino both pitched themselves to the Chicago Tribune Editorial Board as the right person to help the 14th Ward move past 50 years of Burke rule. With Burke now facing a federal attempted extortion charge, they said there's an unprecedented chance to break his control.

Guzman said residents in the majority Hispanic ward are becoming aware they have a chance to elect someone new. And with expected high turnout Feb. 26 because of the wide-open mayoral race, he said the ingredients are there to bounce Burke.

"They're starting to get a sense that something is happening," he said. "They're starting to see the opportunity for people like us to kind of come in and be able to make our plea to the community."

But even with Burke weakened, Patino said, there's a reluctance among many in the ward — which includes parts of Archer Heights, Gage Park, Brighton Park and Garfield Ridge — to openly come out against him.

"To (business owners), it still was, they didn't feel they could publicly support me," she said. "They would talk to me and say, 'Good luck,' but they can't, like, fully publicly support me because they're still afraid of any type of retaliation or repercussions that will come if they put up a sign of mine."

Patino has U.S. Rep. Jesus "Chuy" Garcia's endorsement. Garcia also backed her boyfriend, Aaron Ortiz,



BRIAN CASSELLA/TRIBUNE  
Ald. Edward Burke is facing a federal attempted extortion charge.



Patino



Guzman

when he beat Burke's brother, former state Rep. Dan Burke, in last year's Democratic primary for the Southwest Side district's seat in the state House.

Patino said she isn't reaping the benefits of a deep-pocketed, well-entrenched political machine backing her.

"Nepotism is what Ald. Ed Burke and his brother have. He handed that over to him and gave him that position," she said. "Right now, Rep. Ortiz does not have the funds and does not have any power. When I made my decision to run for alderman, he was not even in office yet. So he is not handing me anything. I'm working hard for this."

But Guzman said there's a risk of trading the Burke dynasty for new Southwest Side political bosses. "There's this added element about the consolidation of power on the Southwest Side from the congressman," he said. "It's not just

this dynamic between Ms. Patino and Mr. Ortiz. Mr. Garcia has put both of them up to run for office."

Burke and another candidate in the race, Irene Corral, were invited to the editorial board session Friday but did not attend. A fifth candidate who filed to run, Jose Torrez, withdrew earlier this month and endorsed Patino.

Burke stepped down from his post as powerful chairman of the City Council Finance Committee after he was charged Jan. 3 with allegedly trying to force owners of a Burger King in the ward to hire his law firm for property tax appeal work in exchange for helping them get a permit for a driveway. But he subsequently announced on Facebook that he would remain in the aldermanic campaign.

Burke is free on a \$10,000 unsecured bond while the case is pending. His attorney, Charles Sklarsky, has said the allegations are without merit.

The editorial board appearance Friday came as Burke started airing TV ads in the race. The Friends of Edward M. Burke campaign committee spent \$1,351 to run commercials on cable networks from Jan. 14 to Jan. 27, according to an industry analysis.

A spot in Spanish and English features people saying they're proud to be 14th Ward residents because the community welcomes so-called Dreamers who came to America illegally as children, and because Burke works with the community.

Burke's law firm has done property tax appeal work for Trump Tower, a fact critics have seized on in light of President Donald Trump's immigration policies as evidence of the longtime alderman's lack of empathy for the issues important to residents in the majority Hispanic ward.

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## Ex-alderman agrees to \$5,000 fine for city lobbying violation

BY JOHN BYRNE  
Chicago Tribune

Former Hyde Park Ald. Will Burns has agreed to pay a \$5,000 fine for lobbying the city too soon after he stepped down from the City Council and took a corporate job with vacation rental listing giant Airbnb.

Burns, a council ally of Mayor Rahm Emanuel, stepped down as alderman

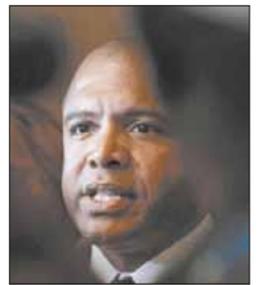
in early 2016 to become Airbnb's Midwest director of policy.

A few months later he called Emanuel administration official Michael Rendina to urge that changes be made in the "process by which the company and the city could come to an agreement" on a pending ordinance to govern the vacation rental industry, according to the city Ethics Board.

In May 2016, Burns appeared on "Chicago Tonight" on WTTW to talk about the pending ordinance in his role as an Airbnb executive.

Those acts violated a city rule prohibiting former aldermen from lobbying the city for a year after they leave the City Council, according to the Ethics Board.

The board published the settlement agreement with Burns on Friday, as many



NANCY STONE/TRIBUNE 2015  
Former Ald. Will Burns, 4th.

Chicagoans were focused on avoiding snowstorm traffic and news organizations were concentrating on the sentencing of former police Officer Jason Van Dyke in the Laquan McDonald shooting case.

Burns could not be reached for comment Friday.  
jebyrne@chicagotribune.com  
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# Young women don't 'enjoy' 'spotlight' of sexual assault



**HEIDI STEVENS**  
Balancing Act

John Engler, the embattled interim president of Michigan State University who said Larry Nassar's victims were "enjoying" the spotlight, is gone.

Engler, the former governor of Michigan, resigned Wednesday night with an 11-page letter, largely defending his tenure, to Dianne Byrum, chairwoman of Michigan State's Board of Trustees.

"When I arrived I found a university in crisis," he writes. "Cascading disclosures of sexual abuse by former Michigan State University and USA Gymnastics sports doctor Larry Nassar by early 2018 had made MSU a troubled institution."

Unfortunately, Engler added to both the university's and Nassar's victims' anguish before stepping down 11 months after he was hired to replace President Lou Anna Simon, who resigned last year over the school's handling of Nassar.

Shortly after Engler was hired, Michigan State agreed to a \$500 million settlement with 332 women and girls who said they were sexually assaulted by Nassar. In April, Engler told a university official in an email that former gymnast Rachael Denhollander, the first woman to publicly accuse Nassar of sexual assault, was probably getting a "kickback" from her attorney.

Then, last week, Engler told The Detroit News that Nassar's victims had been in the "spotlight" and are "still enjoying that moment at times, you know, the awards and recognition."

*Spotlight. Enjoying.*



ROBERT SCHEER/INDIANAPOLIS STAR

Rachael Denhollander was the first woman to publicly accuse Larry Nassar of sexual assault.

**Unfortunately, John Engler added to both the university's and Larry Nassar's victims' anguish before stepping down.**

*Awards and recognition.*

These are words that don't have any place in a discussion about the life-long toll of a serial sexual predator who's now serving decades-long prison sentences for sexually assaulting hundreds of patients and possessing child pornography.

These are words that paper over all that Nassar's victims lost, by implying they went looking for something to gain.

These are words that fail to consider the emotional and physical strain of publicly outing yourself as the victim of sexual assault.

These are words that fail to grasp the gut-wrenching calculation of pros and cons — the deep desire to be heard and believed and able to effect change, weighed against the countless stories of victims who aren't. Young women, Nassar's

chosen prey, enjoy the sort of spotlight, awards and recognition that come from winning. Winning debate tournaments, winning scholarships, winning races, winning championships, winning medals, winning progress, winning seats at the table, winning new friends, winning against their fears, winning against the odds.

Michigan State University would do well to start fostering a climate that understands and loudly, clearly communicates that.

The university's Board of Trustees appointed Satish Udpa, the school's executive vice president for administration, as the new interim president.

A lot of eyes will be on Udpa, specifically, and Michigan State, more broadly. Partly because it was the home, for so long, of Nassar. Partly because it's a metaphor for the way we've responded, culturally, to victims of sexual assault — too slowly, too reluctantly, too skeptically.

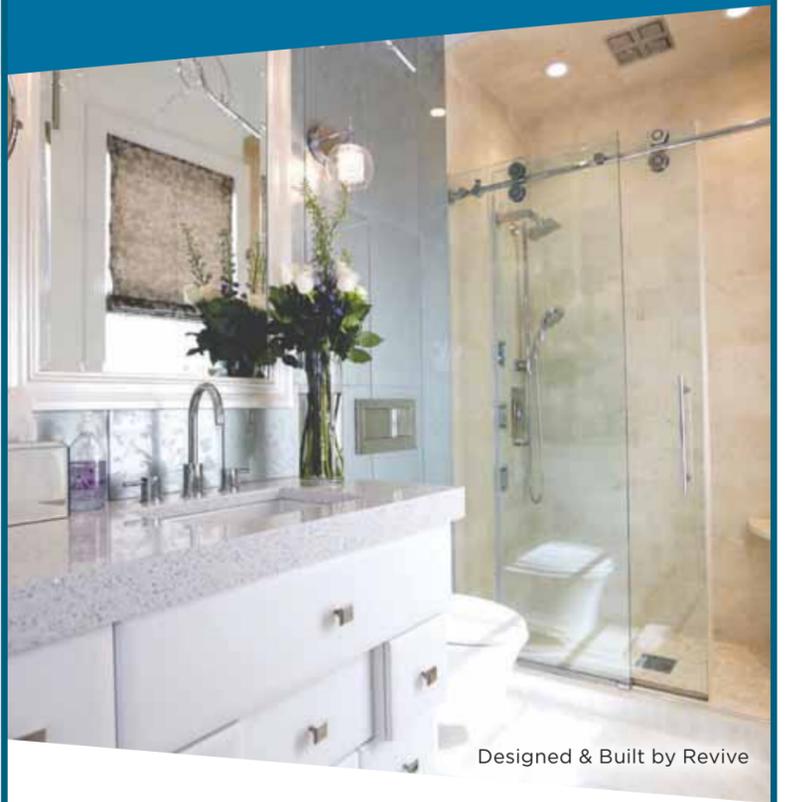
Here's hoping we're learning as we go.

*Join the Heidi Stevens' Balancing Act Facebook group, where she hosts live chats every Wednesday at noon.*

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# Chicago Tribune PERSPECTIVE



NUCCIO DINUZZO/CHICAGO TRIBUNE

The Chicago police code of silence was victorious Thursday.

## Chicago's police 'code of silence' went on trial — and the code won



STEVE CHAPMAN

When Chicago police fatally shot a 17-year-old boy on a Southwest Side street in October 2014, the slaying was a small local story that hardly anyone noticed. It gained national attention only the next year, after the release of police dashcam video showing a cop abruptly firing at Laquan McDonald as he walked away, riddling him with 16 rounds.

The evidence from that night was in many ways a credit to the police, several of whom had dutifully followed McDonald as he walked down the street holding a knife. Even when he stabbed the tire of a police car, these officers held their fire, striving to contain the offender without harm to anyone. Their conduct was a model of responsible, restrained policing.

But then Officer Jason Van Dyke pulled up in his squad car, jumped out and began emptying his service weapon. A situation that could have ended with McDonald under arrest ended with him bleeding to death on the pavement — because a single cop lost

his head while those around him were keeping theirs.

Van Dyke's conduct was so egregious that he was convicted of second-degree murder and 16 counts of aggravated battery, crimes for which he was sentenced to 81 months in prison. It was a rare case of a trigger-happy cop being brought to justice.

I would like to report that his conviction came about because his fellow officers exposed his overreaction. But they didn't. The reports filed by other police conveyed that Van Dyke acted in self-defense while retreating from a criminal who lunged at him with a knife. It took the video to show that the official story, built on reports filed by officers and approved by their superiors, was false.

Even before the footage became public, the city settled with McDonald's family for \$5 million. The city inspector general investigated and recommended that 11 officers be fired for their role in the cover-up. Police Superintendent Garry McCarthy lost his job. Van Dyke was convicted.

But Thursday, three officers indicted for conspiracy, official misconduct and obstruction of justice were acquitted on all counts by a judge who gave them the benefit of every conceivable doubt. Presented with stark disparities between what the video

showed and what the cops had said, the former prosecutor chose to disregard the evidence before her eyes.

Van Dyke's actions, though grossly unwarranted, came about in the heat of an unpredictable encounter with a scary suspect. But the cops who gave deceptive accounts of what happened have no such excuse.

"There were no hearts pounding when these crimes were committed," assistant special prosecutor Ronald Safer noted. "There was no adrenaline flowing. This case is not about the decision to shoot. This case is about what these defendants did in the calm, cool, reflective atmosphere of their offices ..."

The acquittal was a shock, but in a city (and country) with a history of unpunished police abuses, not entirely a surprise. No one ever got rich betting that Chicago police will face stern punishment for committing crimes in the line of duty.

Mayor Rahm Emanuel acknowledged the cops' code of silence shortly after the video was released. "It is the tendency to ignore," he said. "It is the tendency to deny. It is the tendency in some cases to cover up the bad actions of a colleague or colleagues."

A 2017 report by the U.S. Department of Justice found, "This code is apparently strong enough to incite

officers to lie even when they have little to lose by telling the truth," choosing "instead to risk their careers."

But honesty has its own hazards. An officer who implicates a colleague has to fear blowback. One sergeant told the Justice Department investigators that "if someone comes forward as a whistleblower in the department, they are dead on the street." In 2016, the city agreed to pay \$2 million to a pair of officers who said they suffered retribution for giving evidence against corrupt colleagues.

The only way to combat this entrenched practice is to punish not only the officers who abuse citizens but the officers who look the other way or lie to protect the guilty. Chicago police are not likely to take the risk of making enemies of their fellow officers unless they genuinely fear losing their jobs and going to prison for concealing the truth.

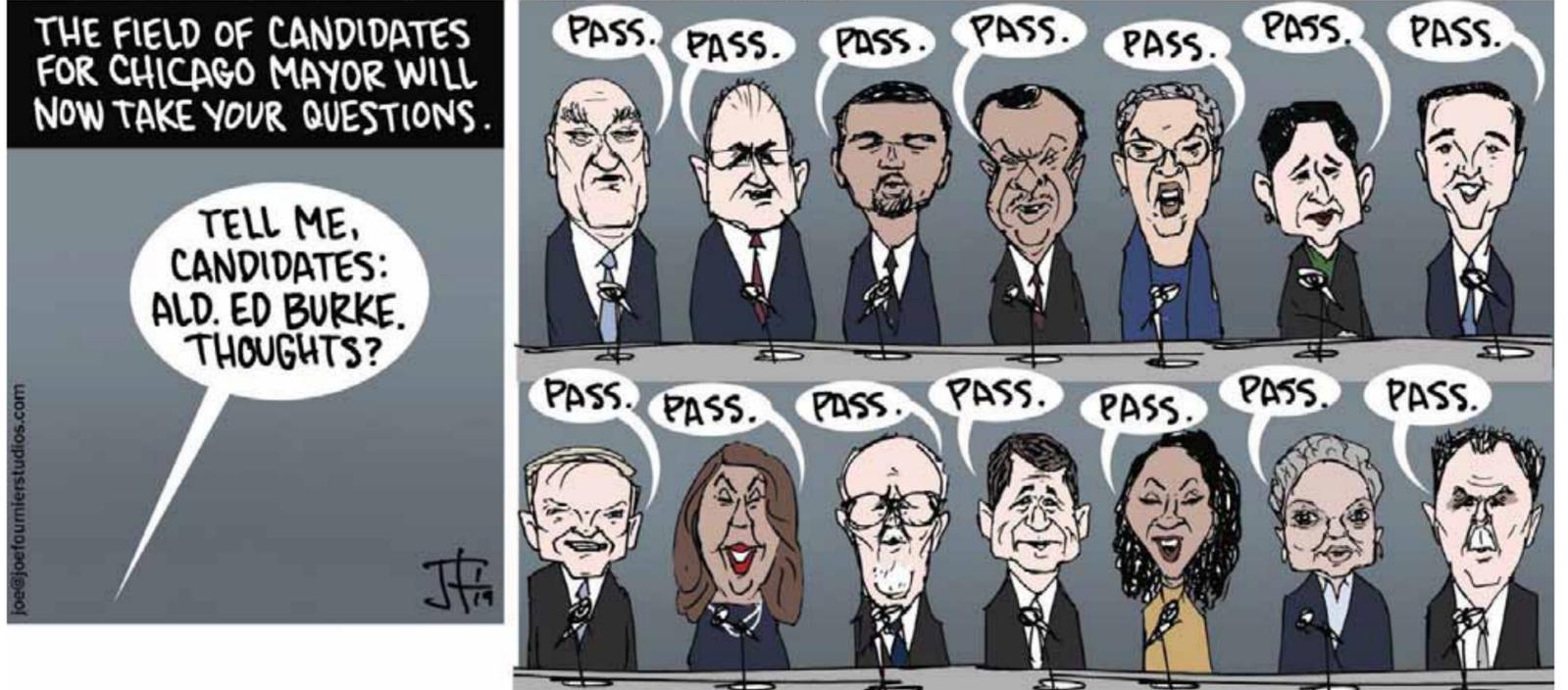
That may happen someday, but, as this case confirms, not yet. The police code of silence was on trial, and the code won.

Steve Chapman, a member of the Tribune Editorial Board, blogs at [www.chicagotribune.com/chapman](http://www.chicagotribune.com/chapman).

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# CHANGE OF SUBJECT

BY ERIC ZORN



## In cover-up case, judge added disgrace

Verdict on 3 cops accused of lying to protect a colleague flies in face of video

Who knows why it took six weeks for Cook County Associate Judge Domenica Stephenson to write her ruling acquitting the three defendants in the police "code of silence" case.

How long could it have taken her to transcribe and then paraphrase the closing arguments for the defense?

Stephenson's unpersuasive, infuriating 28-page ruling, which she read from the bench Thursday afternoon, embraced the idea that Laquan McDonald posed such a threat to police on a fateful night in 2014 that Officer Jason Van Dyke was justified in firing 16 shots into him. That idea is belied by police dashcam video and was rightly rejected by the jury that in

October found Van Dyke guilty of second-degree murder and multiple counts of aggravated battery with a firearm.

Both the dashcam video and the video re-creation made by Van Dyke's defense team show that McDonald was clearly angling away from officers as they attempted to cut him off by edging toward the path he was walking. He was swinging a small knife at his side away from the officers and was passing them at a distance of about 12 feet when Van Dyke opened fire.

But in her ruling, Stephenson wrote that McDonald was "walk(ing) in the direction of uniformed police officers ...



Chicago police Officer Thomas Gaffney, rear left, sits with ex-Officer Joseph Walsh as they listen to Judge Domenica Stephenson read her ruling Thursday. In front are defense attorneys William Fahy, left, and Thomas Breen.

swinging the knife back and forth in front of him," and that these "fluid" actions meant he could have turned from "an active resister to an armed assail-

ant in a split second." The dashcam video reveals this assertion as tendentious, police-union nonsense, and Stephenson's summary illustrates that

the blindfold on Dame Justice isn't always metaphorical.

In report after report, assertion after assertion, police accounts exaggerated McDonald's movements, always in ways that would tend to justify Van Dyke's decision to shoot him.

"The recovered videos do not show the vantage point of Van Dyke, (his partner Joseph) Walsh or others," Stephenson wrote. She dismissed the charge that officers lied and conspired in order to justify the shooting as "speculation."

The legal record will now show, implausibly, that story of the police murder of Laquan McDonald is just the story of a one-off event — an isolated, regrettable tragedy in which one copper made a terrible split-second decision and paid the price for it. He was sentenced Friday to six years, nine months in prison, but with good behavior he could be out in less than four years.

Thanks to the credulous Judge Stephenson, the record will show that everyone else acted in good faith, that there was no subsequent cover-up, not even a tacit conspiracy in the department to excuse Van Dyke's actions. The police stories don't line up with what we can all see in that remarkably vivid dashcam video, sure, but memories of witnesses are not infallible. The fact that all these errant memories happened to favor Van Dyke is just one of those interesting coincidences.

Several months ago I wrote that McDonald's death was the tragedy and the cover-up was the scandal. Thursday's full-throated judicial exoneration of Van Dyke's department colleagues was the disgrace that caps it all off.

### I would approve of this message

The TV ad I want to see from the Democratic Party now begins with news footage of President Donald Trump from his Dec. 11 meeting with Democratic leaders in the White House: "I am proud to shut down the government," Trump says. "I will take the mantle. I will be the one to shut it down. I'm not going to blame you for it."

Then come clips of news anchors describing federal workers who are struggling to pay bills and in some cases being forced to work without pay during the shutdown of 25 percent of the federal government, followed by footage of a Democratic House member telling reporters that his party has repeatedly voted to end the shutdown and allow negotiations on border-wall funding to proceed but that the Republican Senate, which not long ago OK'd the idea, refuses to take it up.

Cut to images of a border wall. "There are already nearly 700 miles of walls and fences along our southern border with Mexico," says the narrator. "Democrats believe in border security and are open to discussions about the best way to enhance it. But not

when President Trump is holding hundreds of thousands of federal workers hostage unless his demands are met."

Then the ad closes with Trump on a tape loop: "I am proud to shut down the government. I am proud to shut down the government. I am proud to shut down the government ..."

Implicit in this hypothetical commercial is that if Democrats compromise now and give Trump money to build a symbol of his harsh positions on immigration, they'll set a dangerous precedent. An emboldened Trump will then be likely to pull another "or else ..." stunt when the federal government once again hits the debt ceiling in March.

At some point, this destructive lever needs to be pried from Trump's tiny hands, and the sooner the better.

### What the 'doctor' ordered

Why wouldn't mayoral candidate Willie Wilson turn over his tax returns when the Tribune asked for them?

This question came up during a forum in front of the Tribune Editorial Board on Tuesday.

"I'm going to tell you the real reason," Wilson said. "A young man named Eric — I think he's in here now — he wrote an article about me that said, 'Look, he calls himself a doctor.' He dissed this and that. ... To have someone to talk that negative about me from the Tribune, why should I release anything I have to the Tribune?"

Well, I'm not young, but I was in the room and I did write a column item last month chiding Wilson, a wealthy businessman with a seventh-grade education, for employing the title "doctor" based solely on his receipt of several honorary degrees.

He and I had a friendly chat in the hallway after the forum and again a few hours later when I happened to meet up with him on my way home as he was pressing the flesh in the Pedway. I will give him the last word on this matter by summarizing what he said during these conversations:

The title of "doctor" is an acknowledgment of and expression of respect for his philanthropic efforts in poor, largely African-American communities, and the jobs his businesses have created, he said. He has achieved more and given back more than most people with Ph.D.s, M.D.s and other actual academic degrees.

### Re: Tweets

The winner of this week's online reader poll for funniest tweet is "I regret to say that I'm disappointed with this thesaurus. There's no other word for it," by @pauleggleston. To receive a free email alert after I post each new list of finalists, go to [chicago.tribune.com/newsletters](http://chicago.tribune.com/newsletters).

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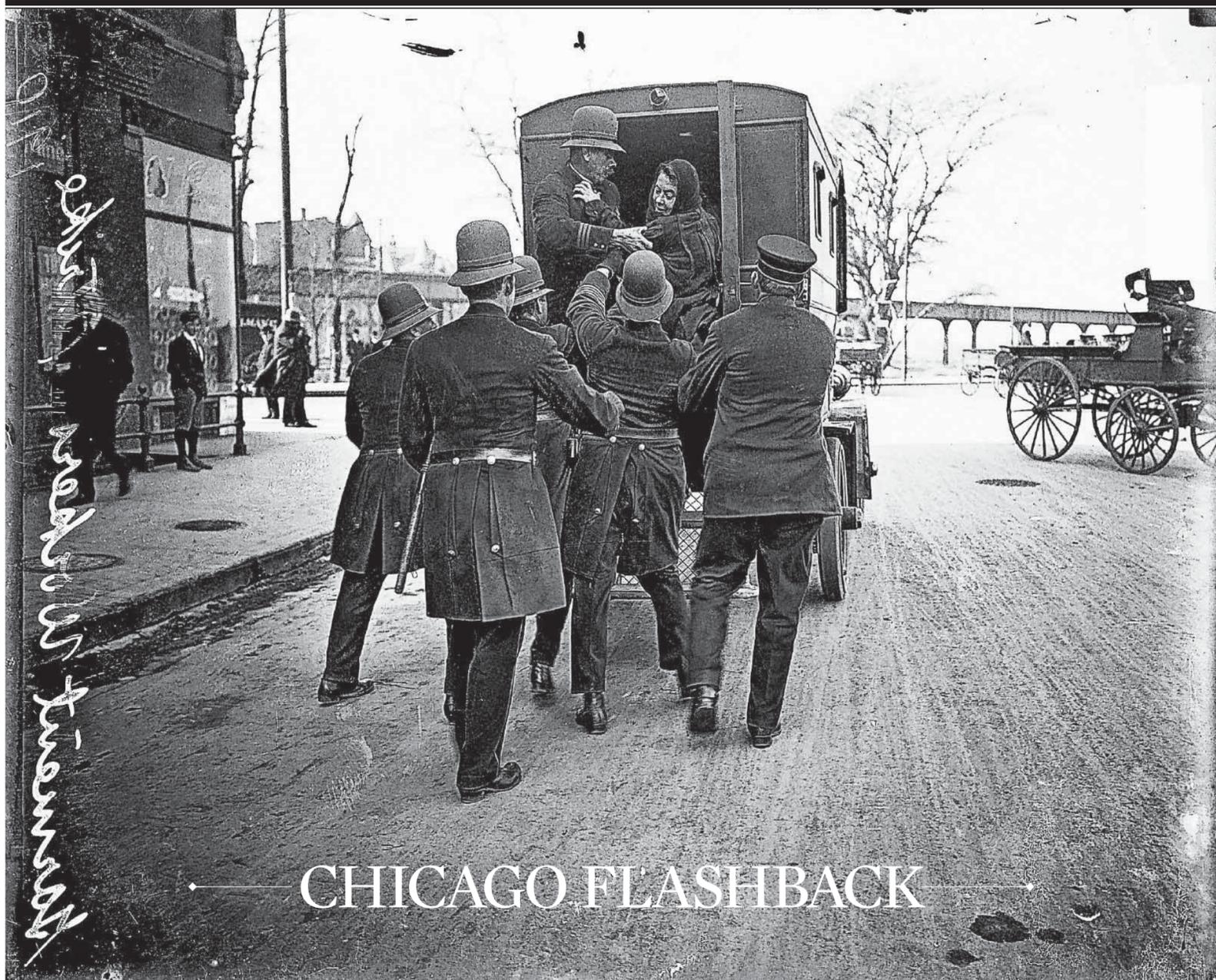
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Police put a woman into the back of a police wagon during the 1910 workers strike, one of the most memorable strikes in Chicago's history.

CHICAGO HISTORY MUSEUM

# And the women shall lead

## Female laborers at forefront of Chicago's massive garment workers strike of 1910

By **RON GROSSMAN** | Chicago Tribune

At summer's end in 1910, with competition fierce among garment shops in Chicago, owners were pressing foremen to up production and reduce workers' wages to cut costs.

That fomented a revolt. But in a surprising twist, the workers who led the charge were all women.

On Sept. 22, at least a dozen women walked off the job at Hart Schaffner & Marx's Tailor Shop No. 5 at 1922 S. Halsted St. They were furious because the Chicago clothing manufacturer had cut the rate by which they were paid from 4 cents to 3 3/4 cents a garment. Other female employees soon joined them, and Bessie Abramowitz became their leader.

A born rebel and a Yiddish-speaking immigrant, the 20-year-old Abramowitz had been blacklisted in the garment industry for agitating for workers' rights at another shop. She'd used a pseudonym to get hired as a button sewer at Hart Schaffner & Marx.

When the strikers listed their demands, Abramowitz's voice could be heard in demand No. 6: "That the people be treated with respect by the foreman and assistant foreman."

Though the women's protest escalated into one of the most memorable strikes in Chicago history, initially they got the cold shoulder from their fellow workers. Among those workers was Sidney Hillman, who was destined to marry Abramowitz.

Hillman was a cutter, a skilled tradesman, and belonged to the United Garment Workers of America, which enrolled the better-paid workers. The union, too, was a latecomer to the women's strike.

"In the first place, the strike which occurred in the Hart Schaffner & Marx shops started as a purely individual movement," Robert Noren, chairman of the Garment Workers executive council, told the Tribune when the strike was a month old. "There was no union organization."

By then, male workers were joining the strike in response to the general treatment of workers. The Garment Workers sanctioned it, and other unions lent their support. At an Oct. 13 rally at the Hod Carriers' Hall, Noren asked for a show of hands by those garment workers who'd joined his union.

"Nearly 1,000 hands went up," the Tribune reported. "This demonstration was received with cheering." The strikers' numbers would peak at something between 41,000 and 45,000 employees of 250 firms.

In addition to the major manufacturers, there were myriad small shops in the garment industry, making it highly competitive. Owners were under constant pressure to reduce costs, a burden that fell on the workers.

"That man (it is so hard to say Engleesh). That man Leencolen he mak' free black sleafs," a German-speaking picketer told the Tribune, referring to President Abraham Lincoln's emancipation of black slaves. "We white sleafs."

On the picket lines, Abramowitz and Hillman fell in love. But they but kept their romance secret, fearing to compromise her leadership of the strike, which lasted into February 1911. It was bitterly fought with violence on both sides.

One November day, clashes between strikers, replacement workers and the police occurred at Fifth Avenue and Harrison Street and at Elk Grove and North avenues, and a fight began on a West Side "L" platform that then tumbled down the stairs to Kedzie Avenue.

The rail station "disturbance assumed



CHICAGO TRIBUNE HISTORICAL PHOTO

Sidney Hillman, center, and Bessie Abramowitz, right, stand with members of the Amalgamated Clothing Workers of America at the 1916 May Day Parade.

such threatening proportions that reserves from the West Chicago and West North avenue police stations were rushed to the scene, in an effort to clear the street of struggling men and women," the Tribune reported. On another occasion, baton-swinging cops waded into a group of strikers.

At a protest meeting held the previous month, which in part discussed police actions, a speaker coined the slogan: "No massacres in America!"

The rallying cry echoed the garment workers' demographics: immigrants from countries where political dissent was squelched by force of arms. A strike rally might have been addressed in some combination of Yiddish, Polish, Russian, Italian and German. That lack of a common language was a handicap for union organizers.

So it's all the more remarkable that the garment workers strike brought women together across class lines in unprecedented alliances: Middle-class women and college students volunteered to walk alongside strikers, as the Tribune reported under the headline, "Co-eds May Picket In Strike."

Conversely, Abramowitz recruited needle-trade workers for the predominantly middle-class women's suffrage movement. A 1913 Tribune report on the formation of a Wage Earners' Suffrage

League noted: "Miss Bessie Abramowitz has a delegation of 3,000 women strong to enter the suffrage ranks."

During the strike, unemployed needle-trade workers were in dire need of help, especially as winter set in. They got it, as a Jan. 15, 1911, Tribune headline announced: "Society and Club Women to Canvass City in Aid of Garment Strikers: Pious Prayers Turned to Sabbath Works on 'Sweatshop Sunday.'"

A few months before, the Tribune also reported: "Coal is being distributed and meal tickets at certain impromptu restaurants established by the active helpers of the cause."

In January, the strike barely survived a crisis: The Garment Workers president negotiated a settlement with the shop owners, then presented it to the workers. When the proposal ran into opposition, the union attributed that to "supposed anarchists and hired spies in the ranks of the strikers," the Tribune reported.

But Hillman took the floor at a meeting and made a convincing argument against the proposed settlement, though he'd never spoken in public before. The union withdrew its support, and Hillman was catapulted into the front ranks of the strike's leadership.

The Chicago Federation of Labor continued to back the strike, and union locals and charitable organizations kept

up their contributions. It was estimated that the strikers' commissary received 22 carloads of food and clothing. The bakers union contributed 1,000 loaves a day.

Hart Schaffner & Marx belatedly agreed to put the issue to arbitration. Earlier attempts by local and state officials to get the two sides to sit down together had failed.

For their representative, the strikers chose Chicago attorney Clarence Darrow, the famed "defender of lost causes," and on Jan. 16, 1911, workers began returning to Hart Schaffner & Marx's shops on the hopes of a deal being reached.

"As early as 6 o'clock in the morning the strikers began to appear in little groups of two or three at the main plant and the branch shops," the Tribune reported. "Many were pale and wan from the weeks of privation, but there was not one that was not smiling and eager to be back to work."

Other firms held out for a while longer, and the strike ended in a draw toward the end of February. Wages and working conditions improved, but employers refused to make union membership a condition of employment.

Still, the struggle established the principle that disputes between workers and management should be submitted to arbitration. The strike's end also allowed Abramowitz and Hillman to publicly proclaim their love.

They marched arm in arm in Chicago's 1916 May Day Parade, and shortly married.

Hillman became a union official, and when the Garment Workers suffered a split over fissures opened up by the 1910 strike, he was chosen to head its successor, the Amalgamated Clothing Workers of America. The first word of its title indicated it represented skilled and unskilled workers alike.

For decades, Hillman was a powerhouse in the union movement and also was a trusted adviser to President Franklin D. Roosevelt. When presented with an issue affecting working people, FDR would say: "Clear it with Sidney."

Abramowitz also went into organized labor — on an unpaid basis. The mores of the time frowned on a married woman working, which would signal that her husband couldn't support her. Among other volunteer assignments, she organized New York's laundry workers. When Hillman died in 1946, she was left in perilous financial straits. Both of them believed that a union official shouldn't earn more than the workers he represented. Abramowitz died in 1970.

Six years after Abramowitz's death, the first page in the saga of the 1910 strike was belatedly written. Looking at an exhibit of photographs of the strike, Hannah Shapiro Glick pointed to one. "That's me," she told an interviewer.

She was the long-forgotten 17-year-old pants seamer who led the other women out of the Hart Schaffner & Marx Shop No. 5 on Sept. 22, 1910. "I said I'm not going to work for 3 3/4 cents," Glick recalled. And walking out the door she had been surprised to hear the footsteps of others following her.

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## EDITORIALS

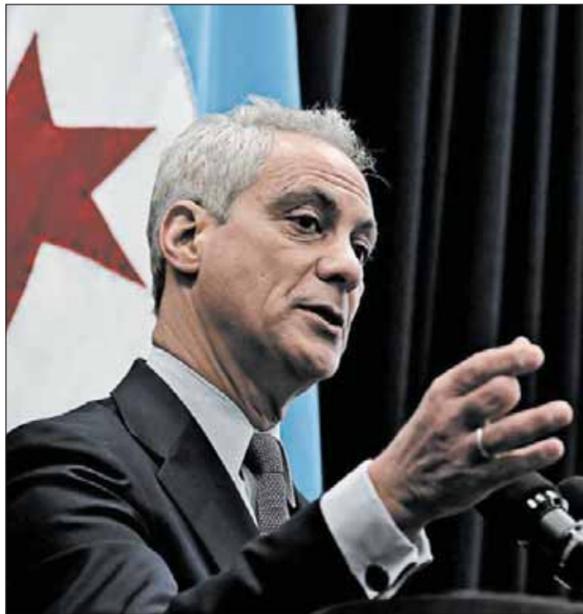
## Keeping City Hall — and corruption — out of a casino

Mayor Rahm Emanuel again is trying to put a casino in Chicago, part of his plan to salvage city pensions. Emanuel wants legislative approval for a gambling house that would deliver new revenue. But we hope he doesn't again ask Illinois lawmakers to trust that City Hall could keep Chicago corruption from poisoning the clean reputation of other casinos statewide.

The question for many lawmakers will be whether City Hall should be involved in regulating a casino owned by City Hall. We've long argued that letting Chicago regulate Chicago would be preposterous. Imagine selling that notion to legislators who've just watched FBI agents excavate an alderman's office. Never mind those 33 aldermen convicted of corruption over the years, or those facing prosecution now.

But what's preposterous is exactly what Springfield's gambling bill industry — not to be confused with the gambling industry — has tried to legalize before.

**To restate the principle that should guide oversight of a Chicago casino:** We've long supported licensing a Chicago casino. But City Hall should have no oversight role at a gambling facility in which City Hall has an interest. Yes, Chicago can pocket gazillions in profits. But a casino here should be run by a stellar casino company and



ANTONIO PEREZ/CHICAGO TRIBUNE

Mayor Rahm Emanuel would do well to ask the Illinois Gaming Board to draft a Chicago casino bill rather than recycle former measures that have flopped in Springfield.

regulated exactly like the state's other 10 casinos: by the Illinois Gaming Board exclusively. Here's why:

Many Illinois politicians hear "casino" and think "easy revenue" rather than "potential for organized crime."

Yet four times since Illinois legalized casino gambling, the Gaming Board has uncovered and eradicated wrongdoing and inappropriate associations. Four

times, the board disregarded power politics and acted aggressively to keep attempts at criminal influence on casino construction or operation from becoming major embarrassments to Illinois gambling. The board's superb enforcement record has kept Illinois casinos free of organized crime and other scandals that would frighten away customers and dry up the river of revenue that

flows to state government.

Meeting with the Tribune Editorial Board in December, Emanuel didn't talk specifics but suggested that yes, a new bill probably will look like the old bills that flopped in Springfield. He'd be smarter to distance himself from the gambling bill industry — the legislators, lobbyists, lawyers and consultants who inhabit Springfield's living history of cronyism, influence-peddling and sweetheart deals. They produce enormous gambling expansion bills — the 2017 opus ran 533 pages — that would expose a Chicago casino to grubby hands looking for illicit slices of the loot it would yield.

The 2017 bill, while giving the Illinois Gaming Board oversight of a Chicago casino, also would have created a Chicago Casino Development Authority. A five-member board — chosen by the mayor — would have a say on contracts, including the choice of a casino operator and the selection of temporary and permanent sites.

Just imagine the sketchy operators who'd make campaign donations and otherwise insinuate themselves into a City Hall casino authority. Imagine, too, the political pressure for patronage hiring, for bribes, for kickbacks, for whatever else corrupt officials could extort.

**Previous casino expansion bills tried to gut oversight** by firing the entire Gaming Board, and by forbidding suspension or

revocation of a Chicago license even if organized crime got a foothold. In its sleaziest stunt, the gambling bill industry tried to outlaw the presence of Illinois State Police officers, who help the Gaming Board oversee existing casinos, at a Chicago casino.

Think about that: Why would anybody ask lawmakers to outlaw Illinois State Police officers at City Hall's casino? Who in Springfield and Chicago wanted that ban? We never could get a straight answer.

**Mayor Emanuel, the way to persuade** lawmakers that Chicago wants a casino that's clean from the get-go is to bypass the gambling bill industry and ask Gaming Board lawyers to promptly draft a limited, ethical bill. In the past they've offered to do that. Exclude any role for City Hall politicians or their pals in overseeing construction, hiring, contracting or other operations.

That way legislators, citizens and gamblers would know that you want the Gaming Board to have what it has at the other 10 casinos: total oversight. There'd be no FBI agents someday hauling boxes out of a Chicago Casino Development Authority. And no butcher paper.

If you again involved the failed players in the gambling bill industry, Mr. Mayor, you're asking Illinois lawmakers to ignore Chicago corruption and let City Hall help regulate City Hall's casino.

## America and the next 2 years of Trump

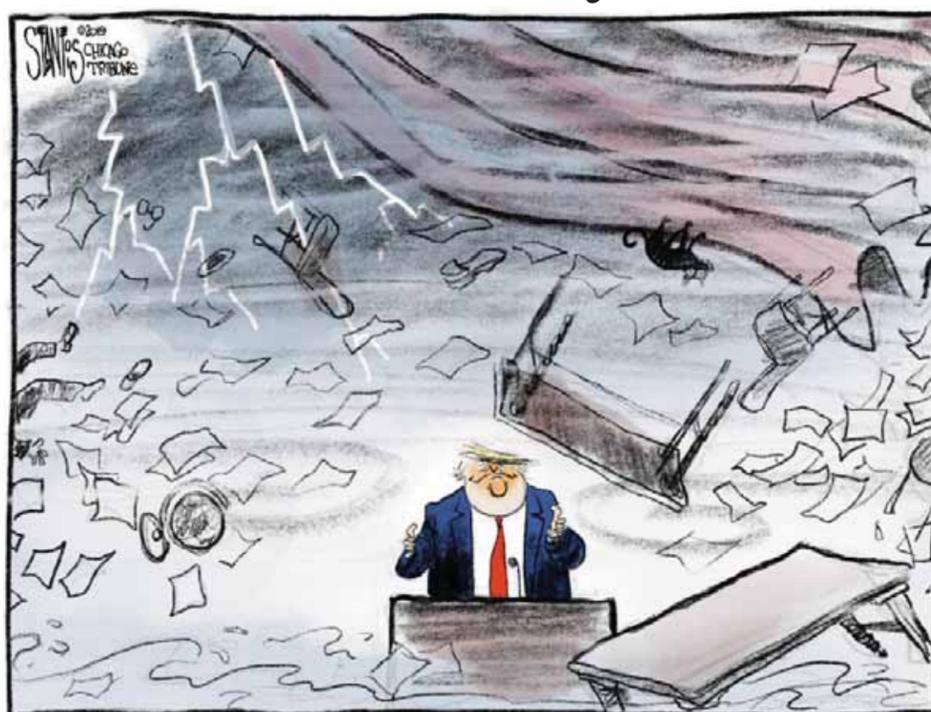
For nearly a month the government has been partially shut down. The Republican president and Democratic speaker of the House argue more than they negotiate. They are fighting it out over funding for a wall. A wall.

Somewhere, a writer tosses the draft of an allegorical novel in the trash because political reality is more captivating than fiction.

With Democrats now in control of the U.S. House, the first two weeks of divided government in Donald Trump's presidency bring a warning of how the next two years might go: political civil war. Democrats sense they are confronting a wounded president who may be vulnerable to impeachment. Republican supporters of Trump stand firm with their leader, whose efforts to blend conservative views with anti-establishment swagger give them joy.

Neither Democrats nor Republicans in Washington or anyplace else feel much need to sidestep the divide — the wall. Not with Election Day 2020 roaring into view. Not with so many people on each side believing that their foes are dead wrong ... about everything. Either Trump is an incompetent menace or he's the last hope to save this country. We don't see a lot of people soberly weighing Trump's presidency, supporting some policy decisions while rejecting others.

**The cost to America of this conflict is incalculable.** Sort of the way the cost of the shutdown can't quite be quantified. About



THE STATE of the UNION

SCOTT STANTIS

800,000 federal workers either are on furlough or are on the job without pay. The hardships to those families and inconvenience to other Americans are real. But what does it say about the state of the country when the president and Congress are willing to hold the government hostage to their

political demands? It is an outrageous abdication of responsibility and a harbinger of what might come.

The government shutdown comes to an end at some point. That means either the dispute over Trump's demand for money to build a wall on the southern

border gets resolved or put aside. Then it will be on to the next confrontation. Yet there is important work to be done in this country. Will anything of note be accomplished in the second two years of Trump's presidency? That's what we mean when we talk about the costs of the divide.

If a more generous spirit prevailed in Washington, the debate about the wall could have led to a spending bill that involved a broader compromise on immigration issues. Trump and the Democrats might have agreed to enact protections for the so-called Dreamers — young immigrants without legal residency who were brought to the U.S. years ago by parents or guardians. There are other serious problems to confront on health care, trade, Syria and Afghanistan. But little is happening amid the partial shutdown, and it's hard to see what major achievements are within the grasp of Trump and Congress. America is stuck.

**The blame for this mess lies with ... well, that debate** is part and parcel of the divide, isn't it? Trump came into office ill-prepared to lead the country, a blustery character too arrogant to recognize the weaknesses amid his strengths. He stumbled into the biggest scandal of his presidency — the Russia investigation — the one most likely to undo him. Special counsel Robert Mueller will assess Trump's legal peril. Democrats will attack Trump politically and decide whether to pursue impeachment and removal from office. The president and his Republican allies will punch back.

For the next two years, Americans will stand on either side of the wall and yell at each other. The country is strong enough to handle this political trauma. But it won't be better as a result.

## WHAT OTHERS ARE SAYING

The Democratic Party's triumphal romp through suburbia was the big story of the midterms. In 2016 the suburbs, home to the majority of American voters, voted 50 to 45 for Donald Trump; in 2018, 52 percent went Democratic. ...

The suburbs are where most Americans, including roughly 4 in 5 residents of our largest metropolitan areas, live. Historically, they have favored Republicans in most elections. But that tie has been weakened for reasons including the growing diversity of these areas and revulsion at President Trump, particularly among educated women. ...

The trouble, however, is that progressives, for the most part, love density and disdain suburbs. They have recently espoused calls, for example, to ban single-family zoning altogether in deep blue Minneapolis — with the entire state of Oregon considering a ban of its own.

The Democrats' dilemma is how to reconcile the interest of largely married, middle-income suburban homeowners with their rock-solid activist base of city-dwellers, who tend to be renters and childless. Suburbanites, for example, tend to be less interested in public transportation than media people who live in New York City, and more interested in improving the roads they take to work. ...

The clamor to restrict single-family homes, and thus push the American dream further out of many Americans' reach, represents an assault on what both parties once espoused. An America without widespread homeownership is no longer an aspirational country, but a place where people remain imprisoned by their class and unable to pursue what they perceive as a better quality of life.

Joel Kotkin, Daily Beast

## PERSPECTIVE



ALEX WROBLEWSKI/GETTY

A gathering before the Women's March in Washington in January 2018. The movement is experiencing growing pains.

## 'Respect' not enough for MLK or today's Women's March organizers



CLARENCE PAGE

It is a meaningful coincidence that the anniversary of the 2017 Women's March lands on the same weekend as the national Martin Luther King Jr. Day holiday. Both the civil rights and women's rights movements are divided by questions of how they wish to be perceived — and how much they should even care what others think.

"Nasty woman," a phrase used by then-candidate Donald Trump to describe opponent Hillary Clinton in the third 2016 presidential debate, was embraced by many of her female fans as quickly on T-shirts and protest signs as "deplorables" — her description of pro-Trump extremists — went viral throughout his support base.

That same defiant spirit has emerged in the recent objections by women's rights advocates to a questionable L-word in the coverage of Sen. Elizabeth Warren, D-Mass., and her exploratory presidential campaign: "likability."

"Because what is likability if not a deference to men — with a self-deprecating smile," writes Katha Pollitt, *The Nation's* brilliant legal affairs columnist. "In short, she doesn't demand anything that men would rather keep for themselves, be it political power or sexual autonomy or the right to be safe after having a couple of drinks."

"A likable woman doesn't challenge women, either," she continued, "by reminding them of the compromises they've made and the edges they've trimmed off their personalities."

A similar internal debate between

moderates and an impatient extreme roiled the ranks of Dr. King's racially integrated and nonviolent Southern Christian Leadership Conference with the emergence in 1966 of Stokely Carmichael's (later Kwame Toure) "black power" movement. Following the models of Marcus Garvey and Malcolm X, Carmichael believed that black people had to first "close ranks" in solidarity with each other before they could join a multi-racial society.

Like those of who believe, as I do, that "Black Lives Matter" is a title that unfortunately can be — and by conservatives often is — misinterpreted as anti-white, Dr. King thought the black power slogan was "an unwise choice." Nevertheless, he responded by redefining the slogan to fit within his own nonviolent agenda.

Black Power "was born from the wombs of despair and disappointment," King told his staff in 1966. "Black Power is a cry of pain. It is in fact a reaction to the failure of White Power to deliver the promises and to do it in a hurry. ... The cry of Black Power is really a cry of hurt."

It is a similarly defiant cry of hurt that brought the rise of Black Lives Matter and the take-a-knee protests by former NFL quarterback Colin Kaepernick and other black players after high-profile police shootings of unarmed black men. In the spirit of today's new-wave movements unlike those I recall in the 1960s, the protesting players raise the issue of police misconduct and largely leave it to others to come up with possible solutions.

It is not a big stretch to hear the same cry of hurt in the massive women's marches that took to the streets in Washington and other cities around the planet on the day after President Trump's inauguration.

It is also easy to see growing pains in the Women's March movement, after its first day of protests exceeded expectations

worldwide. For example, Linda Sarsour, Tamika Mallory and Carmen Perez, three of the four original co-chairs of the national organization Women's March Inc., were found to have expressed support in the past for Nation of Islam Minister Louis Farrakhan.

They have since distanced themselves from his notoriously anti-Semitic statements, but the controversy resulted in two competing marches in New York: Women's March Inc. and Women's March Alliance.

History repeats itself in this instance or, as Mark Twain might say, it rhymes. After Dr. King's assassination in 1968, the coalition that he helped to build fragmented in a world that he helped to change. But the old arguments about moderation versus extremism still divide movements that otherwise are united in pursuit of shared goals.

"Respectability politics" is today's popular label for attempts by marginalized groups to police their own members and show social values that are compatible with the mainstream, as pioneer black conservative leader Booker T. Washington preferred over the direct political action advocated by W.E.B. DuBois.

Dr. King found ways to embrace the goals of both moderates and extremes but organize to achieve those goals through nonviolent coalition building. Today's movements, ranging from "nasty women" to kneeling footballers, face similar goals and similar divisions over how "nasty" they can be in pursuing them. Likability isn't everything, although it doesn't hurt.

Clarence Page, a member of the Tribune Editorial Board, blogs at [www.chicagotribune.com/pagespage](http://www.chicagotribune.com/pagespage).

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Twitter @cptime

## VOICE OF THE PEOPLE

## Dueling ideologies

The evolution of Republican ideology ... President Ronald Reagan: "Mr. Gorbachev, tear down this wall!" President Donald Trump: "American taxpayers, build me a wall!"

— Wayne Rhodes, Highland Park

## Form task force on shootings

The Tribune published a letter Charles Falk wrote to Voice of the People ("Few arrests after a bloody weekend," Jan. 16). It should be moved to a space just below the Tribune masthead and remain there until answers to Charles' questions (about the lack of arrests after a bloody Chicago weekend in August) are worked out. The questions deserve high priority, and all levels of government should designate leaders within their ranks to serve as a collective task force. Folks like Charles, whom I've never met, should be welcomed to contribute. My only question is: Why are we waiting?

— Jerry Croke, Tinley Park

## Checklist for next mayor

The election for Chicago's next mayor is Feb. 26, and none of the candidates is polling over 20 percent. That is not surprising, given the lack of a convincing story coming out of any of the candidates.

Let's see what is being floated by the candidates. It seems most of the candidates have by now jumped on the bandwagon of pot and a casino. Chalk that up to herd fever. Do you really want to expand the customer base of pot consumers and gamblers? The most you could expect is a puny stream of tax revenue.

What is left is the organism itself and its sacred cows. Two behemoths that bleed the city's coffers are procurement and payroll. Both are in desperate need of reform.

Procurement: The way it is structured forces the city to pay for materials and services at higher than market rates. One way to combat that is to free the city's buyer to engage in direct negotiations with vendors, including auctions, to select the best product or service at the best price, similar to the way a consumer shops for a product. This gives the buyer the power to negotiate for a lower price. I know you are thinking the bid process is supposed to do that. It does not. If procurement is properly reformed, the city could easily save hundreds of millions of dollars a year.

Payroll: Everyone knows the problem is overtime. One way to limit overtime abuse is to establish a ceiling, either enforced per employee or across the department, forcing managers to tackle the poor allocation of human resources.

Crime: Investment was the idea floated by some candidates as the best antidote, but no one ventured into details. The business community says it has the jobs but not the workers with the right skills. The current mayor has pushed for tapping private-public partnerships. How about this? The city facilitates training geared toward meeting the skills companies are looking for, and the companies provide the funding to cover the cost of training, including a modest stipend and lunch for the trainees.

As a last resort, the new mayor should be prepared to freeze most capital improvement allocations and drastically curtail nonessential overtime use until pension liabilities fall to a manageable level. This may seem too draconian but only if you ignore the dire consequences that would befall taxpayers if the house falls.

— Hassen Saleh, Chicago

## Create a 'wall' with tax penalties

Here is a solution to government shutdown: Penalize — in the form of additional taxes — all corporations and small businesses that operate in the United States for hiring foreign workers, including H1 visa holders.

Example: Company A paid salaries of over \$2.5 million during 2018 to foreign workers and H1 visa holders. They will pay a monetary tax penalty of \$2.5 million plus their corporate tax for year 2018.

In effect, the above proposal is a wall in itself and will encourage all corporations in the United States to hire U.S. citizens and legal immigrants only.

The proceeds from the above proposal will fund the Transportation Security Administration and Homeland Security.

— Norm Viray, Chicago

## Unlawful intimidation?

What do we call a person who threatens to continue harming innocent people until we give in to his demands? A terrorist. Should we negotiate with terrorists? I am not sure.

— Ken Tomchik, Wauconda

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## Let's end this shutdown and work on a smart border security plan, not a wall

BY DICK DURBIN

President Donald Trump has a wall around his mind when it comes to border security.

He should listen to his own experts. At the end of 2017, U.S. Customs and Border Protection Commissioner Kevin McAleenan came to my office. I asked the commissioner, a career professional who has served presidents of both parties, where he believed we could make the most effective investments in making our southern border more secure. He replied, "Technology and personnel." I asked him to be more specific.

He told me about "Z Portals," the trademarked name of a drive-thru, non-intrusive inspection system that allows our border inspectors to X-ray the contents of trucks, cars, buses and cargo containers. Commissioner McAleenan explained that this technology is critical to stopping those illegally shipping narcotics, contraband, weapons and even persons into our country.

How widespread is this technology at our ports of entry? According to the Department of Homeland Security, inspection systems such as Z Portals examine 98

percent of rail cars but only 18 percent of arriving cargo, passenger vehicles and sea containers combined.

We are facing the worst drug epidemic in our nation's history: Opioids such as heroin and fentanyl have hit America hard, leading to so many deaths that life expectancy rates are falling. The Centers for Disease Control and Prevention tells us that fentanyl is now the deadliest narcotic in America.

The Drug Enforcement Administration reports that fentanyl comes to the U.S. in parcel packages from China and is also smuggled across the southwest border from Mexico. How does the fentanyl from Mexico flow across the border? According to the DEA, Mexican cartels "most commonly" smuggle fentanyl concealed in private vehicles through legal ports of entry on our southwest border. And still we only inspect fewer than 1 of 5 vehicles.

How practical would it be to scan more vehicles and cargo coming into the United States? DHS tells Congress these inspection systems can examine cargo and passenger vehicles for contraband and weapons in as little as eight minutes versus 120 minutes for a physical exam. Last December at a Senate Judiciary Committee hear-

ing, I asked Commissioner McAleenan how much it would cost to buy the technology to give us 100 percent vehicle and cargo scanning. He said \$300 million per year. The Trump administration, while it fights for billions for a wall that the Mexicans were supposed to pay for, only asked Congress for \$44 million for non-intrusive inspection technology.

At one of our ill-fated leaders' meetings with the president discussing the wall and the government shutdown, I raised this issue and asked the president why his administration was underfunding this important technology. He said he did not know but was prepared to fund it at a higher level.

Putting more scanning technology in place to stop the flow of fentanyl and other deadly narcotics to communities in Illinois and across the nation would be money well-spent and supported by members of Congress in both parties. If we could end the president's shutdown and his nonstop campaign for his wall, there are important things we could accomplish on a bipartisan basis to make America safer.

Dick Durbin is the senior U.S. senator from Illinois.



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# Chicago Tribune

## NATION & WORLD

## ANALYSIS

# Why no one trusts Trump anymore

Deal-maker? Lost credibility marks the midway point of his presidency

BY NOAH BIERMAN  
Los Angeles Times

WASHINGTON — Sen. Mitch McConnell was jolted with a fresh reminder of President Donald Trump's capriciousness last month: The majority leader persuaded Republican colleagues to take a politically difficult vote to temporarily fund the government, but not a border wall, only to see Trump withdraw support — initiating the longest shutdown in history.

House Republicans learned the same lesson early in Trump's presidency when he rallied them to repeal Obamacare, then described their effort as “mean.”

As Trump reaches the halfway mark of his presidency Sunday, he has left a trail of negotiating partners from both chambers of Congress, both political parties and countries around the world feeling double-crossed and even lied to.

The result is that the president who campaigned as the world's best deal-maker, vowing that he alone could fix Washington's dysfunction, has been stymied as he looks for achievements before facing the voters again. Two years in, the man who built a political reputation as a guy who tells it like it is has lost the essential ingredients to closing deals: credibility and trust.



JEFF ROBERSON/AP

President Donald Trump's wasted credibility with lawmakers and the public is likely to imperil his second-half agenda.

“He just undermined the trust and confidence that some Republican members did want to have in him,” said Carlos Curbelo, a Florida Republican who lost his House seat in November, in part because of Trump's unpopularity.

Trump's squandered credibility, overlaid with nonstop investigations, is likely to imperil a second-half agenda that includes basic responsibilities — raising the nation's borrowing limit, most essentially — as well as more ambitious goals. Among those are measures to rebuild the nation's infrastructure, win congressional approval of a revised trade deal with Mexico and Canada, overhaul immigration laws and lower the costs of prescription drugs.

McConnell, having been burned, has largely left the shutdown fight to Trump. House Republicans, having lost their majority in large part because of voters' own dismay with Trump, are now on the sidelines as he must battle House Speaker Nancy Pelosi. And Democrats, following her lead, are emboldened given their experience with the president's unreliability as a negotiating partner.

On Saturday, Trump unveiled a shutdown proposal in a televised speech from the White House.

Republican lawmakers' criticism is muted, however, because even as Trump has ranked among the least popular presidents in modern history, he has consistently commanded overwhelming support from

GOP voters, according to polls.

Still, the mistrust from nearly every quarter of Congress has grown each time he has broken his word, complicating efforts to pass his initiatives, according to former lawmakers, aides and close observers.

“Even things that should on paper be easy, there just always seems to be a way for him to step on his own foot,” said a former aide who requested anonymity. “Sometimes, this is unintentional — he just says stuff.”

Lawmakers have been dealing with Trump's shifts from his start, and at the White House he leaves the impression with each adviser who talks with him that he shares their point of view, until he doesn't.

“Sonny Perdue's right on

that. Oh, no — Mick Mulvaney's right on that,” one former official said, imitating Trump talking about the secretary of agriculture and the White House chief of staff. The official added, “You sort of feel like you're a little bit of a pinball.”

After Trump seems to have made a decision, he remains “flexible,” as another former aide put it, making it nearly impossible for his staff to craft a strategy to rally Congress or the public. Often, he will hear from far-right lawmakers in the House Freedom Caucus, or from like-minded commentators, including Ann Coulter, Laura Ingraham or Sean Hannity.

That tendency first became clear in 2017 when Trump initially celebrated, and then denigrated, House

Republicans' vote to repeal the Affordable Care Act.

“The ‘mean’ comment and some other things really pulled the rug out from under” House Republicans, said Matt Gorman, a former communications adviser to them.

That sentiment was cemented in March last year, as Congress debated another spending bill. Then, too, immigration was the issue that set Trump off.

For weeks, his administration supported the \$1.3 trillion spending bill, saying it wasn't perfect but would bolster the military, enhance immigration enforcement and keep the government open. Officials had a plan to sell it to the public, enlisting the defense secretary at the time, Jim Mattis, to highlight pay raises for soldiers and money for new equipment.

But as a bill-signing ceremony approached, Trump “just got madder and madder” — riled by hard-right lawmakers and conservative media figures who complained that the legislation didn't fund a border wall, a former official recounted. Trump tweeted angrily, threatening a veto.

Ultimately, Trump signed the bill, but only after calling the measure “ridiculous” and insisting, “I will never sign another bill like this again.” Even those who had given Trump a pass on earlier betrayals walked away angry.

“What kind of credibility do you have when the president says he supports a bill and then says he doesn't like it anymore?” one of the former officials asked.

## Women's March held in spite of internal conflicts

Scaled-down rally in DC. takes aim again at Trump

BY ASHRAF KHALIL  
Associated Press

WASHINGTON — Amid internal controversies and a capital deeply distracted by the partial government shutdown, the third Women's March returned to Washington on Saturday with an enduring message of anger and defiance aimed at President Donald Trump's White House.

The original march in 2017, the day after Trump's inauguration, flooded the city with pink-hatted protesters. The exact size of the turnout remains subject to a politically charged debate, but it's generally regarded as the largest Washington protest since the Vietnam era.

This year was a more modest affair. An estimated 100,000 protesters packed several blocks around Freedom Plaza, just east of the White House, holding a daylong rally. The march took about an hour and only moved about four blocks west along Pennsylvania Avenue past the Trump International Hotel before

looping back to Freedom Plaza.

Organizers submitted a permit application estimating up to 500,000 participants even though it was widely expected that the turnout would be smaller. The original plan was to gather on the National Mall. But with the forecast calling for snow and freezing rain and the National Park Service no longer plowing snow because of the shutdown, organizers on Thursday changed the march's location and route.

The mood among marchers was a now-familiar mix of sister-power camaraderie and defiant anger toward Trump and the larger power structure. As always the Trump administration was the direct target of most of the abuse — with fresh bitterness stemming from more recent events like Supreme Court Justice Brett Kavanaugh's successful confirmation last fall despite a direct accusation of sexual misconduct when he was in high school.

One sign declared, “Strong women only fear weak men.”

Parallel marches took place in dozens of cities nationwide.

In Los Angeles, a few

hundred demonstrators gathered in Pershing Square downtown and marched to Grand Park.

“Democracy is not a spectator sport and I came out to continue to stand for that proposition,” said Ellen Klugman of Marina Del Rey. “If I don't go, who will?”

In Denver, protester Jacquelyn Sigl said it's a mistake to focus solely on Trump.

“It's not OK the rhetoric the president has today, but it's also important to know this isn't an anti-Trump rally,” she said. “This isn't about him. It's about the thought that's running across the country right now.”

Preparations for this year's march were roiled by an intense ideological debate among the movement's senior leadership. In November, Teresa Shook, one of the movement's founders, accused the four main leaders of the national march organization of anti-Semitism.

The accusation was leveled at two women: Linda Sarsour, a Palestinian-American who has frequently criticized Israeli policies, and Tamika Mallory, who has main-



STEPHANIE KEITH/GETTY

The third annual Women's March was held in cities nationwide, including New York where this unidentified marcher protested. About 100,000 marchers descended on Washington.

tained a public association with Nation of Islam leader Louis Farrakhan.

Shook, a retired lawyer from Hawaii, has been credited with sparking the movement by creating a Facebook event that went viral and snowballed into the massive 2017 protest. In a recent Facebook post, she claimed Sarsour and Mallory, along with fellow organizers Bob Bland and Carmen Perez, had “steered the Movement away from its true course” and called for all four to step down.

Despite pleas for unity,

internal tensions were most keenly felt in New York. An alternate women's march organization held a rally a few miles away from the official New York Women's March protest, and one activist actually disrupted the main protest.

As New York march director Agunda Okeyo was making her opening remarks, activist Laura Loomer came on stage and shouted that the march “does not represent Jewish people” and called it “the real Nazi march.”

Loomer is a longtime

political provocateur whose previous protests have included handcuffing herself to a Twitter office after the service banned her and jumping a fence at a home owned by House Speaker Nancy Pelosi.

As Loomer was ushered from the stage, Okeyo challenged her.

“This is not a negative day,” Okeyo said. “You're not coming with that. We're not doing that today. What we're doing today is we're going to uplift each other and we're going to make sure we stay positive.”

## Robot recreates the walk of a 290-million-year-old creature

BY CHRISTINA LARSON  
Associated Press

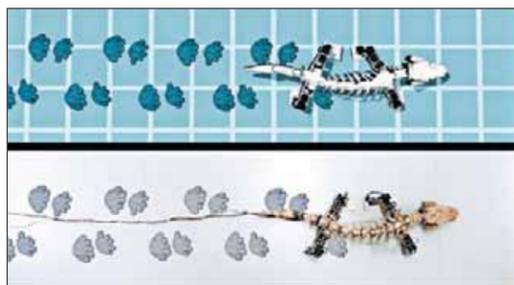
WASHINGTON — How did the earliest land animals move? Scientists have used an ancient fossil skeleton and preserved ancient footprints to create a moving robot model of prehistoric life.

Evolutionary biologist John Nyakatura at Humboldt University in Berlin has spent years studying a 290-million-year-old fossil dug up in central Germany's Bromacker quarry in 2000.

The four-legged plant-eater that lived before dinosaurs fascinates scientists “because of its position on the tree of life,” said Nyakatura. Researchers believe the creature is a “stem amniote” — an early land-dwelling animal that later evolved into modern mammals, birds and reptiles.

Scientists believe the first amphibious animals emerged on land 350 million years ago and the first amniotes emerged around 310 million years ago.

The fossil, called *Ora-*



JOHN NYAKATURA/AP

*bates pabsti*, is a “beautifully preserved and articulated skeleton,” said Nyakatura.

What's more, scientists have previously identified fossilized footprints left by

the 3-foot-long creature.

Nyakatura teamed up with robotics expert Kamilo Melo at the Swiss Federal Institute of Technology in Lausanne to develop a model of how the creature moved. Their results were published in the journal *Nature* recently.

The researchers built a life-size replica of the prehistoric beast and tested the motion in various ways that would lead its gait to match the ancient tracks, ruling out combinations that were not anatomically possible.

They repeated the exercise with a slightly-scaled up robot version, which they called OroBOT. The robot is made of motors connected by 3D-printed plastic and steel parts.

Scientists said they think the creature had more advanced locomotion than previously thought for such an early land animal. (Think more scampering than slithering.)

“It walked with a fairly upright posture,” said Melo. “It didn't drag its belly or tail.”

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# How Mike King was crowned MLK

Civil rights icon was not born with a historic name

By DeNeen L. Brown  
The Washington Post

WASHINGTON — Martin Luther King Jr. was born 90 years ago, on Jan. 15, 1929.

But the name on his original birth certificate — filed April 12, 1934, five years after King was born — was not Martin. Nor was it Luther. For the first years of his life, he was Michael King. And it wasn't until he was 28 that, on July 23, 1957, his birth certificate was revised.

The name Michael was crossed out, next to which someone printed carefully in black ink: "Martin Luther, Jr."

The story of how Michael became Martin began in 1934 when King's father, who then was known as the Rev. Michael King or M.L. King, was senior pastor of Ebenezer Baptist Church and a prominent minister in Atlanta. In the summer of 1934, King's church sent him on a whirlwind trip. He traveled to Rome, Tunisia, Egypt, Jerusalem and Bethlehem before setting sail to Berlin, where he would attend a Baptist World Alliance meeting, according to the Martin Luther King, Jr. Research and Education Institute at Stanford University.

The trip to Germany, historians say, had a profound effect on the elder King.

King arrived in Berlin a year after Adolf Hitler became chancellor. During his trip, the senior King toured the country where, in 1517, the German monk and theologian Martin Luther nailed his 95 Theses to the door of the Wittenberg castle church, challenging the Catholic Church. The act would lead to the Protestant Reformation, the revolution that would split Western Christianity.



AP 1963

For nearly 30 years, the birth certificate for the man known as Martin Luther King Jr. had his given name: Michael King.

All around him, King Sr. was seeing the rise of Nazi Germany. The Baptist alliance responded with a resolution deploring "all racial animosity, and every form of oppression or unfair discrimination toward the Jews, toward coloured people, or toward subject races in any part of the world."

When the senior King returned home in August 1934, he was a different man, said Clayborne Carson, director of the King Institute. It was sometime in this year that he changed his name and changed his son's name, too.

"It was a big deal for him to go there, to the birthplace of Protestantism," said Carson, who edited "The Autobiography of Martin Luther King, Jr.," which was com-

pleted and written after King's assassination.

The act was almost biblical. "Jacob became Israel, Saul of Tarsus became Paul, Simon became Peter," Taylor Branch wrote in "Parting the Waters: America in the King Years 1954-63." "For Mike King, who had come to Atlanta smelling like a mule, the switch to Martin Luther King caught the feeling of his leap to the stars."

The elder King was born Michael King on Dec. 19, 1897, in Stockbridge, Ga., where his father worked on a plantation as a sharecropper, according to the King Institute. Mike King left the plantation after accusing the owner of cheating his father out of money.

In Atlanta, Mike King

remade himself. "You can see him becoming more and more prestigious," Carson, who was charged by King's estate to edit his papers, told The Washington Post in an interview. "When he marries Alberta, he is a modestly educated preacher without a significant church . . . and probably a third-grade education until he goes to Morehouse College."

King Sr. graduated from Morehouse in 1930, and when his father-in-law died, he became pastor of Ebenezer Baptist Church. "From that point on, he is pretty much consistently called M.L.," Carson said. Many black people in the South used initials; they didn't want to be called by their first names.

Scholars say there is no definitive account of why the senior King changed his name, Carson said.

"Daddy King himself said he changed the name because he had an uncle named Martin and an uncle named Luther, and he was following his father's wishes to change the name," Carson said. "But it seems likely he was affected by the trip to Berlin because that would have brought him in the land of Martin Luther."

But the younger King initially "shrank from it, commenting publicly only once, after the Montgomery bus boycott, that 'perhaps' he 'earned' his name," Branch said.

The transformation is illustrated in MLK's writings and letters.

In an October 1948 letter to his mother, the younger King wrote home from Crozer Theological Seminary, he signed the letter, "Your son, M.L."

By the 1950s, the young King had become Martin in his letters, according to the King Institute. In a July 18, 1952, letter to Coretta, who would become his wife, King

signs the letter, "Eternally Yours, Martin."

In what would be his final sermon, on April 3, 1968, in Memphis, where King had returned to help the sanitation workers' strike, King revealed why his father had changed his name to Martin. The sermon, in which King spoke extemporaneously to the mass meeting at Bishop Charles Mason Temple, is long remembered as prophetic.

King begins in a steady cadence: "If I were standing at the beginning of time, with the possibility of taking a kind of general and panoramic view of the whole of human history up to now, and the Almighty said to me, 'Martin Luther King, which age would you like to live in?,' I would take my mental flight by Egypt and I would watch God's children in their magnificent trek from the dark dungeons of Egypt through, or rather across the Red Sea, through the wilderness on toward the promised land."

King then described traveling to Greece and to Mount Olympus.

He spoke of traveling through the "heyday of the Roman Empire," then moving on to the "day of the Renaissance."

"I would even go by the way that the man for whom I'm named had his habitat, and I would watch Martin Luther as he tacks his 95 theses on the door at the church of Wittenberg."

The next evening, as King prepared to go to dinner, a shot rang out, killing him on the balcony of the Lorraine Motel.

## A new form of currency helps people in need

'Breadcoins' provide a sense of normalcy

By Marisa Iati  
The Washington Post

WASHINGTON — Jeffrey Carter, who is homeless, clutched two gold-colored coins in his palm as he approached the Mission Muffins cafe trailer in Northwest Washington to exchange them for a breakfast burrito and apple juice.

The quarter-size coins — each worth \$2.20 and inscribed with part of the Lord's Prayer and an image of wheat — are "Breadcoins," a new form of currency in the District of Columbia intended for people in need.

Inspired by the recent popularity of cryptocurrencies, such as bitcoin, Breadcoins have circulated in the District since 2016, but they are still relatively unknown. They are another option for people who worry that giving money to those in need might be used to fuel an addiction.

"People don't want to give to people who drink alcohol and use drugs," Carter, 56, said last week as he waited for his food. "It's a

new way to give."

Carter got his Breadcoins at the Central Union Mission, where he has been living since August when he relocated from Connecticut. The shelter serves meals, but using Breadcoins at Mission Muffins gives him more options and allows him to feel like a paying customer. Mission Muffins, which is next to the shelter, is a workforce development program.

A major way Breadcoins are distributed is through the mission, which distributes the coins to residents who take their workforce development classes. Breadcoin's co-founder, Scott Borger, also often distributes the coins to people when he volunteers at the shelter each week.

The coins are the product of his entrepreneurial venture that encourages people to buy coins for \$2.50 each and distribute them to people who are hungry or to participating nonprofits. Each coin is redeemable for \$2.20 worth of food at one of six vendors in the District. The value difference keeps the nonprofit organization running.

Some items at Mission Muffins are priced so that they can be bought with one Breadcoin. For example, a

Breadcoin will buy a muffin, a twin pack of scones or a cup of coffee. For items that cost more, people can either pay with multiple coins or make up the difference with cash.

The coins are aimed at helping the roughly 17 percent of city residents who, according to census data, are experiencing poverty. More than 6,900 people in the city are homeless, according to the District's point-in-time count conducted in January 2018.

Borger said he hopes people who are financially stable will also use the coins to buy food in an effort to destigmatize them.

The economics of the initiative seem simple at first: People buy the coins online or at Mission Muffins and distribute them to people they encounter who ask for money. There's also an option to pay a monthly fee of \$25 for 10 coins. After recipients use the coins, the vendors redeem them for cash.

But the roughly 2,800 coins in circulation also double as a loan repayment mechanism for some vendors. In 2016, Breadcoin bought a \$20,000 trailer for Mission Muffins, which was operating out of a tent. The business is paying off



EVYLYN HOCKSTEIN/FOR THE WASHINGTON POST

Quentin Wilson uses a Breadcoin to buy breakfast from Naomi Banks at the Mission Muffins food truck. Each coin is worth \$2.20 and features part of the Lord's Prayer.

the trailer in \$600 monthly installments using as many Breadcoins as possible and paying the rest with a check. Once Mission Muffins finishes repaying the loan in December, it can start exchanging Breadcoins for cash.

In addition to making 30 cents off each coin it sells, Breadcoin is also funded by donors and investors. The staff are all volunteers, which Borger said keeps overhead costs low.

Tony Casson, the manager of Mission Muffins, said few of his customers use the coins, and getting them in people's hands has

been a challenge. For the people who do use them, it's mostly customers who otherwise wouldn't be able to buy from him.

"For us, it's a win-win situation," Casson said. "Whether we get one or we get 50 in a day, it's a revenue stream that wouldn't be there otherwise."

Not every vendor that accepts the coins takes out a loan from Breadcoin, but Borger said supporting local entrepreneurs is a key part of the program.

Breadcoin is also an expression of Borger's Christian faith, which he said challenges him to serve

people in need. Each coin is inscribed with part of the Lord's Prayer — "Give us this day our daily bread" — but Borger said the program doesn't promote Christianity or try to convert participants.

Borger, who is also an economist at the National Credit Union Administration, said the project gives him a different perspective on the city than his job does.

"In a room with people who are talking about billion-dollar deals, it's good to be reminded on occasion that \$100 or even \$25 can be a huge difference in someone's budget," he said.



JUAN OLIPHANT

Ocean Ramsey, a shark researcher and conservationist, swims with a 20-foot great white shark Tuesday off Hawaii.

## Pair swim with what may be 'Deep Blue'

By Caleb Jones  
Associated Press

HALEIWA, Hawaii — Two shark researchers who came face to face with what could be one of the largest great whites ever recorded are using their encounter as an opportunity to push for legislation that would protect sharks in Hawaii.

Ocean Ramsey, a shark researcher and conservationist, said she encountered the 20-foot shark Tuesday near a dead sperm whale off Oahu.

The event was documented and shared on social media by her fiancé and business partner Juan Oliphant.

Oliphant, who photographed the now-viral images, said it's unclear if the shark is "Deep Blue," believed to be the largest great white ever recorded.

"She looks the part right now," Oliphant said about the shark spotted Tuesday.

Ramsey, who operates Oahu-based One Ocean Diving and Research with Oliphant, said she has been

pushing for several years for a bill that would ban the killing of sharks and rays in Hawaii, and hopes this year the measure will become law.

She said the images of her swimming next to a huge great white shark prove the predators should be protected, not feared.

Ramsey and her team observe behavior, identify and tag sharks and share that data with researchers as well as state and federal officials.

Unlike many marine

mammals, sharks are not a federally protected species, though there are laws against the sale of their fins.

Ramsey said it's impressive that the great white has survived a "gantlet of human death traps."

"I don't know how old she is," Ramsey said. "But for her to survive through so many longline fisheries and, you know, gill nets and team nets and fishermen who might just kill her because they think that she is a monster it's very special."

# Trump proposes DACA deal for wall funding

Trump, from Page 1

for the wall and, in essence, offered to temporarily roll back some of his own hawkish immigration actions — actions that have been blocked by federal courts.

Democrats dismissed Trump's proposal even before his formal remarks.

House Speaker Nancy Pelosi said the proposal was "a compilation of several previously rejected initiatives, each of which is unacceptable."

The California Democrat said Trump's offer was "not a good-faith effort" to help immigrants and could not pass the House. She noted the protections for beneficiaries of the Deferred Action for Childhood Arrivals program and some refugees would be temporary.

Sen. Dick Durbin of Illinois, the second-ranking Senate Democratic leader, echoed Pelosi, and both leaders reiterated the party's insistence that the president and Senate Majority Leader Mitch McConnell, R-Ky., must fund and reopen the government before any negotiations on border security funding.

It's not clear whether the offer would be enough to break an impasse that has

resulted in 800,000 federal workers being furloughed and numerous government agencies, including the Department of Homeland Security, to operate at minimal staffing levels. Many furloughed workers have been forced to rely on food banks or other jobs.

The 29-day partial shutdown began Dec. 22 and is the longest in U.S. government history.

Seeking to cast the plan as a bipartisan way forward, Trump said Saturday he had support from "rank-and-file" Democrats.

But a senior House Democratic aide noted that Democrats were not consulted about the proposal. "This is not a compromise as it includes the same wasteful, ineffective \$5.7 billion wall demand that shut down the government in the first place," the aide said. "This cannot pass the House or Senate."

Democrats also frequently point out that Trump long claimed Mexico would pay for the wall.

Trump said McConnell would bring the legislation to a vote this week, though Democrats appeared likely to block it. McConnell had previously stated that no vote should be held in the

Senate until Trump and Democrats agreed on a bill.

Trump's remarks marked the second time he has addressed the nation as the partial shutdown drags on. On this occasion, he sought to strike a diplomatic tone, emphasizing trust and the need to work across the aisle.

But he still maintained a border barrier was needed to block what he describes as the flow of drugs and crime into the country, though he described it as "steel barriers in high-priority locations."

To ensure funding, Trump said he would extend protections for young people brought to the country illegally as children, known as "Dreamers," as well as for those with temporary protected status, or TPS, after fleeing countries affected by natural disasters or violence.

But with current DACA beneficiaries protected by the courts into at least 2020, pending a Supreme Court review, the president's proposal is even less enticing to immigrant advocates.

Hard-right Republicans, including commentator Ann Coulter, were wary of the proposal. Coulter, for her part, took to Twitter and



BRENDAN SMIALOWSKI/GETTY-AFP

President Donald Trump's proposed plan to end the 29-day partial government shutdown was panned on Saturday.

cast Trump's plan as "amnesty."

Administration officials said the immigration protections would apply only to those currently in the Obama-era program shielding them from deportation, and the temporary protected status would apply to those who currently have it and have been in the country since 2011. People from El Salvador, Guatemala, Honduras and Haiti — countries that saw the status revoked under Trump — would get a reprieve.

Jared Kushner, Trump's

son-in-law and senior aide, has led the work on the proposals, said three people familiar with White House thinking who were not authorized to speak publicly. Some said Vice President Mike Pence, acting chief of staff Mick Mulvaney and Homeland Security Secretary Kirstjen Nielsen also were involved.

Still, Trump could face blowback from conservatives, including prominent commentators, who have opposed any attempts to extend deportation protections from undocumented

immigrants.

House Democrats are planning to vote this week on funding bills for the closed agencies that would include roughly \$1 billion for additional border security improvements, Pelosi confirmed.

Trump was asked Saturday if the shutdown had become too personal between himself and Pelosi.

"It's not personal for me," he said.

Los Angeles Times and The Washington Post contributed.

# Chinese plan to build own station to orbit the Earth

BY ANNA FIFIELD AND LYRIC LI

The Washington Post

BEIJING — China's space agency, buoyed by its success in landing a rover on the far side of the moon this month, is planning to launch another mission to the moon by the end of this year and a mission to Mars as early as next year.

The plans underscore China's ambitions in space at a time when the United States is curtailing NASA's budget and handing over

space exploration to commercial adventurers.

The China National Space Administration, the Chinese equivalent of NASA, is working to send a probe to the red planet, said Wu Yanhua, deputy chief of the agency.

"China will carry out its first-ever exploration mission to Mars around 2020," he said.

China's robotic spacecraft Chang'e-4 landed on the far side of the moon earlier this month, a first in the human history of space

exploration. It has beamed back pictures of the probe's lander and the rover taking photos of each other.

The space agency plans to launch a Chang'e-5 mission at the end of the year with the goal of collecting samples from the near side of the moon, Wu said. They would be the first samples retrieved since 1976.

Chinese President Xi Jinping has said repeatedly that he has "lofty ambitions" to turn China into a space power. China is building its own space station,

called Tiangong, or Heavenly Palace, expected to be operational in 2022.

But the agency is still deciding whether to send astronauts to the moon, Wu said. The Chang'e-4 mission — Chang'e is a Chinese moon goddess — continues.

The 1.3-ton lander, which made a soft landing on the moon, put potato seeds and silkworm eggs, housed in a chamber and fed natural light and nutrition, on the moon.

It also deployed a small rover called Yutu-2, or Jade

Rabbit-2, to explore the surrounding lunar terrain, which is believed to be older than that on the near side.

China said it has shared data with NASA about the mission to the far side of the moon.

That claim could not be substantiated, but it could raise eyebrows on Capitol Hill because NASA and the Chinese agency are prohibited from cooperating without congressional approval.

The 2011 Wolf Amendment, motivated by security

concerns, bans NASA scientists from working with Chinese citizens affiliated with a Chinese state enterprise or entity.

At an astronomical conference in Germany last year, NASA Administrator Jim Bridenstine said he talked to his Chinese counterpart about expanding cooperation.

"We do cooperate in a lot of ways, but that doesn't mean our interests are always aligned," he said, according to the Space News website.

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FRANCISCO VILLEDA/GETTY-AFP

Firefighters stand by as a massive fireball caused by an illegal pipeline tap lights up a field late Friday in the small town of Tlahuelilpan, 62 miles north of Mexico City.

## Fireball from illegal tap of pipeline kills dozens

Over 85 missing as relatives gather at burned Mexico site

BY MARK STEVENSON  
Associated Press

TLAHUELILPAN, Mexico — Forensic experts attempted to separate and count charred heaps of corpses in central Mexico on Saturday after a massive fireball erupted at an illegal pipeline tap, killing at least 71 people.

More than 85 others Saturday were listed as missing as relatives of the deceased and onlookers gathered around the scene of carnage.

A few feet from where the pipeline passed through an alfalfa field, the dead seem to have fallen in heaps, as they stumbled over each other or tried to help one another in the moments after a geyser of gasoline shot into the air Friday.

The leak was caused by an illegal pipeline tap in the small town of Tlahuelilpan, 62 miles north of Mexico City, according to state oil

company Petroleos Mexicanos, or Pemex.

Video footage showed dozens in an almost festive atmosphere gathered in a field where a duct had been breached by fuel thieves.

Footage then showed flames shooting high into the air against a night sky and the pipeline ablaze. Screaming people ran from the explosion, some burning and waving their arms.

On Saturday, several of the dead lay on their backs, their arms stretched out in agony. Some seemed to have covered their chests in a last attempt to protect themselves from the flames; another few black-charred corpses seemed to embrace in death.

Lost shoes were scattered around the scorched field, as were plastic jugs and jerry cans that the victims had carried to gather spilling fuel.

“Ay, no, where is my son?” wailed Hugo Olvera Estrada, whose 13-year-old son, Hugo Olvera Bautista, was at the spot where the fire erupted. Wrapped in a blanket outside a clinic, the man had already gone to six

local hospitals looking for his child.

After returning home from middle school Friday, his father recounted, the boy went to join the crowd scooping up gasoline.

Olvera Estrada believed he was influenced by older men from the town of about 20,000.

“The older men brought him,” he said.

The tragedy came three weeks after new President Andres Manuel Lopez Obrador launched an offensive against fuel theft gangs that have drilled dangerous, illegal taps into pipelines an astounding 12,581 times in the first 10 months of 2018, an average of about 42 per day.

In a news conference Saturday, Lopez Obrador vowed to fight against the \$3 billion-per-year illegal fuel theft industry.

“We are going to eradicate that which not only causes material damages, it is not only what the nation loses by this illegal trade, this black market of fuel, but the risk, the danger, the loss of human lives,” he said.

## Tribute to 9/11 workers takes shape in Vermont

Granite slabs set to be featured at national memorial

BY LISA RATHKE  
Associated Press

BARRE, Vt. — A tribute to thousands of rescue and recovery workers who labored in the ruins of the World Trade Center is taking shape in Vermont, where workers are chipping and chiseling slabs of granite that will be installed this spring at the national Sept. 11 memorial.

The new area with a path flanked by stone monoliths will also honor those sickened or who died from exposure to toxins after the towers fell.

One of the six monoliths weighing between 15 and 17.5 tons was nearly complete this month at the Rock of Ages granite manufacturing company in Barre, a small community with a long history of quarrying and stonemasonry and dubs itself the granite capital of the world.

In a vast industrial building, workers fine-tuned the first rough-hewn triangular monolith measuring 8 by 12 feet. It's composed of sloping layers of thick granite slabs that resemble a rock bed more than 3 feet tall at one end. One worker used a torch to finish the surface, while officials from New York's Sept. 11 memorial watched.

A stonemason swung a sledgehammer onto the head of a maul held by another stonemason to chop pieces off another large slab of granite for the next monolith.

“It's a great honor for me to do this for them,” stonemason and fellow firefighter Andy Hebert said of the ground zero first responders. A badge remembering Sept. 11 hangs in his work space.

Granite from Canada was chosen because of the



LISA RATHKE/AP

A badge remembering the 9/11 attacks hangs in the work area of a stonemason at Rock of Ages in Barre, Vt.

size of blocks available and because its greenish hue would play off the paving of the memorial plaza, architect Michael Arad said.

Steel salvaged from the original World Trade Center will be incorporated into the stone structures.

The new memorial is estimated to cost about \$5 million and is being paid for by a variety of sources, including New York state, fundraising and private donations. It's expected to be dedicated May 30.

The work comes as advocates for 9/11 rescue and recovery workers step up efforts to get Congress to extend a compensation program for people who developed illnesses after getting exposed to dust from the fallen towers.

Nearly 40,000 people have applied to the federal fund for people with illnesses potentially related to being at the site. More than \$4.8 billion in benefits has been awarded so far.

The program is set to expire at the end of 2020. After that, people who develop new illnesses would be ineligible.

“Things like the 9/11 Museum making this monument to people injured by the toxins at the World

Trade Center shows that the nation has accepted this,” said Ben Chevat, executive director of 9/11 Health Watch, an organization pressing for the program to be extended. “We had to struggle to get attention for years. Now, there is an acceptance in Congress and the wider community.”

Michael O'Connell, who worked at ground zero as a New York City firefighter, retired from the department in 2009 at age 33 after he was diagnosed with sarcoidosis, an immune system disorder that causes lumps in the lungs, skin, lymph nodes or other places.

The new section of the monument is “extremely important” to first responders and everyone who worked at ground zero, he said.

“To know that there's acknowledgment of those men and women that have passed and that are still sick and dying is a tremendous win for us,” he said.

So many people took heroic actions on that day, the weeks and months that followed, he said.

“Our motto is ‘Never forget,’” O'Connell said. “And a place like that shows that we will never forget.”

## NEWS BRIEFING

Staff and news services

### U.S. says airstrike in Somalia kills 52 al-Shabab extremists

JOHANNESBURG — The U.S. military on Saturday said it had carried out its deadliest airstrike in Somalia in months, killing 52 al-Shabab extremists after a “large group” mounted an attack on Somali forces.

The U.S. Africa Command said the airstrike occurred near Jilib in Middle Juba region. There were no reports of Americans killed or wounded.

The U.S. statement did

not say whether any Somali forces were killed or wounded by the al-Qaida-linked extremists. Al-Shabab via its Shahada news agency asserted that its attack on two Somali army bases killed at least 41 soldiers.

Al-Shabab controls large parts of rural southern and central Somalia and continues to carry out high-profile suicide bombings and other attacks in the capital, Mogadishu, and elsewhere.



PATRICK SEMANSKY/AP

A Navy team moves a transfer case containing the remains of civilian Scott Wirtz on Saturday at Dover Air Force Base, Del. He and three other Americans were killed in Syria.

## Trump honors 4 Americans killed in Syria bomb attack

DOVER AIR FORCE BASE, Del. — A solemn procession. A long salute. A chaplain's prayer.

President Donald Trump traveled to Delaware's Dover Air Force Base on Saturday to pay his respects to the returning remains of four Americans who were killed last week in a suicide bomb attack in Syria.

The bombing, which was the deadliest assault on U.S. troops in Syria since American forces moved into the country in 2015, came as Trump prepares to pull U.S. troops out of Syria. The president stood sol-

emnly and saluted the remains of civilian Scott Wirtz, a former Navy SEAL from Louisiana, as his body was carried from a C-17 military aircraft into a waiting van.

Wirtz and the three other Americans — Army Chief Warrant Officer 2 Jonathan Farmer 37, of Boynton Beach, Fla.; Shannon Kent, 35, of Pine Plains, N.Y.; and interpreter Ghadir Taher, 27, of East Point, Ga. — were killed in the attack in the northern Syrian town of Manbij. Wirtz had been assigned to the Defense Intelligence Agency as an operations support specialist.

The three other transfers were to be conducted privately, with the president observing. He also spent time with the families of those killed.

In a Dec. 19 tweet announcing the withdrawal from Syria, Trump said, “We have defeated ISIS in Syria, my only reason for being there during the Trump Presidency.”

He said the troops would begin coming home “now.” Trump's plan triggered immediate pushback from military leaders and led to the resignation of Defense Secretary Jim Mattis. He left office Jan. 1.

### Trump: Site for next summit with N. Korean leader chosen

WASHINGTON — President Donald Trump said Saturday that “things are going very well with North Korea” and he plans a second summit with leader Kim Jong Un to try to broker a deal that would entice the North to give up its nuclear weapons.

“We've agreed to meet sometime probably the end of February. We've picked a country, but we'll be announcing it in the future. Kim Jong Un is

looking very forward to it and so am I,” Trump told reporters Saturday.

The initial news of a second meeting with Kim came after Trump's 90-minute session Friday in the Oval Office with a North Korean envoy, Kim Yong Chol, who traveled to Washington to discuss denuclearization talks.

Vietnam has been considered as a possible venue, along with Thailand, Hawaii and Singapore.

### Party of declared Congo vote winner rejects AU intervention

KINSHASA, Congo — The party behind the declared winner of Congo's presidential election on Saturday rejected the African Union's surprise request to delay announcing the final results amid “serious doubts” about the vote.

The unprecedented request by the continental body is “the work of some mining lobbies seeking to destabilize the Democratic Republic of Congo

in order to perpetuate the looting of this country,” the secretary-general of Felix Tshisekedi's Union for Democracy and Social Progress party, Jean-Marc Kabund, said.

He called on the Congolese people to mobilize and defend the mineral-rich country's sovereignty.

The AU has said it will send a high-level delegation to Congo on Monday to help resolve the electoral crisis.

### Model tells court she's sorry for U.S. election claim

MOSCOW — A Belarusian model and self-styled sex instructor who last year claimed to have evidence of Russian interference in the 2016 U.S. presidential election said Saturday that she apologized to a Russian tycoon for the claim and won't say more about the matter.

Anastasia Vashukovich made the statement in a court that was considering whether to keep her in jail as she faces charges of inducement to prostitution. The court extended her detention by three days.

Vashukovich's statement appears to head off any chance of her speaking to

U.S. investigators looking into possible collusion between Russia and President Donald Trump's campaign.

After an arrest in Thailand, she claimed she had audio tapes of tycoon Oleg Deripaska, an ally of President Vladimir Putin, talking about interference in the U.S. election.

### 117 feared dead in dinghy that sank off Libyan coast

ROME — Three survivors of a rubber dinghy that sank in the Mediterranean Sea off the coast of Libya say up to 117 other migrants were aboard at the time of the capsizing, a U.N. migration official said Saturday.

It appeared to be the latest tragedy on the dangerous central Mediterranean route from North Africa to Europe.

Flavio Di Giacomo of the International Organization for Migration told Italian state TV that “unfortunately about 120” migrants were reported by survivors to have been on the overloaded smugglers' dinghy when it was launched from Libyan shores Thursday evening.

An Italian navy helicopter rescued the trio Friday. Meanwhile, the German aid group Sea-Watch said Saturday that it rescued all 47 people from another rubber boat in distress Friday off Libya.

**In Spain:** Authorities on Saturday said they hope to soon reach the spot where they believe Julien Rosello, 2, is trapped Sunday after the boy fell into a 360-foot-deep borehole six days ago during a family meal in the countryside northeast of Malaga. The country remains gripped by the plight of the boy and his family.

**In Bolivia:** Police say a collision between two buses killed 22 people and injured 37 others Saturday. The accident occurred on the road to Challapata, a town 155 miles from La Paz. Accidents are common in the highlands where narrow highways sometimes wind through mountain ranges near precipices.

# A thorn in sidewalks' side

Scooters turn walkways into minefields, say riders, walkers

BY PETER HOLLEY  
The Washington Post

By the time John Meuleman noticed the Bird scooter on the ground outside the entrance of San Diego's SD-CCU Stadium, he would later tell relatives, it was too late. The 75-year-old was already writhing on the pavement after tripping over the device, his right knee throbbing in pain, he recalled.

Meuleman was taken to a hospital where X-rays revealed his knee was shattered in four places, according to a copy of the medical report.

Unable to walk during his recovery, the formerly active retiree relocated from Boston to an assisted-living facility in Florida to be closer to family. There, his health rapidly deteriorated, according to his daughter, Robin Miskel. Nearly two months after his accident, Meuleman died days after doctors discovered he had metastatic bone cancer.

Though she doesn't blame Bird for her father's death, Miskel said her family is considering suing the company for her father's injuries, saying its practices "robbed him of a chance of any quality of life for his last weeks on earth."

She added, "This accident was completely avoidable. ... What other mode of transportation can you just leave in the middle of the sidewalk with no repercussions?"

Citing rider privacy, a Bird representative said the company does not comment on "specific incidents."

For months, public officials, doctors and scooter company employees have warned about the dangers associated with riding electric scooters, which have appeared in more than 100 cities worldwide since last year. At the same time, in emergency rooms across the country, trauma doctors have reported an influx of severe injuries among users of the devices that began as soon as they appeared on city streets.

Now, many of these people are beginning to warn about the dangers the devices pose to pedestrians. There are no official numbers illustrating how frequently pedestrians are injured by scooters, but doctors interviewed in five cities say badly injured pedestrians are showing up in trauma centers multiple times a week.

**In San Diego** — where thousands of e-scooters have flooded the streets — the founder of one neighborhood group told the city council's public safety committee that his elderly neighbors are afraid to set foot outside, knowing a broken hip can be a debilitating injury requiring surgery. Curt Decker, executive director of the National Disability Rights Network, said the devices are a commuting nightmare for the visually impaired and those who get around via wheelchair.

While able-bodied people can usually maneuver around e-scooters, the elderly and disabled can have a much harder time, said Wally Ghurabi, medical director of the Nethercutt Emergency Center at the UCLA Medical Center in Santa Monica.

"I've seen pedestrians injured by scooters with broken hips, multiple bone fractures, broken ribs and joint injuries and soft tissue injuries like lacerations and deep abrasions," he said, estimating he sees several people injured by e-scooters each week.

Last month, the Centers for Disease Control and Prevention announced plans to study the health risks associated with the devices by analyzing injuries to riders and pedestrians in Austin, Texas, over two months.

Charged overnight by scooter company workers, e-scooters are left on city streets during the day,



ERIN HOOLEY/CHICAGO TRIBUNE

Warnings have been issued by many, including doctors, about the dangers linked to electronic scooters.

where they can be accessed using an app. Because the devices are dockless, they can be left anywhere, including on crowded sidewalks, once a user has finished riding.

**Though laws** differ nationwide, in many cities, riding e-scooters on sidewalks is banned, with Denver being an exception. In some cities, such as Austin and Washington, riding on sidewalks

**"I'm paranoid now. Every time I turn the corner, I peek out real quick to make sure somebody isn't coming on a scooter. I'm always looking out for them everywhere I go."**

—Cody Daniels of Dallas, who was injured after being run down by a man on an electronic scooter

is permitted in some areas but not in others.

Two of the largest e-scooter companies, Lime and Bird, say safety is a top priority and that they encourage riders to follow local regulations. Lime says the company is investing more than \$3 million to "promote safe-riding behavior and proper etiquette."

Bird says the company provides in-app safety information tailored to local laws. In some cities, the company also employs "Bird Watchers," whose job it is to ensure the company's devices are "parked and

picked up correctly," a Bird representative said. "Bird instructs riders to follow all local rules regarding e-scooter riding. We are deeply committed to the safety and well-being of the entire community, and so we make a concerted effort in every city where we operate to provide safety information to our riders that reflects their city's rules."

Regardless of local laws, critics say, scooter riders —

involuntary manslaughter charges.

**Efforts** to confirm details from the case, such as the defendant's name, were unsuccessful.

A month earlier, Cody Daniels said, he was walking out of a parking garage in downtown Dallas when he was mowed down by a man traveling "full speed" on a Lime scooter. The rider left the scene.

The 200-pound 32-year-old was left with scrapes on his knee and face, as well as a deep gash above his right eye that required seven stitches. He couldn't pay for a lawyer, and with no way to track down the rider, Daniels said, he paid a \$250 urgent-care medical bill himself and tried to "move on."

Though his physical injuries healed, he said, the accident has made him anxious.

**"I'm paranoid now,"** said Daniels, who lives and works in an area where packs of e-scooter riders are commonplace. "Every time I turn the corner, I peek out real quick to make sure somebody isn't coming on a scooter. I'm always looking out for them everywhere I go."

In October, multiple pedestrians joined a class-action lawsuit in Los Angeles County Superior Court, accusing Lime and Bird, as well as other e-scooter companies, of "gross negligence" and "aiding and

abetting assault."

Responding to the allegations, Bird said cars "remain the greatest threat to commuters."

Lime said the company is reviewing the complaint.

How will the lawsuit fare? Legal experts say the patchwork of differing rules suggests that establishing liability in cases involving e-scooters and pedestrian injuries will largely depend on where accidents take place and the circumstances.

In the coming years, they say, test cases will give the industry a clearer definition of liability.

Unlike shared bicycles, they say, which tend to place liability on the user, or vehicles, which are covered by liability insurance, e-scooters operate in a gray zone in which liability is often undefined. The difference between tripping over a scooter left on the sidewalk and tripping over a random piece of trash is that it is likely a scooter's owner or rider can be identified, one expert said.

In some situations, multi-billion-dollar scooter companies may be held liable, but in others, reckless scooter riders, local governments or their insurers could be forced to compensate injured pedestrians, according to Bryant Walker Smith, a law professor at the University of South Carolina who is teaching a technology law class next semester exploring e-scooter regulation.

**The question** for courts surrounding electric scooters will be whether someone — or something — behaved unreasonably, Smith said, whether that's an e-scooter company, a local government or someone who left a scooter on a sidewalk.

"Was that person legally required to act and did their failure to reasonably act cause a pedestrian's injury?" Smith added. "Pretty soon, judges will face injured people with limited options, and they will begin to answer that question by creatively shaping the law."

In Cincinnati, where riding e-scooters and bicycles on the sidewalk is illegal, the city council has forced scooter companies to create a \$1 million fund covering medical costs and lost wages incurred by injured pedestrians.

It's a step in the right direction, council member David Mann said, though he added that he's still troubled that police are being forced to monitor sidewalk riders.

"We're using precious police resources to deal with a problem caused by a profit-making company," he said. "It's just bizarre, in my opinion, that we have to deal with this. We have lots of wide streets and walking pathways."

Tara Williams, 44, was returning to work from lunch in late August when a young man riding an e-scooter ran a red light and slammed into her, throwing her to the ground, she said. Williams said she has racked up about \$1,000 in medical bills, and though Bird agreed to cover it, she said, the company's insurance provider refused. Williams paid the bill herself, noting she had never heard of a \$1 million fund for pedestrian injuries.

**Bird narrowed** down the suspect to three people, whose accounts were suspended, Williams said. But Bird refuses to reveal the rider's identity, citing privacy laws, she added.

Without disputing the details of Williams's claims — or explaining why the company wouldn't pay her medical costs — a Bird representative declined to comment.

"We see tons of little kids on these scooters, some of them not even tall enough to see over the handlebars," said Williams, who is convinced the person who hit her was a teenager. "They're just whipping around not even looking for pedestrians, and there's no repercussions for them using Bird's property."

Bird requires riders to upload a driver's license to confirm they're at least 18. A company representative said Bird also encourages people to report "irresponsible behavior" to local authorities.

"We investigate each report, cooperate with local authorities, and take appropriate next steps, which can include removing individuals from the platform," the representative added.

**But if there's** one city experiencing the greatest friction between e-scooters and pedestrians, it may be San Diego, which has a large population of retirees and e-scooter-using tourists.

Mayor Kevin Faulconer has proposed regulating scooters by restricting their speed to 8 mph in busy pedestrian-traffic zones, and California law bars e-scooters from being operated on sidewalks.

But Jonathan Freeman, the founder of Safe Walkways — a Facebook group started by concerned neighbors that seeks to keep scooters off sidewalks — wants the city to ban e-scooters until companies can ensure they are ridden only on the street.

Freeman said his elderly neighbors, terrified to walk along the city's waterfront promenades, find themselves under self-imposed house arrest.

"A 200-pound projectile traveling at 8 mph is going to do severe damage to an elderly person, a disabled person or any person traveling on foot who is hit by them," he said. "The mayor's proposal is a non-starter — an utterly ridiculous proposal."

**OBITUARIES**

**BARBARA GARDNER PROCTOR 1932-2018**

**Pioneering ad executive described as savvy, creative**

By **BOB GOLDSBOROUGH**  
Chicago Tribune

Barbara Gardner Proctor founded the first advertising agency in Chicago that was solely owned by an African-American woman, Proctor & Gardner Advertising.

"I knew her to be a savvy, gutsy woman, and creative, too," said Tom Burrell, a longtime friend and the founder of another black-owned advertising agency, Burrell Communications.

Proctor, 86, died of complications from a hip injury and dementia Dec. 19 at the Fairmont Care center in Chicago, said her son, Morgan. She had been a resident of the Lakeview East neighborhood.

Born Barbara Juanita Gardner and raised in rural Black Mountain, N.C., Proctor was reared by her grandmother and grew up in a town without paved streets, running water or electricity.

"Back then, the only things black girls could aspire to be was a hairdresser, a teacher or a nurse," Proctor told the Tribune in 1981.

After high school, Proctor attended Talladega College in Alabama, where she earned two bachelor's degrees in 1954 and planned to return to her native North Carolina for a teaching job. She spent the summer after graduating working as a camp counselor in Kalamazoo, Mich. On her way south, she stopped in in Chicago to buy some clothes for her planned teaching job.

"I wound up spending all of my money and didn't have bus fare to get home," Proctor told the Tribune in 1990. "While waiting to get some money, I volunteered at the old Chicago Urban League and was totally amazed when they gave me a check. I thought I was volunteering and found out I had a job."

Proctor loved jazz and enjoyed writing, and she eventually was hired to write liner notes at Chicago-based Vee-Jay Records. From there, she began writing freelance articles about jazz for Chicago-based Downbeat magazine, which eventually hired her full time as a contributing editor and jazz critic. Vee-Jay then made Proctor the head of its international division — a role that allowed her to bring some of the Beatles' early recordings to America to be issued by Vee-Jay.

"She was a tough lady," Burrell said. "Being a black woman born in the South, raised by her grandmother and surviving in a tough business like the record business, she had to be."



CHICAGO TRIBUNE 1974

Barbara Proctor founded Proctor & Gardner Advertising.

However, the Beatles were on a short-term contract with Vee-Jay, and by the time of the band's first Vee-Jay release, "Introducing... The Beatles," the band had moved on to Capitol Records. Amid management troubles at Vee-Jay, Proctor left the label in 1963, the same year that she divorced her husband of just three years, Carl Proctor, who had been a road manager for jazz singer Sarah Vaughan.

Proctor continued to write about jazz and soon found herself drawn to advertising. In 1965, she joined Post-Keyes-Gardner, where she worked as a copywriter for three years. She then spent two more years working at smaller firms, Gene Taylor Associates and North Advertising Agency.

In 1970, Proctor decided to start her own firm, Proctor & Gardner Advertising.

"I got into advertising because I was still a writer and I wanted to learn to write short," she told the Tribune in 1990. "When I got into it, I saw what an important industry it was and decided to stay. I worked for several advertising agencies and got fired twice before deciding to start my own. Having a lot of guts and no brains, I did exactly that. A friend lent me \$1,000 in 1970, and I rented an apartment over Pizzeria Uno and that's how I started my company."

Proctor got an \$80,000 Small Business Administration loan to help build her business. Over the next two decades, she drew an array of big-name companies as clients, including Jewel Food Stores, Sears, Alberto-Culver, Illinois Bell, WBBM-Ch. 2 and Kraft Foods.

Proctor was recognized within her industry for her success, as the Woman's Ad Club named her Chicago Advertising Woman of the Year in 1974. She co-headed

a bipartisan commission formed in 1982 by then-Gov. James R. Thompson to recommend ways to halt discrimination against women in Illinois.

As her business grew, Proctor acknowledged that she could be controversial within the advertising industry, although not for her gender or her ethnicity.

"I have a reputation for saying that the industry is not aware of its effect on the lives of people," she told the Tribune in 1984. "My position has always been that advertising does not reflect life, it reinforces and determines lifestyle. That position is at odds with 80 percent of the industry."

Proctor was profiled on TV's "60 Minutes" in January 1984 and several weeks later was highlighted by President Ronald Reagan in his State of the Union address for her success.

"I'm very proud," she told the Tribune of the presidential recognition in 1984. "But I don't feel that I'm alone. It is good to see that when talking about things economic, a woman and a black woman can be an example."

As larger ad agencies latched on to the notion of targeted marketing to African-American consumers, Proctor's business waned, and the recession of the early 1990s also weighed on her agency. Her firm declared bankruptcy in 1995 and closed its doors.

Proctor had been a long-time trustee of Window to the World Communications and also had served on the boards of the Better Business Bureau and Illinois Bell.

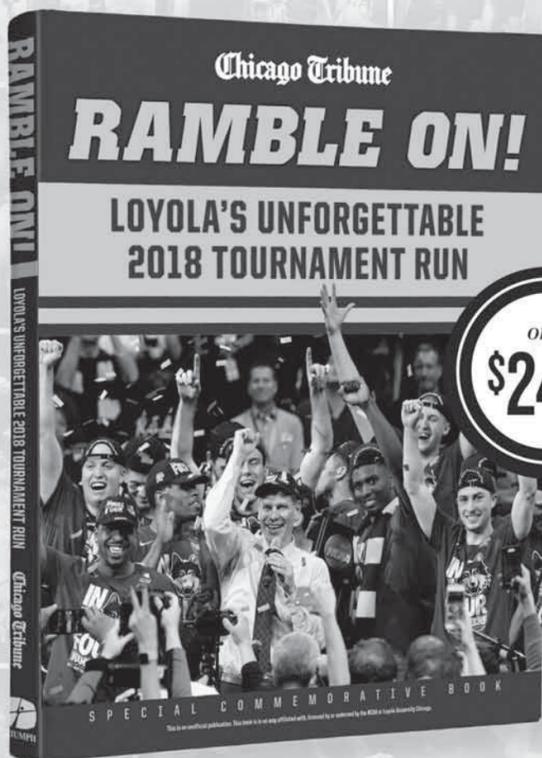
In addition to her son, Proctor is survived by a half-sister, Cassandra, and two grandchildren.

There were no services.

Bob Goldsborough is a freelance reporter.

Chicago Tribune  
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**Chicago Daily Tribune**

ON JANUARY 20 ...

**In 1649** King Charles I of England went on trial, accused of high treason. (He was found guilty and executed by month's end.)

**In 1801** John Marshall was appointed chief justice of the United States.

**In 1841** the island of Hong Kong was ceded to Great

Britain. (It returned to Chinese control in July 1997.)

**In 1942** Nazi officials held the notorious Wannsee conference, during which they arrived at their "final solution" that called for exterminating Jews.

**In 1981** Iran released 52 Americans it had held hostage for 444 days, minutes after the presidency

had passed from Jimmy Carter to Ronald Reagan.

**In 1986** the United States observed the first federal holiday in honor of slain civil rights leader Martin Luther King Jr.

**In 1993** actress Audrey Hepburn died in Tolothenaz, Switzerland; she was 63.

**In 1996** hundreds of thousands of Palestinians turned out to vote in a festive first election, solidly endorsing Yasser Arafat and his peace policies.

**In 2001** George W. Bush became America's 43rd president after one of the most turbulent elections in U.S. history.

**In 2004** the Salvation Army announced a donation likely to exceed \$1.5 billion from the estate of Joan Kroc, widow of McDonald's founder Ray Kroc.

**In 2009** Barack Obama was sworn in as the 44th President of the United States, becoming the first African-American to be elected commander-in-chief.

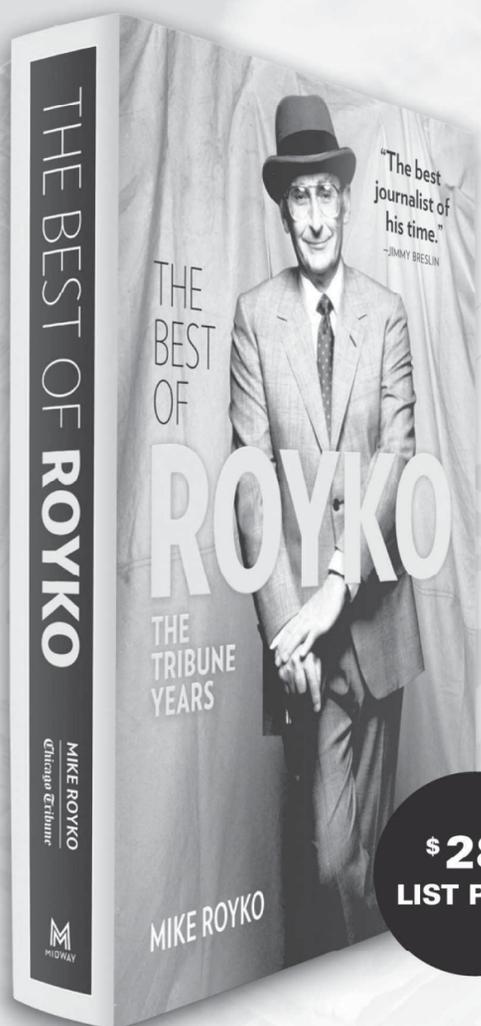
**In 2017** Donald Trump was sworn in as the 45th president of the United States.

**WINNING LOTTERY NUMBERS**

**ILLINOIS**  
Jan. 19  
Powerball ..... **05 08 41 65 66 / 20**  
Powerball jackpot: \$129M  
Lotto ..... **16 23 34 41 43 51 / 03**  
Lotto jackpot: \$7M  
Pick 3 midday ..... **819 / 7**  
Pick 4 midday ..... **1035 / 1**  
Lucky Day Lotto midday .....  
**01 07 14 23 43**  
Pick 3 evening ..... **454 / 3**  
Pick 4 evening ..... **3042 / 5**  
Lucky Day Lotto evening .....  
**24 27 34 41 43**  
Jan. 18  
Mega Millions .....  
**02 43 48 62 64 / 24**  
Mega Millions jackpot: \$68M  
Pick 3 midday ..... **697 / 4**  
Pick 4 midday ..... **0511 / 7**  
Lucky Day Lotto midday .....  
**13 20 26 27 31**  
Pick 3 evening ..... **596 / 1**  
Pick 4 evening ..... **2110 / 4**  
Lucky Day Lotto evening .....  
**24 25 30 32 44**  
Jan. 22 Mega Millions: \$82M

**INDIANA**  
Jan. 19  
Lotto ..... **05 10 11 19 21 46**  
Daily 3 midday ..... **759 / 6**  
Daily 4 midday ..... **0757 / 6**  
Daily 3 evening ..... **950 / 8**  
Daily 4 evening ..... **6538 / 8**  
Cash 5 ..... **13 30 38 39 45**  
**MICHIGAN**  
Jan. 19  
Lotto ..... **05 09 15 18 33 37**  
Daily 3 midday ..... **232**  
Daily 4 midday ..... **1505**  
Daily 3 evening ..... **024**  
Daily 4 evening ..... **8312**  
Fantasy 5 ..... **05 08 23 24 25**  
Keno ..... **01 04 10 11 19 24**  
**25 30 32 34 36 47 54 55**  
**58 59 60 61 63 64 74 80**  
**WISCONSIN**  
Jan. 19  
Megabucks ..... **04 08 15 18 38 41**  
Pick 3 ..... **003**  
Pick 4 ..... **8086**  
Badger 5 ..... **03 15 20 25 29**  
SuperCash ..... **07 09 13 16 30 36**

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# Chicago Tribune Death Notices

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

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## Death Notices

### ACCIDENTALE, ESTHER MARIE

Esther Marie Accidentale, 70, of Willowbrook. Beloved wife of James. Loving mother of James, Georgia, Candace, Michael (Lauren), Jamie Smith and the late George Smith, Jr. Devoted grandmother of 12 and 1 great-grandson on the way. Dear sister of Chuck (Linda) Terry and the late Bradley and the late Glen Cain. At Esther's request, no services are planned. Arrangements entrusted to **Hallowell & James Funeral Home** at 630/964-6500 or [www.hjfunerals.com](http://www.hjfunerals.com)  
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### Akune, Roy Goro

Kibei Nisei Roy Goro Akune a US Combat Engineer Veteran was born on March 11, 1932 in Turlock, CA. He passed away peacefully from complication of gastric cancer surgery in Torrance, CA. His beloved wife Tamako Akune passed away in 2010. The loving father of Shuko (husband Michael Pacelli). Loving grandfather to Nicole Pacelli. Most cherished Uncle and friend to many nieces and nephews. Roy and Tamako owned Omar Cleaners on Clark St. in Andersonville. Roy had worked at Onkyo Corp and Nippon Express. Roy and Tamako were active in the Kyushu Kenjinkai serving as their President for many years. He loved the Nisei Walking Group and many circle of friends. He loved to sing Japanese Enka songs, enjoyed his Tai Chi Classes, cooking and his favorite team the Chicago Cubs. He is survived by his elder brother Kenjiro (Alice) Akune and sister in law Kimie Sugano. A Memorial Service will be held at the Buddhist Temple of Chicago at 1pm. 1151 N. Leland Ave. Chicago, IL 60640, 773-334-4661. Favorite sports team, Aloha or casual attire.  
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Chicago Tribune extends our condolences to the families and loved ones of those who have passed.

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## Cleveland, Emma

Emma Cleveland (nee Cetin) age 94, of Sun City Center, FL (formerly Berwyn, IL) passed away January 5, 2019. Emma was preceded in death by her beloved husband Russ, her siblings and their spouses: Edward (Ceil) Cetin, Robert (Penny) Cetin, Lorraine (Robert) Jasinski and her nephew Scott Jasinski. Emma is survived by 6 nieces and nephews: Debbie (Jim)

Rixen, Michael (Nancy) Cetin, Randy (Patty) Cetin, Sandie (Bob) Pilipiszyn, Karen (Scott) Kelsey and Carol (Jerry) Chwajol. Over the years Emma was involved in many clubs in the Berwyn area, including the Berwyn Eagles where her husband Russ was a past president, FOE Ladies Auxiliary, REAC, SNP, St. Odilo's and volunteered at the Berwyn Eagles Bingo up thru her 90th birthday when she decided it was time to "retire". She was an avid Chicago sports fans - especially those Cubbies! Emma enjoyed dancing, baking, gardening, crocheting, sewing, making Holiday centerpieces and decorations for clubs she belonged to, handmade all of her greeting cards - her creativity was astounding. She will be dearly missed by her loving family and friends. Expressions of sympathy can be mailed in care of Sun City Center Funeral Home 1851 Rickenbacker Dr. Sun City Center, FL 33573 or online at [www.legacy.com](http://www.legacy.com)

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## DE JONGE, KARL EVERARD

October 2, 1931 - January 13, 2019, died peacefully at home surrounded by his loving family. Karl was a man of many interests but the core of his life came from his passions of education and nature. He taught high school U.S. history at Niles Township, just north of Chicago. A skilled conversationalist, he could talk with anyone. An avid reader with a love of philosophy and religion, he embodied a life-long learner. He had the courage to act on his beliefs and was a die-hard union leader in pivotal teachers' strikes in the mid 1970's. He believed education is an important part of a meaningful and purposeful life.

Knowing Karl was to appreciate the largest backyard vegetable garden anyone has ever seen. The soil at 9425 Normandy in Morton Grove was lovingly cultivated, organically fertilized, watered, and tended for 47 years. The yield was simply spectacular. His family developed canker sores from eating so many vegetables each summer. The tomatoes were red and tender, the corn sweet and juicy and the zucchini kept coming and coming and coming. The harvest started in May with radishes and kept on giving through Brussels sprouts at Thanksgiving. He took great pride in growing tomatoes and sweet corn from seed, refining his technique each year.

Karl eschewed power and privilege, finding the lives of the common person more interesting. He loved animals of all kinds, with a particular fondness and skill for bird-watching. His favorite spot was sitting in his wooden rocking chair on the back deck, his drink of choice at hand, watching the sun set over the garden, his dog Bonnie at his side, surveying his spot of ground, plotting his tasks for the coming morning with binoculars at the ready should a bird materialize. The baseball Giants were his team of choice, following them religiously since his childhood in north Jersey. He revered Willie Mays. Even their gut-wrenching move from New York to San Francisco could not shake his devotion. Once a Giant, always a Giant. In his prime, Karl was a crafty pitcher and sharpshooting basketball guard. When his competitive edge moved to fishing, the crappies in Hills Lake, Wisconsin were no match for his rod and reel. He was quick with a joke and appreciated country music long before it was popular. He experienced God in nature and in music.

He is survived by the love of his life, Joan de Jonge (de Boer), his older sister June VanderWall, his younger twin brothers, Vic (Ruth) and Vince (Carol). He was affectionately loved by his in-laws Mary Hahn, Andrew de Boer (Cynthia) and Paul de Boer (Dorothy). He lives on in his daughter Julia and her spouse Paul (Karsten) of Grand Rapids, Michigan and their children Jamo (Gina), Maddy and Annie; and in his son Eric and his spouse Melissa (Turner) of Washington D.C. and their children Maya and Nat. In lieu of flowers, please consider contributions to Doctors without Borders or Westminster Presbyterian Church, Grand Rapids, Michigan. A service celebrating Karl's life and honoring his military service is planned for the spring planting season. We will gather on Saturday, April 20 at Westminster Presbyterian Church, Grand Rapids Michigan. We will receive family and friends at 11:00 am with the service at 12:30 pm followed by a reception. Please join us as we remember Karl. His specific request was that "O Danny Boy" be performed at his service ... twice!

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**Deckard, Kathleen Marie 'Kathie'**  
Kathleen Marie (Minnick) Deckard, age 65 of Windom, Texas formerly of Bellwood and Naperville IL, went to be with her Lord on January 16, 2019. Beloved wife of Steven, loving mother of Taylor (Cody) Dawson and the late Desiree. Dear sister of James (Jada), devoted grandmother of Leah and Luke, aunt to Jennifer and Jacqueline. Preceded in death by her parents James and Mary Minnick.

Turrentine-Jackson-Morrow Funeral Home of Leonard, TX [www.tjmfuneral.com](http://www.tjmfuneral.com)

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**Deeter, Philip D.**  
Beloved husband of the late Claudette; loving father of Daniel Deeter, fond brother of Susan (Larry) Ludouice. Visitation at Brust Funeral Home 415 N. Gary Ave. Carol Stream, IL 60188 on Monday, January 21 from 3-8 P.M. Funeral Service Tuesday, January 22 at 11:00 A.M. interment private. For additional information, call 630-510-0044

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**DePhillips, George L.**  
George L. DePhillips, Age 87. Beloved husband of the late RoseMarie nee Vercillo. Loving father of Kimberly and George (Sherry) DePhillips. Beloved son of the late Harry and Josephine nee English DePhillips. Devoted brother of Sandra (Randall) Kasper and the late Carmaline DePhillips. Cherished grandfather of George, Courtney, Zachary, Elizabeth (Anthony) Vilches, Nicholas and Lillie. Fond uncle of Adam and Heather Kasper and Bailey Crawford. Visitation Monday Jan. 21 from 3:00 p.m. to 9:00 p.m. at **Cumberland Chapels**, 8300 W. Lawrence Ave., Norridge. Funeral Tuesday 9:00 a.m. from the funeral home to Mary, Seat of Wisdom Church in Park Ridge for Mass 10:00 a.m. Interment Elmwood Cemetery. Funeral info: 708-456-8300 or [www.cumberlandchapels.com](http://www.cumberlandchapels.com).

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**DOLCE, JOHN**  
John Dolce 88, of Elmhurst, passed away Tuesday, January 15th, 2019. John will be remembered by all who knew him as a great man with extraordinary kindness who was also a veteran of the Korean War. Beloved husband to the late Nancy (nee DePasquale) Dolce for 52 years; devoted father to Anthony Dolce and Darlene (Joseph) Balaja; proud grandfather of Joseph and Emily Balaja, and Eleanor Dolce; dedicated son of the late Anthony and the late Angelina (nee Geraci) Dolce; fond brother of Leeroy Dolce and the late Mildred (nee Dolce) Gagliano; and fond uncle to many nieces and nephews. Funeral Mass 9:30 a.m., Saturday, February 2, 2019 at Corpus Christi Catholic Church, 1415 Lies Rd., Carol Stream, IL 60188 with luncheon to follow after Mass. Interment private. In lieu of flowers, Memorials will be appreciated for St. Jude Children's Research Hospital, 501 St. Jude PL., Memphis, TN 38105-9959 ([stjude.org](http://stjude.org)) Arrangements entrusted to **Ahlgim Funeral Home** 630-834-3515 or [www.ahlgim.com](http://www.ahlgim.com)

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**Duffy, Kathleen A.**  
Kathleen Duffy - devoted daughter of the late Edward (C.F.D.)and Nora (Granahan) Duffy; beloved and cherished sister of Mary (Lynn) Kelly, William (Irene) Duffy (C.F.D.), Eileen Judd, Noreen Duffy, Margaret (Nick) Ostojic, Ann Duffy, Rose (Edgar) Lim, and Erin (John) Carr; loving aunt, niece and cousin of many. A memorial Mass will take place in the near future. Arrangements by **Cooney Funeral Home**; info 847-685-1002 [www.cooneyfuneralhome.com](http://www.cooneyfuneralhome.com)

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**Dunklau, Peter Michael**  
March 20, 1952 - January 10, 2019, Son of Marion (Ciucci) Dunklau (deceased) and Gerald Francis Dunklau (deceased). Survived by 6 sisters, 3 brothers and many nieces and nephews. Services will be private and prayers are appreciated.

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**Farmer, June**  
June E. Farmer (nee Dean) 94, of Vernon Hills, previously of Wheeling and Highland Park, passed away January 11, 2019 in Vernon Hills. She was born to the late Melville and Helen Dean and preceded in death by her son James (Leslie) Farmer, brothers Melville S. Dean, Warren Dean, Robert Dean, and David Dean and sisters Dorothy Dostalek, Muriel Ronowski, Betty Olson and Marge Canmann. She is the mother of John (Bryce) Farmer of San Diego, CA, grandmother of Ryan, Stephanie, Rick (Lauren) and Bill Farmer, sister of John (Sheila) Dean and Larry Dean. A private interment is planned for the spring at Memorial Park Cemetery, Skokie. In lieu of flowers donations can be made to Orphans of the Storm Animal Shelter, for the benefit of the Jim Farmer Dog Enrichment Park, 2200 Riverwoods Road, Riverwoods, IL 60015, [www.orphansofthestorm.org/donate](http://www.orphansofthestorm.org/donate). For info or directions please contact **Kelley & Spalding Funeral Home** at 847-831-4260 or [www.kelleyspaldingfuneralhome.com](http://www.kelleyspaldingfuneralhome.com)

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**Feldhaus, Marlene C.**  
Marlene C. Feldhaus (nee Traksel) age 84. Beloved wife of Edward. Devoted mother of Lynn (Mark) Riegling and Laurie (David) Sutor. Loving grandmother of John, Ann, Emily, Matt and Alex. Dear sister of Joyce (the late Frank) Contorno and the late Jo Ann (the late Skip) Osterman. Also survived by many loving relatives and friends. Visitation Tuesday 3-9 PM at the Palos-Gaidas Funeral Home, 11028 Southwest Hwy. (7700W) Palos Hills. Funeral Wednesday 9 AM from the funeral home to Sacred Heart Church for 10 AM Mass. Interment St. Casimir Lithuanian Cemetery. Express your thoughts and memories in the online Guest Book at [www.palos-gaidasfh.com](http://www.palos-gaidasfh.com) (708) 974 4410

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**Fisher, Aileen**  
Aileen Fisher, née Frankel, age 92, loving daughter of the late Stanley and Sally Frankel; wife of Lee; beloved mother of Stephen Fisher and Shelley Montie; adored grandmother to Meghan and Garrett Fisher; passed away peacefully on the morning of January 19, 2019. Born in Chicago, she attended Senn High School. She will be in our hearts forever. Donations can be made in her name to Fisher Foundation, 142 E Ontario, Suite 1100, Chicago, IL 60611.

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**Fitzpatrick, Patricia A.**  
Patricia A. Fitzpatrick nee: Murphy. Beloved wife of the late Richard. Dear sister in law of June Murphy. Preceded in death by her parents James (Rose) Murphy, her brothers James (Adele), John "Bernard" and William J. Murphy and her sister Margaret (John) Kinsella and Rosemary (William "Coach") Durkin. Patricia is survived by many nieces and nephews, the extended Fitzpatrick family and her many, many dear and good friends. She was a member of the Illinois Bell Pioneers, Sacred Heart ACCW and the Fun Club, the Palos Park Newcomers and an original member of the Edelweiss Walkers. Family and friends will gather Saturday, January 26, 2019 at **Schmaedeke Funeral Home** 10701 S. Harlem Ave., Worth. From 9:30 a.m. Until time of prayers 11:00 a.m. An 11:30 am mass of resurrection will be celebrated at Sacred Heart Catholic Church 8245 W. 111th St. Palos Hills, Interment Holy Sepulchre Cemetery, Alsip, Illinois. In Lieu of flowers donations to Palos Community Hospital Hospice, 15295 E. 127th St., Lemont, IL 60439 & Misericordia Heart of Mercy appreciated. For information 708-448-6000 or [www.schmaedekefuneralhome.com](http://www.schmaedekefuneralhome.com).

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**Fix, John J.**  
John J. Fix, 94 of Skokie, Illinois. Army Veteran of WWII. Beloved husband of Bernice I. Fix nee Fick; loving father of Kathleen (Thomas, Sr.) Schaefer; proud grandfather of Thomas, Jr. (Jennifer) Schaefer, Michael (Lorie) Schaefer, Michelle (Daniel) Edminster and Amanda Schulze; great grandfather of Kelly, Brandon (Rachel) & Paige Schulze, Dylan, Alexis & Damon Edminster. Visitation Monday January 21, 2019 4:00 p.m. - 8:00 p.m. Funeral Tuesday January 22, 2019 9:15 a.m. from **Donnellan Family Funeral Home**, 10045 Skokie Boulevard at Old Orchard Road, Skokie, Illinois 60077 to Saint Joan of Arc Parish, 9248 Lawndale Avenue, Evanston, Illinois 60203. Funeral Mass 10:00 a.m. Interment Memorial Park Cemetery, Skokie. Info: [www.donnellanfuneral.com](http://www.donnellanfuneral.com) or (847) 675-1990

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**Flores, Rosemary**  
We lay to rest our beloved Rosemary Flores (nee Uribarri), 92, of Itasca. She entered into eternal peace on January 2, 2019 surrounded by family. She was active until recently and fought through numerous medical issues the last seven months. Cherished daughter of the late Teresa and Miguel Uribarri, loving wife of the late Federico Sr. Rosemary is preceded in death by her siblings, Charles, Helen, Richard, Louise, and Alicia. Devoted mother of five; Alicia (the late James), Federico Jr. (Beth), Ernesto (Bari), Linda (Vincent), and Miguel (Rosalba). Adoring grandmother of ten (also known as "CITA"); Juliana (Josh), Charles, Zachary, Nathan, Christina (Joel), Jacquelyn, Daniel, Leah (Andrew), Adriana (Jacob), and Carolina (David). Treasured great grandmother of six; Maci, Makinley, All Mae, Emrie Rose, Emmitt, and Elena. Loving aunt to many nieces and nephews. Rosemary was a kind and generous friend. She had cultivated many long-lasting friendships with her Marshall High School classmates who will not be forgotten. Her family will dearly miss Rosemary and those who endured her never ending love. We grieve her passage, but celebrate her life. She was a proud and faithful servant of St. Peter the Apostle Catholic Church in Itasca and enjoyed many activities as an active member of the Itasca Senior Citizens Club. The family wishes to extend our sincere thanks to Dr. Ha Jeong Lee, Dr. Mohammed Kahn, Dr. Mark Pappadopolis, Friendship Village Schaumburg, and Amita Health Alexian Brother Hospice Residence. Memorial contributions appreciated to Itasca Senior Citizens Club, c/o Itasca Park District 350 E. Irving Park Road, Itasca, Illinois 60143

Memorial visitation Saturday, January 26, 2019 10:00AM until time of service 12:00PM at Olson Burke Sullivan Funeral Home and Cremation Center 6471 N. Northwest Highway, Chicago, IL 60631. For more information call 773-774-3333.

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**Gardner, Carolyn Jean**  
Carolyn Jean "Cacky" Gardner, 85, of Arlington Hts., beloved wife of John; loving mother of Rick (Cade) Fields-Gardner, and Nancy (Bruce) Bermann; loved grandmother of Karl, Hans and Max Bermann. Family will receive guests from 9:00 am until Noon, Saturday, January 26, 2019 at the Glueckert Funeral Home Ltd., 1520 N. Arlington Height Road, Arlington Heights, Illinois. In lieu of flowers, memorials: Alzheimer's Association of Greater Chicago, 8430 W. Bryn Mawr Suite 800, Chicago, IL, 60631 [www.alz.org/illinois](http://www.alz.org/illinois), appreciated. Funeral Information and condolences can be given at [www.GlueckertFuneralHome.com](http://www.GlueckertFuneralHome.com) or (847) 253-0168.

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**Garstka, Chester R**  
85, at rest January 10, 2019. Services will be held April 6, 2019 at Most Holy Redeemer Catholic Church, 9525 S. Lawndale Ave., Evergreen Park, IL 60805 at 10:30 am, with reception to follow.

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**Grane Jr., Hubert 'Bud'**  
Hubert "Bud" Grane Jr., 82 of Oak Brook and Naples, FL. Beloved and awesome husband of 54 years to Virginia "Ginny" Grane; loving father of Judy (Tim) Delaney, Allan (Karen) Grane, Paul (Kary) Grane; devoted grandfather of Abbey and Max Delaney, Matthew, Haley, Lisa, Jason, and Adam Grane. President of Grane Transportation Lines for 40 years, former President of the RDCC of America, University of Denver alum, and member of Ascension Parish and Butterfield Country Club for 50 years. Bud enjoyed fishing, golfing (2 holes in 1) and traveling.

Visitation Friday, January 25th, 3-8 PM at **Knollcrest Funeral Home**, 1500 S. Meyers Rd, Lombard. Funeral Mass, Noon, Saturday, January 26th, at Ascension of Our Lord Catholic Church, 1 S 314 Summit Ave., Oakbrook Terrace. Interment Private. In lieu of flowers, please send contributions to Dr. Mazen Hanna, Term Chair Amyloid Heart Disease, 9500 Euclid Avenue, Desk J3-4, Cleveland, OH 44195. Funeral info: [www.knollcrest.net](http://www.knollcrest.net) or 630-932-1500.

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**Grane Jr., Hubert 'Bud'**  
Hubert "Bud" Grane Jr., 82 of Oak Brook and Naples, FL. Beloved and awesome husband of 54 years to Virginia "Ginny" Grane; loving father of Judy (Tim) Delaney, Allan (Karen) Grane, Paul (Kary) Grane; devoted grandfather of Abbey and Max Delaney, Matthew, Haley, Lisa, Jason, and Adam Grane. President of Grane Transportation Lines for 40 years, former President of the RDCC of America, University of Denver alum, and member of Ascension Parish and Butterfield Country Club for 50 years. Bud enjoyed fishing, golfing (2 holes in 1) and traveling.

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**Gardner, Carolyn Jean**  
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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

**Hamburg, Stephen 'Stevie'**

Stephen "Stevie" Hamburg, 78, from Chicago, Illinois passed away peacefully on January 15, 2019 in Summerlin, Las Vegas, Nevada.

Steve was born on January 29, 1940 in Chicago, Illinois to parents Irv and Dorothy Hamburg. He was a true South Sider attending Bowen High School and Wilson Junior College. He is survived by three sons Scott (Anna), Todd (Jeanne), and Keith (Kristin); his brother Rodney (Doris); and grandchildren: Daniel, Emma and Eric. He was preceded in death by the love of his life, the late Terry (née Serafine) Hamburg and grandson Matthew Hamburg. He moved to Las Vegas in 2015 and became quite fond of his Clubhouse Poker friends and singing Karaoke at Destination Pueblo in Summerlin. He owned and operated the shoe store East Side Bootery in Chicago and was known as "HAM" while a Soybean Oil trader at the Chicago Board of Trade. Steve was a crazy White Sox Fan and equally crazy Cubbie hater. He was generous to many and loved to eat cucumbers, soup and his absolute favorite, Hamburger! He lived in Lincoln Park for nearly 30 years and was friends to many at his favorite apartment building, 2626 N Lakeview. The family will forever be in gratitude, and wishes to extend thanks and appreciation to Ms. Arlene Vidar and her entire family; Caregiver, friend, and family member. Donations may be made to SIT STAY READ; 773 661 9251 or sitstayread.org

A Celebration of Life will be held on Saturday January 26 from 2:00 P.M.-6:00 P.M. at HAYMARKET PUB AND BREWERY 737 W Randolph St Chicago IL 60661.

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**Harn, Edward**

Edward Harn, 86, formally from Evergreen Park, passed away on January 7, 2019. He was preceded in death by his wife, Ethel. He is survived by his daughters Gail (Joe) Hughes and Alice (Hank) Spingola, grandchildren: Gina (Phil), Melissa, Holly (Jim), Henry, and Michael and great grandchildren: Joey, Loukas, Jimmy, and Mallory. Edward worked at EP high school for many years and was known by many as "Fast Eddie". Edward was a Korean War veteran where he served in the United States Air Force. Edward will lay at rest alongside his departed wife, Ethel, at the Abraham Lincoln National Cemetery in Elwood, IL. Services will be private. Those wishing to make a donation in Edward's memory may do so through the Doctors Goodwill Foundation/PASS Edward Harn Memorial POB 909 Titusville, FL 32781 or to The Abraham Lincoln National Cemetery, Elwood, IL

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**Hersch, Carol**

Carol Hersch nee DeWitt, beloved wife of the late Selig; loving mother of Alison (Tony) Martin, Terrie (Jeff) Bennett and Adrienne (Tim) Olson; cherished grandmother of Alina Martin (Marc Fuentesbella), Alyssa (Andrew) Harry, Michael (Lauren) Bennett, Lindsey (Bryant) McWhorter and J. Alex (fiancee), Cecelie NaPier) Olson; great grandmother of ten; loving companion for 17 years of the late Sheldon Dvorin. The family wishes to express their deepest gratitude to Carol's caregiver, Rita Ebitimi and her son, Joshua. Funeral service Tuesday 12 PM at Weinstein & Piser Funeral Home, 111 Skokie Blvd, Wilmette, Interment Zion Gardens. In lieu of flowers, contributions may be made to American Heart Association. Info: 847-256-5700.

**WEINSTEIN & PISER**  
FUNERAL HOME

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**HESKETT, ELAINE CAPPS**

Elaine Capps Heskett, age 99, of Oak Park, formerly of Downers Grove, IL and St. Paul, MN passed away December 28, 2018. Beloved wife for 66 years of the late E. Eugene (2010); loving mother of Sedgwick Heskett, the late John R.(Patricia), and Barbara J. Heskett (Alan Robertson); cherished grandmother of Leslie and Audrey Robertson; dear sister of the late John Sedgwick Capps and the late Lucile Hubbert. Memorial visitation Monday, January 28, 2019 11 a.m. until time of service 1 p.m. at Toon Funeral Home, 4920 Main Street, Downers Grove, IL. The family appreciates memorials to the First Congregational United Church of Christ in Downers Grove. For additional information, www.toonfuneralhome.com or 630-968-0408.

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**Hopkins, John R**

John Hopkins, 60, of Charlotte, NC, died Dec 21, 2018 of kidney disease. Formerly of Chicago. Son of Peter & Margaret (Bowman) Hopkins. Survived by brother Pete (Judy), sisters Mary, Margaret, Theresa (Richard) Rice, Kate (Danny) Todd. Service private.

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**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 Klocke 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 (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.

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**Kaplan, Larry**

Larry M. Kaplan, age 71, beloved husband of Kathy Hanold, together for 20 happy years, married nearly 17 of those years; loving father of Erin (Ed) Rataj and Lauren (Aaron) Kaplan; much loved step father of Alison Hanold (Neal) and Beau Hanold; cherished grandfather of Elise Rataj; adored brother of Stuart (Jean) Kaplan; much loved uncle to Claire (Salem), treasured uncle to many nieces, nephews; and friends who often called him "Uncle Larry". He was a kind and loving friend to many. Generous with his knowledge he provided young people with lots of guidance. A celebration of Larry's life will take place in the near future. Donations in Larry's name may be made to the Leukemia and Lymphoma Society or the Nature Conservancy. For information and condolences: 847.255.3520 or www.shalom2.com

**Shalom**  
Memorial Funeral Home

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**Klein, Mary Alice**

Mary Alice Klein, age 85 beloved wife of the late, Joseph J. Klein. Loving mother of Richard (Brenda) Klein, Katherine (the late Steve) Forney, Robert (Jennifer) and the late Joseph J. Klein. Beloved grandmother of Joseph, Paul and Richard Klein, Travis (Abbey) and Matthew Forney, Mattie and Makayla Klein. Great grandmother of Laurel Wren and Ennis Fox Forney. Loving daughter of the late Richard and Alice McGrath.

Dear sister of the Jeanette (Bill) Sheehan and late Anita (the late Joe, Ret.CFD) Garrity, cherish aunt of 27. She was a graduate of St. Scholastica HS, and raised her children in St. Margaret Mary Parish. She was a candy stripper at St. Francis Hospital after which she started her career in the gift industry at the Merchandise Mart. Mary Alice had wonderful memories of traveling with her family and friends in the USA and Ireland. Visitation Thursday, January 24th, from 3 to 8pm at the John E. Maloney Funeral Home, 1359 W. Devon Ave. Funeral Mass will be Friday, Jan. 25th, at 10:00am at St. Margaret Mary Church, 2324 W. Chase Avenue, interment Calvary Cemetery. In lieu of flowers contributions to Transitions Hospice, 1240 Raymond Ct., Huntley, IL 60142 or St. Margaret Mary School. Funeral info: 773-764-1617

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**Krause, John A**

Age 90, of Plainfield, formerly of LaGrange, died on January 14th. US Army Air Force Veteran/Japan. Beloved husband of Bernice. Loving father of Karen (the late Glen), Leann (Pat). Devoted grandfather of Jonathan, Julie (Jon), the late Danny, Jessie, Meike and Ellie. Proud great-father of Alexa. Brother of Bill. Uncle to many. John retired from Electro-Motive Div., 32 years ago. Services private.

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**Lipkin, Lawrence**

Accountant, Appraiser and proud World War II veteran, Lawrence Lipkin, age 93 died January 18, 2019. Understated and elegant, this consummate businessman loved with all his heart, gave to all and believed totally in himself and those around him. As an accountant Larry devoted over 50 years to clients big and small, guiding their business strategy

and caring about them as friends. As a Professor at UIC, he taught accounting and finance and coauthored the book The Accountants' Handbook of Formulas and Tables through three editions. As a resident of Downers Grove and Chicago, Larry loved our great City- from the symphony to theaters big and small, from a good martini at Booth One to Cubs games with Judi. And, always, the view of North Avenue beach and the lake from our condo. Beloved husband of Judi Strauss Lipkin. Loving father of Lori (Charles Reilly) Lipkin, Lisa Lipkin and Linda (John) Gillies. Dear step-father of Hans (Susan) Hochreiter, Jürgen (Billie) Hochreiter, Lori (Lawrence) Feldman and Lisa (Paul) Niser. Proud grandfather of Matthew Gillies, Kevin Gillies, Jacob Feldman, Joshua Feldman, Andrew Niser and Ethan Niser. Dear brother of the late Grace Rackoff and the late Ruth (the late Irving) Brazen. Service Monday 1PM at Rosehill Cemetery, May Chapel, 5800 N. Ravenswood, Chicago. Memorials to the Salvation Army, 5040 N. Pulaski Rd., Chicago, IL 60630, www.salarmychicago.org would be appreciated. Arrangements by **Chicago Jewish Funerals**-Skokie Chapel 847.229.8822, www.cjinfo.com

**CHICAGO JEWISH FUNERALS**  
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**Littel, Lawrence J.**

Lawrence J. Littell, age 93, of Evanston. Beloved husband of the late Mary M. Littell nee Hayman; loving father of Catherine (Chester) Swiat, James (Pam) Littell, William (Lyndy) Littell and Robert (Betsy) Littell; dear grandfather of Timothy, Kevin, Karen; Jennifer, Tracy, Shannon and Daniel; William and Emily; Patrick; kind great grandfather of 15 and great great grandfather of 5; fond brother of Edward (the late Elaine) Littell. Visitation Monday, January 21, 2019, 3:00 p.m. to 8:00 p.m. at Donnellan Family Funeral Home, 10045 Skokie Blvd. at Old Orchard Road, Skokie, IL 60077. Funeral Mass Tuesday, January 22, 2019, 10:00 a.m. at Saint Margaret Mary Church, 2324 West Chase Avenue, Chicago, IL 60645. Interment All Saints Cemetery. In lieu of flowers, memorials may be made to Saint Margaret Mary Church. Info: 847 675-1990 or www.donnellanfuneral.com.

**Donnellan**  
FAMILY FUNERAL SERVICES

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**Lombardo, Mary Gentile**

Mary Gentile Lombardo, nee Vercillo, 97, beloved wife of the late Salvatore Gentile, loving mother of Diane (John) Zilke and Mary Anne (Edward) Arcuri; devoted grandmother of James (Christine) Arcuri, Jeffrey (Susan) Zilke, Daniel (Lynn) Arcuri, Jaclyn Zilke and Kristin Arcuri; loving great-grandmother of Elise and Grace Arcuri and Anthony Zilke; cherished daughter of the late Aquila and Emil Vercillo; dearest sister of Albert (Ginette) Vercillo and the late Jessie (the late Joseph) Gentile; fond sister-in-law of Nettie Gentile and the late Fred Gentile; beloved wife of the late Sam Lombardo; loving aunt, cousin and dearest friend to many. Long-time member of Eisenhower Seniors Club. Visitation Monday 3:00-9:00 p.m. at **HURSEN FUNERAL HOME & CREMATORY**, SW corner of Mannheim & Roosevelt Roads, Hillside/Westchester. Prayers Tuesday 10:00 a.m. from the funeral home to Christ the King Church, Lombard. Mass 11:00 a.m. Entombment Queen of Heaven Cemetery. In lieu of flowers, donations may be sent to Rainbow Hospice and Palliative Care, 1550 Bishop Court, Mt. Prospect, IL 60056 www.rainbowhospice.org. Funeral info: 800-562-0082 or www.hursen.com.

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**Lord, Nancy**

Nancy Lord (nee Naxakis) ended her long goodbye from Alzheimer's and this world on Dec. 29, 2018. She is survived by her husband Bill of Fort Walton Beach, FL, her daughters Laura (Rick) Rose, Lisa (Brad) Weber, Kirsten (Kerry) Howard and Stephanie (Dan) Johnson and her beloved grandchildren Nikki, Alexandra and Sophia Weber and Kelsey and Tanner Howard. A memorial Service and Celebration of Nancy's Life will be held at Holy Trinity Orthodox Cathedral, 1121 N. Leavitt Street, Chicago on Saturday, July 27, 2019 at 2:00 pm. Nancy's full obituary can be seen at daviswatkins.com.

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**Lucaccioni, Ronald J**

Ronald J Lucaccioni, 84, passed away January 2, 2019 in Hollywood FL. surrounded by family. He was born October 9, 1934 in Chicago, IL to Wanda, nee Cenciari and Rudolph Lucaccioni. He is survived by his wife, Nancy Lucaccioni, his three children: Mark (Susan) Lucaccioni, Kent (Cindy) Lucaccioni and Michael Lucaccioni; his six grandchildren: Lauren, Nicholas, Joseph, Catherine, John and Isabella; and nieces, nephews and cousins.

Family and friends will gather Saturday, February 9, 2019 for a Celebration of Life from noon till 4 p.m. at Erie Cafe at 536 W Erie St, Chicago, IL 60654 Please omit flowers. Contributions in Ron's name may be made to St Jude Children's Research Hospital, 262 Danny Thomas Place, Memphis, TN 38105 www.stjude.org

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**Mackowiak, Dolores**

Dolores Mackowiak, nee Duzinskas, 79, January 17, 2019, lifetime resident of the south and southwest sides of Chicago-of Clearing neighborhood, beloved wife of Thomas Mackowiak; devoted mother of Stephen Mackowiak and Mark Mackowiak (Kim Lavin); loving daughter of the late Dominic and Marie Duzinskas; fond sister of Raymond Duzinskas and Donald Duzinskas. Resting at CENTRAL CHAPEL, 6158 S. Central Ave., Chicago, where family and friends will gather on Tuesday, January 22, from 10 a.m. until time of Funeral Service at 12 Noon. Burial St. Casimir Lithuanian Cemetery. Please visit DOLORES MACKOWIAK BOOK OF MEMORIES. To express your thoughts or memories in the online guest book, visit www.chapelc.com or www.facebook.com/centralchapel. For information call 773-581-9000.

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**Magdun, Ana**

Ana Magdun (nee Borcoman) passed away on January 17, 2019, at her home in Chicago. She was born on July 7, 1918, in Indiana Harbor, IN. Ana's family returned to Rupea in the 1920s after Transylvania was returned to Romania as part of the Treaty of Versailles. Ana married Nicolae Magdun and had 3 children. Her husband passed away at an early age, after which Ana dedicated her life to her children and then to her grandchildren. In Romania, Ana worked dusk till dawn, raising and selling livestock and commodities, and seamstressing. Ana and her children later moved back to the U.S. Ana is preceded in death by her husband, Nicolae, her parents, Georghie and Ana (nee Costea) Borcoman, her brothers, Lazar and Ghituca, her sister, Mary Lucuta, and her son-in-law, Dumitru Avram. Ana is survived by her daughters Maria Crasovan and Ana Avram, her son, Nicolae, her son-in-law, Dorin Crasovan, her grandchildren, Roxana Underwood (nee Crasovan), Liliana Ciupeiu (nee Avram), and Oliver Magdun, as well as her great-grandchildren, Alexandru and Amanda Ciupeiu. Visitation: Holy Nativity Romanian Orthodox Church, 5825 N. Mozart, Chicago, on January 20, beginning at 5:30 pm. Funeral services: January 21, at 10 am, at Holy Nativity. Ana's resting place will be Rosehill Cemetery.

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**Maskaleris, Gus**

Gus Maskaleris, US Army Veteran; Born in Stadion, Tegeas, Greece; Beloved husband of Chrysoula (nee Koustosgiannis); Loving brother of Dimitrios (Becky) Maskaleris and Maria (Konstantinos) Svolopoulos; Dearest Uncle and cousin to many here and Greece. Visitation Tuesday, January 22, 2019 from 10:00 a.m. until time of Funeral service

10:30 a.m. at St. Haralambos Greek Orthodox Church 7373 N. Caldwell Ave. Niles, IL. 60714 Interment will follow to Ridgewood Cemetery. In lieu of flowers donations in his memory to St. Haralambos Greek Orthodox Church appreciated. Arrangements by NICHOLAS M. PISHOS FUNERAL DIRECTOR, LTD., info: 847-581-0536.

**PISHOS**  
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**Merritt, Glenn**

Glenn Merritt, 94, a 63-year resident of Homewood, IL died peacefully at home on January 13, 2019. He is survived by his brother, Dwight Merritt of Cleveland, OH, son Stephen (Chi Eun) of Rochester Hills, MI, and daughters Regna (Tom Ward) of Portland OR, Gail (Paul Brayman) of Chicago, IL, Ann (David) Coleman of Eugene, OR, and Susan (Arthur) Pearson of Chicago, IL. He was loved and will be greatly missed by all of them and his many grand- and great-grandchildren. Further information contact tews-ryanfh.com or 708-798-5300

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**Mikva, Zorita W. 'Zoe'**

Zorita "Zoe" W. Mikva, nee Wise, age 90. Beloved wife of the late Honorable Abner J. Mikva. Loving mother of Mary (Steven Cohen) Mikva, Laurie (James Pfander) Mikva and Rabbi Rachel (Mark Rosenberg) Mikva. Caring grandmother of Rebecca (Alex Beckman) Cohen, Jordan Cohen, Sarah Pfander, Samantha Pfander, Benjamin Pfander, Jacob Mikva Rosenberg and Keren Mikva Rosenberg. Devoted sister of the late Paula Wise. Graveside service Monday 2PM at Zion Gardens Cemetery, 3600 North Narragansett Ave, Chicago, IL 60634. In lieu of flowers, donations in her memory may be made to the Mikva Challenge, 200 S. Michigan Ave., Suite 1000, Chicago, IL 60604, www.mikvachallenge.org/ donate. Arrangements by **Chicago Jewish Funerals** - Skokie Chapel, 847.229.8822, www.cjinfo.com

**CHICAGO JEWISH FUNERALS**

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**Mills, Raydell Ralph**

Raydell Ralph Mills, 94, of Traverse City passed away on Thursday, January 17, 2019. Ray was born in Detroit on May 22, 1924 to the late Raydell and Cecil (Leighton) Mills, Sr. He married Rita Jane Ward on July 7, 1943, in Monroe, Michigan. She preceded him in death on April 30, 2000.

Ray was a 1942 graduate of Cass Tech High School. He honorably served in the United States Army.

Ray is survived by four children, Barbara (Dennis) Fedorinichik, Ralph (Peggy) Mills, Linda (John) Stephenson, Lori (Allan) Sanderson and a daughter-in-law, Beverly Mills, all of Traverse City. Also surviving at are thirteen grandchildren and fifteen great-grandchildren.

In addition to his wife and parents, Ray was preceded in death by a son, Richard Mills and a brother, Donald Mills.

A memorial service honoring Ray's life will take place at 11:00 a.m., with visitation starting at 10:00 a.m. on Monday, January 28, 2019 at the Reynolds-Jonkhoff Funeral Home, 305 Sixth St., Traverse City, MI 49684. Military Honors will be conducted under the auspices of the U.S. Army, Cherryland V.F.W. Post 2780 and American Legion Post 35. Burial of Ray's cremated remains will be at Fort Custer National Cemetery.

Please feel free to share your thoughts and memories with Ray's family at his tribute page at www.reynolds-jonkhoff.com.

The family is being cared for by the Reynolds-Jonkhoff Funeral Home and Cremation Services

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**Moore, Edith F.**

On Tuesday, January 15, 2019, Edith Moore passed away peacefully at the age of 101. Edith was born on December 25, 1917, in Oak Park, IL, to her parents John and Elin Finstrom. She went to Austin High School in Chicago and then worked as an administrative assistant for several companies. While working for Honeywell as part of the war effort, she met Joseph C. Moore, and on April 13, 1946 they were married. Edith and Joe lived in Chicago, IL, St. Louis, MO, and Tucson, AZ until Edith returned to Downers Grove, IL after Joe passed away. Edith and Joe loved to travel and visited 49 states and many countries in Europe. Edith enjoyed keeping track of the family ancestry, bird watching and especially owls. Edith was preceded in death by her husband Joe, sister Gladys Fitch, and parents John and Elin. She is survived by her brother John (Evelyn) Finstrom, sister Ruth Blomgren and several nieces and nephews. A memorial service will be held January 26, 2019, 10am, at Ulrich Memorial Chapel at Oak Trace, 250 Village Drive, Downers Grove, IL 60516. Services entrusted to **Chapel Hill Gardens West Funeral Home**. (630) 941-5860.

**Chapel Hill Gardens West Funeral Home**  
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**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 Shiohan 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

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**Moyer, Gloria (Goldsmith) and Robert**

of Wellington, FL, formerly Highland Park, IL and Dayton, OH, devoted parents of Susie (Lee Jennings), Debbie (Craig Marlowe) and the late Alan Moyer, loving Grandma and Grumpa of Jennifer and Allison Jennings and Alan Marlowe, dear sister and brother of the late Jo Anne Sulkes Jenison and Frank Moyer, cherished cousin, "Aunt" and "Uncle" and friends. Bob and Gloria were married for 65 years, apart for just 5 months. A love story for the ages, together they owned one of the first and most successful Sir Speedy Instant Printing shops, retiring young to enjoy life in South Florida. Gloria, 87, passed away August 1, and Bob, 88, joined her on January 13. In lieu of flowers, memorial contributions may be made to LambsFarm.org, BnaiBriTh.org or charity of your choice. A celebration of life was held.

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**Naiditch, Irving**

Irving Naiditch, 91, of Highland Park and Longboat Key, FL., adored husband of Marilyn, nee Lazorow, for 72 wonderful years; loving father of Andrea (Richard) Amend, Susan (Jay) Johnson, Audrey (Joe) Lewis and the late Deborah Naiditch; cherished grandpa of Geoffrey Amend, Rebecca (Michael) Zakem, Jessica Amend, Seth (Melissa) Johnson, Erin (Jason) Rosenberg, Garrett Lewis, Casey Lewis, Adam (Samin) Pogoff and Dara Pogoff; adored great grandpa of Oscar, Tess, Eli, Noa, Jax and Cade; devoted son of the late Rachel and Albert Naiditch; dear brother of Shirley Kritzberg, the late Pearl Gurewitz and the late Ethel Simons; treasured uncle, cousin and friend of many. Philanthropist, real-estate developer, founder and CEO of Royal Industries. Life-long fisherman, skilled wood-carver and photographer. Private funeral services have been held. Memorial donations may be made to Boys & Girls Clubs of Sarasota County, 3130 Fruitville Rd, Sarasota, FL. 34237. For information, **Shalom Memorial Funeral Home** (847) 255-3520.

# Chicago Tribune Death Notices

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

[chicagotribune.com/deathnotice](http://chicagotribune.com/deathnotice)

## Nance, John 'Jack'

Retired District Chief C.F.D.; beloved husband of Marlene nee Toberman; loving father of Jack, Tim (Janet), Jill (Bob) Janecyk, Dan, and Jane (Charlie) Chappetto; cherished grandfather of Bobby (Yolanda), Ross (Shannon), Adam (Amy), Tim, Maggie, Beth Ann, Jianna, Jack, Luke and Dominic; adored twin brother of the late Jim (late Sandy) and the late Joan; dear brother-in-law of Jean Toberman; fond uncle of many nieces and nephews. Visitation Monday from 3:00 to 9:00 p.m. at Dalcamo Funeral Home, 470 W. 26th Street, Chicago. Funeral Tuesday 9:15 a.m. from the Funeral Home to Holy Family Church for Mass 10 a.m. Committal Prayers Oak Ridge Cemetery. In lieu of flowers, memorial donations to the Chicago Fire Department Gold Badge Society are appreciated. Funeral info 312-842-8681 or [www.dalcamofuneralhome.com](http://www.dalcamofuneralhome.com) to sign guestbook.

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## Needman, Phyllis Isabel

Phyllis Isabel Needman nee Levin, 80, beloved wife of Joel for 60 years; loving mother of Marc (Andrea), Lisa (Tim) Giardina, Todd (Nancy) and Randy; cherished Nani of Alec, Mikayla, Mia, Ethan, Abby, Jacob, Sarah, Melissa, Sam, Jesse, Mira and Will; dear sister of Jerry (Lillian) and the late Howard Levin; fond sister-in-law of Benita (Robert) Goldstein; many loving nieces and nephews. Chapel service, Wednesday 2:30 PM at Shalom Memorial Funeral Home, 1700 W. Rand Road, Arlington Heights. Interment Shalom Memorial Park. In lieu of flowers, memorials may be made to Suzanne's Friends for Life Chapter of the Leukemia Research Foundation or The Milwaukee Symphony Orchestra. For information or condolences, (847) 255-3520 or [www.shalom2.com](http://www.shalom2.com).



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## Nott, Roderick A.

Roderick Nott, age 85, formerly of Oak Park, IL, passed away, January 16, 2019. Preceded in death by his parents, William and Gertrude Nott; and his siblings, Grace, Betty, Richard, Russell, and Robert. Survived by his wife, of 63 years, Sally J., nee Fletcher, Nott; his children, Peter (Kristy) Nott, Roger (Lisa) Nott, and Carol (Russell) Newton; eleven grandchildren; and three great-grandchildren. Roderick played the French Horn for the West Suburban Band for over 25 years. Visitation Monday, January 21, 2019, from 3:00 p.m. until time of funeral services at 6:30 p.m. at Markiewicz Funeral Home, P.C., 108 Illinois St. Lemont. Interment private.



Markiewicz Funeral Home, P.C. 630-257-6363 or [www.markiewiczfh.com](http://www.markiewiczfh.com)

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## Nussbaum, Ruth

Ruth Nussbaum, age 95, nee Mandelkern; beloved wife of Herman for over 60 years; loving mother of Jay (companion, Freda Demsetz) and Anita (Dr. Bruce Reisman); devoted grandmother of Austin (fiancee, Ismilda Botic) and Payton (fiancee Tatum Hathaway); proud great grandmother of Aiden Reisman; dear sister of the late Sylvia Mandelkern, Ethel Slutkin, and Paul Mandelkern; fond aunt of many nieces and nephews; sister in law of Marvin (Marcia) Nussbaum; and, special thanks to Ruth's devoted caregiver, Maria Suarez. Service Monday 2pm in the chapel of Westlawn Cemetery and Mausoleum, 7801 W. Montrose Avenue, Norridge, where interment will follow. Contributions may be made to Congregation Kol Emeth, 5130 W. Touhy Avenue, Skokie, IL 60077. Arrangements entrusted to Lakeshore Jewish Funerals, 773-625-8621



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## O'Grady, John F.

Beloved husband of Carol (nee McMahon); loving father of Maureen (Jean) Hanrahan, John, Kevin (CFD) (Margaret), and Daniel (Ann) O'Grady; proud and cherished grandfather of Kevin (CPD) and Patrick Hanrahan, Michael, Sean, Maura, Kevin, Bridget, Maureen, Kelly, Katie, and Meghan O'Grady; dear brother to Kay (the late Frank) O'Keefe, Marge (the late Jim) Finnegan, Rosemary (the late James) Sivore, and the late May, Michael (the late Barbara), and Patricia (Donald) O'Hern; fond uncle of many nieces and nephews. Long time member of Local 73 Sheet Metal Worker's Union and City of Chicago inspector. Visitation Monday from 3:00 p.m.-8:00 p.m. at Cooney Funeral Home located at 625 Busse Hwy in Park Ridge. Funeral Tuesday, prayers at 9:30 a.m. to St. Juliana Church for Mass at 10:00 a.m. For information please call 847-685-1002 or visit [www.cooneyfuneralhome.com](http://www.cooneyfuneralhome.com)

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## Olsen, Gary R.

Gary R. Olsen, Beloved husband of Rosanne (nee:Rendant); loving father of Gareth, Jeffrey and Ellen; dear grandfather of Logan Andrew; caring son of Gladys and the late Robert; fond brother of Kristine Miles and the late Glen (the late Alice); loving uncle to many nieces and nephews. Gary was a 10 year member of local 265 Sheet Metal Union. Visitation Monday 4:00pm until 9:00pm at The Countryside Funeral Homes and Crematory, 333 South Roselle Rd., Roselle. Cremation will be private following visitation. In lieu of flowers, donations in his name to The American Lung Association appreciated. Info [www.countrysidefuneralhomes.com](http://www.countrysidefuneralhomes.com) or (630)529-5751

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## Painter, Patricia A.

Patricia A. Painter, nee Casey, 95, of Elmhurst, formerly of Willowbrook; wife of Earl; loving mother of Cynthia (Kent) Gundlach and the late Barbara Braidman; proud grandmother of Kevin Gundlach, Craig (Pam) Gundlach, Joseph (Sheila) Baranski, Jeffrey Baranski, Brian (Lisa) Baranski and Julie Baranski; honored great grandmother of 11; dear daughter of the late Gertrude and the late Bill Casey; fond sister of the late Bill Casey. Pat was retired from Sears Bank after 23 years of being a trust officer and was a volunteer at La Grange Hospital for 17 years. Pat always wore a smile on her face and possessed a very positive spirit. Family and friends are asked to gather at Our Lady of Peace Catholic Church, 701 Plainfield Rd., Darien, IL on Saturday, January 26, 2019 for a Funeral Mass at 10:30 a.m. Private interment Queen of Heaven Cemetery. In lieu of flowers, memorials will be appreciated for the Mercy Home for Boys & Girls, 1140 W. Jackson Blvd., Chicago, IL 60607 ([mercyhome.org](http://mercyhome.org)). Arrangements entrusted to Ahlgrim Funeral Home 630-834-3515 or [www.ahlgrim.com](http://www.ahlgrim.com)



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## Palmer, Russell D

Age 78, died peacefully on Thursday, December 20th. Husband of Judith (Schorsch), loving father of Stephen (Lisa) Palmer, Lauri (Tim) Flanagan, Jeff (Stefanie) Palmer, Cindy (Craig) Snyder, son of the late Catherine and Daniel Palmer, dear brother of Gary Palmer; cherished grandfather of Aidan, Benjamin, Cade, Colin, Ellie, Elizabeth and Evan; fond uncle of many nieces and nephews. Mass: Feb 8th 10 am St. Giles Church Oak Park, Illinois. Interment St. Joseph Cemetery. <https://everloved.com/life-of/russell-palmer/>

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## Penkala, Dolores Anne

Was a lifelong Chicagoan and Democrat, a proud Polish-American and feminist, and a quintessential Aries. She was the devoted daughter of Anne Kowalski and Edward Penkala, and dotting big sister of Mary Penkala Schoen, all of whom she now joins in eternal rest. Born on Noble Street in 1932, Dolores graduated from St. Stanislaus High School (1949) and Mundelein College (1953, B.S. Chemistry). She campaigned tirelessly for JFK and for Paul Simon. She worked well into her seventies as a legal secretary. She loved many dogs including Tama, Sandy, Trixie, Leo, and Bella. Survived by her fond brother-in-law, Alan Schoen, her beloved cousin Marvin Rawski, and her nieces Cecily (Greg) Sheppard and Valerie (Ken Swiatkowski) Schoen, who will ever remember our childhood overnights in Rogers Park with the most understanding, fierce, and loving "Ciocia" a girl could have asked for. She died peacefully on January 15th; like her mother before her, Dolores chose to make an anatomical gift of her body to medical science. A memorial Mass will be held by the family at St. John Cantius Church in Spring, with details pending. Funeral arrangements by Grein Funeral Directors 773-588-6336

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## Poticha, M.D., Gerald Saner

Gerald Saner Poticha, M.D. aged 80 years old, passed away peacefully on December 23, 2018 in Dallas, Texas. He is survived by his wife, Carol Poticha, brother, Dr. Stuart Poticha, M.D., and five children and five grandchildren. He will be deeply missed.

A memorial service will be held at Temple Sinai at 3509 S. Glencoe St, Denver, CO 80237 at noon on Sunday, January 20, 2019. After a celebration of Life in the chapel, there will be a gathering of friends and family.

In lieu of flowers, please send donations to St. Jude's Children's Hospital or Folds of Honor.

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## Potter, Miriam L.

Miriam L. Potter nee Wenzel, 86, of Elmhurst. Beloved wife of the late Don R. Potter; loving mother of John and David; cherished grandmother of Samantha and Madeleine; sister of the late James Wenzel and Don Wenzel.

A great teacher takes a long time to realize her skills. As a loving mom somehow understands what it means and takes to be a nurturing soul. She does what she teaches and instinctually is a wonderful mom.

Miriam is a retired learning disabilities teacher with a master degree in education. She started her teaching career in Tucson, Arizona. She raised two sons, John and David, with her husband Don Potter. She is patient kind curious diplomatic with a warm glowing smile. She started a pre-school service at the Elmhurst Presbyterian Church sometime in the 60's. Her father was a Presbyterian minister in Minnesota and her mother was a teacher specializing in Biology - very unusual in those times. She was an Elder at the Elmhurst Presbyterian Church, is a lifetime member of AAUW, a Silver Measure Award winner for her dedicated efforts to the Elmhurst Symphony. She always enjoyed a great concert by the Elmhurst Symphony. She played the harpsichord and organ and took lessons for the harpsichord for quite some time in retirement. After her lessons she would visit with her aging Aunt Harriet whose birthday is January 13th the same day Miriam passed away. Recently, she traveled to St. Kitts in the West Indies and discovered "Amazing Grace" a favorite song of hers. She enjoyed traveling and took an excursion to the South Pole with her friend Stanley Vachta who was a tremendous individual for Miriam and the Potter family. She contributed to the Elmhurst Community with lots of zeal and developed many fond relationships. Miriam lived the life of Faith, Hope, and Charity. She contributed to many charities with small contributions to many such as The YMCA's Camp Rainbow, Natures Wildlife Foundation, Heifer International, Golden Years, VFW, Pacific Gardens, Streetwise and others. She enjoyed baseball games at Cubs Park, Sox Park, The DuPage County Cougars and the recently formed Chicago Dogs and many Little League baseball games in Elmhurst along with high school basketball since her husband, a career teacher, was also a baseball and basketball coach. She enjoyed nature hiking and rafting on the Colorado River in the Grand Canyon. She was an avid reader. Miriam is a great loss to her family and the community. She will be missed with loving fondness.

Visitation at Ahlgrim Funeral Home, 567 S. Spring Rd., Elmhurst from 4:00 p.m. to 8:00 p.m. Friday, January 25, 2019. Memorial Service 10:30 a.m. Saturday, January 26, 2019 at Elmhurst Presbyterian Church, 367 S. Spring Rd., Elmhurst. Private interment Mt. Emblem Cemetery. Please send contributions to The Synod of Lakes and Prairies of the Presbyterian Church (U.S.A.), 2115 Cliff Dr., Eagan, MN 55122-3327 in c/o Miriam & Reverend Eldon Wenzel. Funeral info 630-834-3515 or [www.ahlgrim.com](http://www.ahlgrim.com).



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## Reback, Eleanore G.

Eleanore G. Reback, age 99, at rest January 17, 2019. Devoted wife of the late John T. Loving mother of Sandra D. and John C. (Iris); caring daughter of the late Leo and Antoinette Gaidica; adopted mom, aunt, grandmother, sister of many. Visitation Monday January 21, 2019 3pm - 9pm **Adolf Funeral Home** 7000 S. Madison St. Willowbrook, IL 60527. Funeral Tuesday January 22, Evangelical Lutheran Church of the Good Shepherd, 7800 McCarthy Rd. Palos Heights, visitation 12 noon until time of service at 1pm. Entombment Acacia Park Cemetery. In lieu of flowers donations can be made to Alexian Brothers Hospice Residence, 901 Martha St. Elk Grove Village, IL or the Shriners Children Hospital, 2211 N. Oak Park Ave. Chicago, IL 60707. For funeral info 630-325-2300 or [www.adolfservices.com](http://www.adolfservices.com)



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## Regas, Jean

Jean Regas, Age 89, nee Bugajsky. Beloved wife to Charles for 67 years. Loving mother of Deborah (Robert) Christensen. Adored daughter of the late Henrietta (nee Schlaudt) and John Bugajsky. Dear sister of Catherine (Edward) Collins and John (Bessie) Bugajsky. Fond aunt of Edward (Isabel) Collins, Kathleen (Robert) Franklin and Douglas Bugajsky. Visitation Wednesday Jan. 23 from 3:00 p.m. to 9:00 p.m. at **Cumberland Chapels**, 8300 W. Lawrence Ave., Norridge. Funeral Thursday 9:00 a.m. from the funeral home to Immaculate Conception Church (Talcott & Harlem) for Mass at 10:00 a.m. Interment Maryhill Cemetery. In lieu of flowers, memorial donations to the Alheimers Association, 8430 W Bryn Mawr Ave., Chicago, IL 60631 or The American Cancer Society, 225 N Michigan Ave., Chicago, IL 60601. Funeral info: [www.cumberlandchapels.com](http://www.cumberlandchapels.com) or 708-456-8300



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## Reidy, Daniel M. 'Danny'

Daniel Michael "Danny" 79 years, a loving son of the late David and Dorothy nee Scully. Beloved brother of Duane, Dennis the late David, Dean and Darryl Reidy. Nephew, brother in law and special uncle to many. Danny had been a resident of Shapiro Center in Kankakee, IL for many years. He was an easy going, gentle man. Our family will be forever grateful to the devoted staff for the care given to Danny. A private funeral mass was held at St. Stephen Deacon and Martyr Church and the Interment was in Holy Sepulchre Cemetery. [www.vandenbergfureralhome.com](http://www.vandenbergfureralhome.com)

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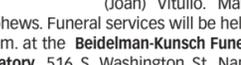
## Retzlaff, Joan Leonhardt

Retzlaff, Joan Leonhardt, age 88 of Orland Park, IL died on Thursday, November 1, 2018 at Smith's Crossing Retirement Center. She was born August 8, 1930 in Chicago, Illinois. Joan was the only child born to Susan and Elmer Leonhardt. Joan is survived by her husband of 66 years, Arthur Henry Retzlaff, her children, David of Frankfort, IL, Jonathan of Rochester, NY, Sue of Ashland, KY, 7 grandchildren and eight great-grandchildren. Joan worked for the YWCA of Park of Forest, IL, and Metropolitan Chicago and on behalf of numerous charities including PEO and Adopt a Native American Elder programs, among others. She loved the Chicago Lyric Opera, Howard Lake, MN and being with her family.

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## Roche, Rose Mary

Rose Mary Roche nee Vitullo age 90, January 17, 2019. Beloved wife of the late Franck C. Roche. Devoted mother of Daniel F. (Ruth), Elizabeth (Gary) Killion, Louise (Daniel P.) Byrom and the late Diane Roche. Loved grandmother of Megan Byrom. Fond sister of the late Carmela (Nick) Albachiara and the late Louis (Joan) Vitullo. Many nieces and nephews. Funeral services will be held Tuesday, 10:00 a.m. at the **Beidelman-Kunsch Funeral Homes & Crematory**, 516 S. Washington St. Naperville. to St. Raphael Church, 1215 Modaff Rd. Naperville for a 10:30 a.m. Mass of Christian Burial. Interment Queen of Heaven Cemetery. Visitation Monday from 3:00 p.m. - 8:00 p.m. at the funeral home. Memorials to Hessed House, 659 S. River St. Aurora, IL 60506. 630 355 0264. [www.beidelmankunschff.com](http://www.beidelmankunschff.com)



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## Rogan, Barbara J.

Barbara J. Rogan "Bada", of Northbrook, passed away January 14, 2019. Darling wife of the late William S. Rogan Sr. "The Legend", the great mother of William S. Jr. (Lori), Shannon (Jeff) Comeau, Brian "B.P.", Thomas (Susan), John (Laura) and Paul (Kelly); proud Bada of Lucy and Molly Rogan, John "Boo" and Bridget Comeau, Maggie, William, Meredith and Charlie Rogan, Tucker and Sean Rogan, Ryan, Liam, Garrett and Shannon Rogan and the late TJ Rogan; fond sister of the late June (Dick) Guzik; cherished aunt of many nieces and nephews.

Bada had a heart of gold, the will of a lion and a very thoughtful and loving soul. You could always find her tending to you at your side if you were sick or upset; rooting for you in proud silence during your athletic and/or school events; embracing you whether you won or lost; and always defending you with her strength and purpose. Bada will be remembered for treasuring her kids, husband, sibling, family and friends, while always doing it with some fun and a wonderful touch of class!

Visitation will be held on Saturday, February 2nd from 2pm-3pm and the service immediately following at 3pm at **N.H. Scott & Hanekamp Funeral Home**, 1240 Waukegan Road, Glenview. In lieu of flowers, memorials may be made to Ann & Robert H. Lurie Children's Hospital of Chicago Foundation, checks should be made payable Lurie Children's Foundation, 225 East Chicago Avenue, Box 4, Chicago, IL 60611 and a heartfelt thank you to JourneyCare Hospice in Glenview, IL. Funeral information 847-998-1020.



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## Rothrock, Richard L.

Richard L. Rothrock, age 93, of Glen Ellyn. Beloved husband of Greta, loving father of Janice (Steve) Kravitz and Joyce (Reggie DeChalus) Rothrock. Dear grandfather of Beth and Kyle (Melissa) Kravitz. Fond brother of Robert (Judith) and Susan (Steve) Shade. Kind uncle of many nieces and nephews.

Richard was a WWII Army veteran. He fought in the Battle of the Bulge and received a Bronze Star. Visitation Friday, January 25, 10 AM - 11 AM at Leonard Memorial Home, 565 Duane St., Glen Ellyn. Funeral Service to follow at 11 AM. Interment to follow at Chapel Hill Gardens West, Oakbrook Terrace, IL.

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## 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](http://www.cjfinfo.com)



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## Schei, Michael H.

Michael H. Schei, suddenly, age 57, loving son of Henry and the late Theresa, nee Jachim; cherished nephew of Raymond and Patricia Schei, Anton, David and Stephen Jachim; also, many cousins. Visitation Tuesday 10AM till time of Service 12 noon at **Modell Funeral Home**, 7710 S. Cass Ave, Darien, Int. Clarendon Hills Cemetery. For info 630-852-3595 or [www.modelldarien.com](http://www.modelldarien.com)

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## Seme, Marina A.

Marina A. Seme, age 88; beloved wife of the late Leopold; loving mother of Leopold (Suzanne) and Marina "Nina" (Daniel) Seme Nelson; cherished grandmother of Christian Seme, Nicholas and Sofia Nelson; dear sister of the late Juan Alvarez. Visitation Tuesday 9:00 A.M. until the 10:00 A.M. Funeral Mass at St. Mary Slovenian Catholic Mission, 14246 Main Street, Lemont. Interment Queen of Heaven Cemetery. In lieu of flowers, donations to Alzheimer's Association appreciated. For funeral info: (630) 852-3595 or [www.modelldarien.com](http://www.modelldarien.com)

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## Sinise, Henry

Henry Sinise age 94, met his Lord and Savior on January 15, 2019; Beloved husband of the late Jeanne nee DeHaan; Dear father of Richard (Nancy) Sinise, Jill (John) Schwendemann and the late Robert Sinise; Loving grandfather of Kim (Ross), Michael (Karly), Amanda (Ryan) and the late Matthew; Cherished great-grandpa of Bianca, Declan, Aryauna, Anthony, Miller and baby coming in June 2019; Fond brother, brother-in-law, uncle and devoted friend to many in St. Louis and Chicago. Hank served his country in WWII in India. He was a dedicated tax accountant serving as Director of Federal Taxes with Sears in Chicago for 30 years. Visitation Monday morning, 9:30am at the **Brady-Gill Funeral Home**, 16600 S. Oak Park Ave., Tinley Park, until time of prayers at 10:30am to St. Stephen Church, Mass 11:30am. Interment Mt. Greenwood Cemetery with Military Honors. In lieu of flowers, the Sinise family request contributions to be made to the Alzheimer's Research Foundation, 3152 Little Road, Suite 146, Trinity, FL. 34655 to honor Henry and Jeanne Sinise. (708) 614-9900 or [www.bradygill.com](http://www.bradygill.com)



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## Stephens, Glenn Wesley

Glenn W. Stephens, age 88, of McHenry, IL, passed away peacefully at home on Thursday, Dec. 13, 2018. He was born on Oct. 11, 1930, in Chicago, IL. He was preceded in death by his loving wife, Gloria, nee Penczek, who passed on Nov. 26, 2017 after 65 years of marriage.

Glenn was a proud veteran who served in the Korean war. His mother died prematurely when he was two. He was a tireless, hard working, innovative thinker who founded his own trucking company until he retired at 78 years old.

Dear father of Michael Stephens, Janet (Randy) Rohner and Judy (Jeff) Lennon. Loving grandfather of Angela (Brandon) Foote, Samantha Stephens, Alicia, Brandon, Marshall and Weston (Nicolette) Rohner, and Jeremy Lennon; and great-grandfather of 12.

Glenn was laid to rest, with military honors, at Windridge Memorial Park, Cary, IL.

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## Stoops, Joyce M.

Joyce M. Stoops, 86, of Forest Park. Passed away peacefully December 14, 2018. Beloved daughter of the late Fred and Myrtle Stoops. Loving sister of Marlene F. Stoops. Joyce was an RN MSN and a longtime nursing leader at Rush Presbyterian-St. Luke's Medical Center in Chicago. Ms. Stoops was, for decades, a member of the Chicago Temple, First United Methodist Church Chicago. She will be missed by many cousins, neighbors and friends and all who had the pleasure of knowing her. A memorial service will be held at future date to be determined. Interment Covington Memorial Gardens in Fort Wayne, IN. Info. 708-366-2200 or [www.zimmermanharnett.com](http://www.zimmermanharnett.com).

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## Sutton, Nancy E.

Nancy E. Sutton (nee Koeppe), beloved wife of David Sutton and the late Clyde Zuckerman; loving mother of John, Robert, Mark and Patricia Zuckerman; Proud Grandmother and Great Grandmother and a dear Aunt and cousin to many. An extended obituary may be found at [www.cremation-society.com](http://www.cremation-society.com). A memorial service will be held on Saturday January 26th at 3 PM at the Church of the Atonement, located at 5749 N. Kenmore Avenue, Chicago. In lieu of flowers, the family requests donations made in her name to the Alzheimer's Association, [www.alz.org](http://www.alz.org).

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# Chicago Tribune Death Notices

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

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## Svoboda, Raymond E.

Raymond E. Svoboda. Beloved husband of Corinne, nee Marr; loving brother-in-law of James Marr; fond uncle of Ken, Cheryl, Wayne, and their families. An Old Town Triangle resident, his favorite pastime was entertaining his sweetheart, friends and family by playing pre-40's and Ragtime music on the piano and Czech folk songs on the accordion, as well as taking vacations in Hawaii. Ray had the ability to make others laugh and feel good about themselves. He also was proud of his military service in Korea. Visitation Wednesday, January 23, 2019 at 10:30 a.m. until the time of the 11:30 a.m. Funeral Mass at Immaculate Conception Catholic Church, 1431 N. North Park Ave., Chicago, IL 60610. Interment Queen of Heaven Cemetery, Hillside, IL. In lieu of flowers donations to the American Cancer Society, P.O. Box 22478, Oklahoma City, OK 73123. [www.cancer.org](http://www.cancer.org). For further information please call 312-421-0936 or [www.michalikfuneralhome.com](http://www.michalikfuneralhome.com).

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## Terrazino, Imelda R.

With love and sadness, the family of Imelda R. Terrazino (nee Bresingham), resident of Riverside, announces her passing peacefully on January 12, 2019 at age 89. Beloved wife of the late Angelo S. Terrazino. Loving mother of Therese (Edward Bobowski), Kathryn, Stephen, and David (Laura) Terrazino. Proud grandmother of Joshua Vondracek, Nicholas Anasinis, Christopher and Andrew Bobowski; great-grandmother of Brandon Vondracek, Gavin, Braxton and Niko Anasinis. Fond sister of John (Barbara) Bresingham and Agnes (the late Richard) Cimbalista; the late Mary and Anne Bresingham, Dolores Knapp, and Rita (Joseph) Terrazino. Caring aunt to many beloved nieces and nephews.

After her children were in school, Mel graduated from Rosary College and John Marshall Law School. A talented appellate lawyer for 3 Illinois Attorneys General and the firm of Clausen Miller Chicago, she wrote briefs and presented arguments before the Illinois and Federal Supreme Courts during her career.

Her adventurous spirit took her traveling to 48 US states, as well as North and Central America, Europe and Asia. She was also an avid reader, walker and curious student throughout her life. Mel was known for her patience, ability to explain anything and listen to someone as if they were the only person in the room. Her children will especially miss her as their best friend.

Arrangements by **Cremation Society of Illinois**, [www.cremation-society.com](http://www.cremation-society.com). Cremation service is private. A memorial gathering will be planned in 2019 for extended family and friends.

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## Theis, Kiran Adheya

Kiran Adheya Theis, beloved son of Uma Amuluru and Jack Theis, died peacefully on January 16, 2019. He was seven years old. He had an infectious grin, the sweetest disposition, and an amazing ability to shine a light on the best people in the world. He also had a rare brain disorder, called Lissencephaly, that rendered him unable to walk, talk, roll over, or sit up. He was expected to live one year. Instead, he blessed his family with seven magnificent years. Every breath, smile, and giggle of his was a gift. He loved bubbles, balloons, the crook of his dad's neck, classical music, Wrigley Field, and most of all his twin brother Rohan and his baby brother Veer. Over the years, Kiran suffered from a multitude of ailments but he almost never cried or complained. He was unbelievably brave and strong, a silent and resilient fighter to the end, when the doctors could not explain how he had lived as long as he had. He was deemed a medical miracle. In addition to his parents, he is mourned by his adoring grandparents, Prabhakar and Jaladurga Amuluru, and John and Mary Jane Theis. He will be deeply missed by his brothers, Rohan and Veer, as well as his loving aunts and uncles, Mayuri (Kash) Chandra, Krishna (fiance Julia Kearney) Amuluru, and Claire (Joshua) Merok. His cousins Penna, Malin, and Niam Chandra, and Nora, Charlie, Henry, and Jack Merok will forever cherish the memories of their time with Kiki. His many other relatives throughout the country felt lucky to have been given the opportunity to know him.

Kiran's diagnosis was devastating but his life was brilliant and full of love. He was fortunate to find schools in Washington, D.C. and Evanston, Illinois, that met his needs with true care. His family wishes to acknowledge the heroic work of his many caregivers, particularly Salima Nguo and Janice Holt, as well as the various teachers, therapists, doctors, nurses, and advocates who worked tirelessly to make his life better. Those people are true and often unsung angels.

We all celebrate the blessing of having Kiran in our life. A private service was held on Friday, and a public memorial will be on February 16, 2019.

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## Thull, Richard H 'Dick'

Richard "Dick" H. Thull, 76, of Arkdale, WI, passed away Sunday, January 13, 2019 at his home. He was born in Chicago, IL, on September 27, 1942, preceded in death by his parents Raymond A. and Madeline T. and brothers Raymond E. and Joseph L. He is survived by his wife Catherine M. of 52 years and their sons Brian M. and his husband Bryan K. McDaniel; Scott R. and his wife Nicole R. and granddaughter Alicia R.; and Kevin J. and grandchildren Zach A. and Bella M. He is also survived by his brothers Robert J. and Michael W. Dick attended St. Gregory's High School, Class of 1960. He later worked for 39 years at Jewel as a Butcher. He was a lifelong fan of the Chicago Cubs and Bears. At Dick's request, no services will be held. Memorial contributions may be made to the American Heart Association.

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## Tolan, John

Age 60, passed away January 17, 2019. Son to Ann and William Tolan, both deceased and brother to Christine Murphy, Caroline Caulfield, Kathy McGowan and Mary O'Donnell. Loving uncle to many. What John most loved in his life are his two surviving daughters Bridget and Lucie. He loved any chance to brag about them and share in life's great moments with them. He will be missed by Biscuit, his beloved dog, and John's shadow and companion for 10 years. Sunny Mexico held a special place in John's heart where he could enjoy his family and friends. An avid World War II historian, John was determined to honor veterans through his work with Honor Flight Chicago. His Irish heritage gave him a great love for Irish music, a pint of beer and a good story. He will be remembered for his kindness, loyalty and generosity. Visitation Sunday 1-7 p.m. Funeral Monday 9:00 a.m. from the **Robert J. Sheehy & Sons Funeral Home**, 9000 W. 151st Street, Orland Park, IL to St. Alexander Church, Mass 10:00 a.m. Interment private. In lieu of flowers, memorials can be sent to <https://www.honorflightchicago.org/johntolan/> in memory of John Tolan, Honor Flight Chicago, 9701 W. Higgins, Suite 310, Rosemont, IL 60018 773.227.8387 [www.sheehyfh.com](http://www.sheehyfh.com) 708-857-7878

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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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## Verschoor, Curtis Carl

Curtis Carl Verschoor, 87, of Barrington, IL, passed away peacefully on January 17th, 2019. He will be remembered for his intellectual passion, his commitment to his church, and his love of family. Curt was the Ledger and Quill professor of accountancy at DePaul University since 1974 (emeritus since 1994). He authored 12 books and more than 250 journal articles, in addition to a monthly column on business ethics, which he faithfully wrote until a few weeks prior to his passing. He enjoyed music and he and his wife Marie sang in their church choir for nearly 50 years. Curt is survived by his devoted wife of 66 years, Marie Emilie (Kritschgau) Verschoor. He is also survived by his children and their spouses: Katherine (Jerry Grimson) Verschoor, Carolyn (Greg) Kirschner, John (Susan) Verschoor, and Carla (Rein) Verschoor Kirss, twelve grandchildren and two great-grandchildren. He was preceded in death by his parents and brother Jack.

A memorial service will be held at the Barrington United Methodist Church. In lieu of flowers, the family requests memorial contributions to the Barrington United Methodist Church, 98 Algonquin Road, Barrington, IL 60010. Sign Guestbook at [chicagotribune.com/obituaries](http://chicagotribune.com/obituaries)

## Vrhovnik, Mary S.

Mary S. Vrhovnik nee: Slabe, 93 of Chicago Ridge died peacefully on Friday, January 18, 2019 at the home of her niece Sharon (Dean) Estes. She was born June 2, 1925 in Ohio to Frank and Mary nee Gombach Slabe and she married Ernest Vrhovnik. She is survived by her brother Frank (Alice) Slabe of Worth. Her nieces Barbara (Ken) Mehmel, Nancy (Steve) Nolan, Sharon (Dean) Estes, Janet (Scott) Ferstein and her nephew Frank (Karen) Slabe. Nine great nieces and nephews and eight great great nieces and nephews. She was preceded in death by her parents and her husband. She worked at Illinois Bell & AT&T for many years. She enjoyed knitting, crochet, beading, traveling and making Christmas ornaments. She also enjoyed spending time with her family and friends. Visitation Tuesday January 22nd 3-8 pm. Funeral Wednesday, January 23, 2019. Chapel Prayers 11:00 a.m. from the **Schmaedeke Funeral Home**, 10701 S. Harlem Ave. Worth to Our Lady of The Ridge Church, 108th and Oxford, Chicago Ridge, IL. Mass 11:30. Interment Holy Sepulchre Cemetery. For information 708-448-6000 or [www.schmaedekefuneralhome.com](http://www.schmaedekefuneralhome.com).

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## Watanabe, Donna Doreen

Donna Doreen Watanabe, born on June 16, 1949, passed away peacefully on January 15, 2019, after her battle with Multiple Myeloma. Loving wife of the devoted Ernest. Loving mother of Tom (Trish), and Lauren; dotting grandmother of Lily and Kai; and cherished sister to Linda, Tina, Vickie, and Gail. For information please call **Lakeview Funeral Home** 773.472.6300 [www.lakeviewfuneralhome.com](http://www.lakeviewfuneralhome.com)

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## Wegrzyn, Leon F.

Leon F. Wegrzyn, U.S. Navy Veteran. Beloved husband of 60 years to Marie Wegrzyn. Loving father of Kenneth Wegrzyn, Jeanette (James) Metke & Thomas (Ellen) Wegrzyn. Cherished grandfather of Gregory (Tracy) Flood, Anna Wegrzyn, Sarah Wegrzyn, Thomas Wegrzyn, Robert Metke, Shane Wegrzyn & Joseph Metke. Proud great grandfather of Andrew Flood. Treasured uncle of many nieces & nephews. Resting at **Thompson & Kuenster Funeral Home**, 5570 W. 95th St., Oak Lawn, where Services will be held Tuesday January 22 at 7:30 pm. Inurnment private. Visitation Tuesday January 22 from 6:00 pm until the time of Service at 7:30 pm. [thompsonkuensterfuneralhome.com](http://thompsonkuensterfuneralhome.com) 708-425-0500

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## Wesley, John Kiley

Land O'Lakes, WI - Wesley John Kiley, age 95, passed away in his home Friday January 11, 2019. He was preceded in death by his wife, Janet Ruth Alexander Kiley in 1997. Wes was born in Green Bay, WI on June 7, 1923 to Maurice W. Kiley and Lenora B. Karczewski. After spending his youth in Eau Claire and summers in Clintonville the family moved to LaPorte, IN where he graduated high school in 1941. While in high school he was very active in debate, student government and student plays. These activities continued at Indiana University along with being a member of Sigma Alpha Epsilon and Interfraternity Council President. He was also a member of Tau Kappa Alpha, the national debate society. In 1943 Wes's college education was interrupted when he enlisted in the Army during WWII. He was with Headquarter Command 91st Infantry. During most of the war they were stationed in North Africa and Italy. Wes returned to Indiana University and graduated in 1948. Jan and Wes were married August 29, 1948.

After graduating Wes went to work for the Evansville Courier Journal as a space salesman. In the early 1950's he and Jan moved to Milwaukee to join the marketing organization with Blackhawk Manufacturing Company. In 1954 Wes received his Masters of Business degree from The University of Wisconsin - Madison. Their only child, Maureen, was born in 1956.

Wes was hired into the marketing department at Stewart-Warner Corporation in 1964. During his time at Stewart-Warner he held a number of roles including General Manager of the Bassick Division in Bridgeport, CT. Wes became President of Stewart-Warner in the late 1980's. He retired in 1990. In 1998 Wes moved to Land O' Lakes following the death of his wife Jan. He became very active in the community. He was President of the Cisco Chain Riparian Owners Association (CCROA), a member of the Fish and Game Club, on the Land O' Lakes Plan Commission, and a leader in Ely Memorial Church. Wes was an avid fisherman and enjoyed trips to Canada and the Florida Keys; as well as fishing the lakes in WI and MI. After retiring he started to grow orchids. A Celebration of Life took place at Ely Memorial Church Sunday January 13, 2019. Wes is survived by his daughter, Maureen Kiley, of Indianapolis, IN. Arrangements by **Gaffney-Busha Funeral Home**, Eagle River, WI. Online condolences may be expressed at [gaffney-busha.com](http://gaffney-busha.com)

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## Zirlin, Robert Michael 'Rob'

Robert 'Rob' Michael Zirlin, age 54, loving father of Jake, devoted son of Allan and Lorry, nee Weiss, dear brother of Brad (Lynn) Zirlin, Julie (Jim) Pavletich, dear uncle of Joe Zirlin and Ellie Pavletich, former husband of Mary Nettles Zirlin. Graveside services Monday 1:30 PM at Shalom Memorial Park, Rand Rd and Rte 53, Arlington Heights. Contributions in Rob's name to Heartland Animal Shelter in Northbrook would be appreciated. Info: **Mitzvah Memorial Funerals**, 630-MITZVAH (630-648-9824) or [www.mitzvahfunerals.com](http://www.mitzvahfunerals.com)

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## Zolezzi, Darrell R.

Darrell R. Zolezzi, age 70 of Naperville, IL. and Palm Beach Gardens, FL., Passed away on January 17, 2019 in Florida. Visitation for Darrell will be held at the **Beidelman-Kunsch Funeral Homes & Crematory**, 24021 Royal Worlington Dr., Naperville on Thursday, January 24, from 4 until 7 p.m. and Friday January 25, from 3 until 7 p.m. Visitation will be held Saturday from 9:30 until 10 am at the funeral home to a 11 am Mass of Christian Burial at Saints Peter & Paul Catholic Church, 36 N. Ellsworth St., Naperville. Entombment will follow at Saints Peter and Paul Cemetery, Naperville. full obituary visit [www.beidelmankunschfh.com](http://www.beidelmankunschfh.com)

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# CHICAGO WEATHER CENTER

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SUNDAY, JAN. 20

NORMAL HIGH: 31°

NORMAL LOW: 16°

RECORD HIGH: 63° (1906)

RECORD LOW: -27° (1985)

## Bitter cold, a brief warmup, then cold again

### LOCAL FORECAST

**HIGH** 16 **LOW** 7

■ Accumulating lake effect snow continues for some.

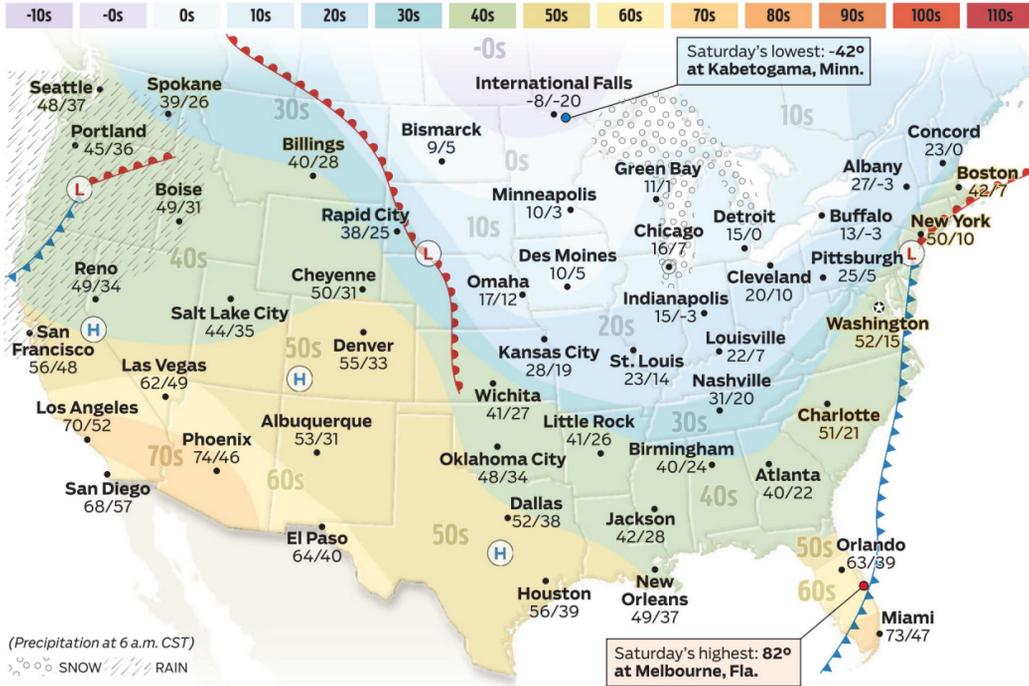
■ Lake effect snow diminishes in Lake County, Ill., and northern Cook. Lake effect continues near Lake Michigan in Lake County, Ind., southeast Cook and eastern Will.

■ North winds diminish but cold arctic air continues to move over the unfrozen waters of Lake Michigan.

■ Areas away from the lake will see some sun as colder, drier air moves in.

■ Wind speeds will slowly diminish. Wind chill below zero this morning and overnight Sunday night.

### NATIONAL FORECAST



Lake-effect snow will linger Sunday near Lake Michigan, especially in Lake County, Ind., with an additional accumulation of up to 3 inches possible. Light snow or flurries are possible just west of the lake.

Well-below-normal temperatures Sunday and Monday will be followed with a one-day warmup Tuesday, when the high reaches the mid- to upper 30s. Cold air settles back in for the remainder of the workweek, with even colder temperatures moving in for the upcoming weekend.

The system that brought us snow provides upstate New York with a potential for snow totaling 12 to 20 inches. The cold has also made its way to the Southeast. New Orleans was in the 30s Saturday night. The Florida panhandle will be in the 30s Sunday night and Monday night.

### MONDAY, JAN. 21

**HIGH** 17 **LOW** 6

Partly sunny and cold. Temps in the single digits in the morning rising to the upper teens by afternoon, holding steady. SSW winds 8-12 with gusts to 18 mph. Mostly cloudy with steady or slowly rising temperatures after midnight.

### TUESDAY, JAN. 22

**HIGH** 37 **LOW** 22

Cloudy with light snow near sunrise. Accumulating snow possible before mixing and becoming all rain in the afternoon. High in the mid to upper 30s. South winds 13-17 gusting to 20 mph. Flurries possible overnight.

### WEDNESDAY, JAN. 23

**HIGH** 27 **LOW** 15

Cloudy early, becoming partly sunny. Chance for light snow or flurries in the morning. Colder with a high near 27. NW winds 7-10 mph. Mostly cloudy overnight with the low in the mid teens.

### THURSDAY, JAN. 24

**HIGH** 25 **LOW** 10

Partly sunny, dry and cold. West wind increases to 8-12 gusting to 16 mph. Temperature below normal with a high in the mid 20s. Mostly cloudy and cold overnight with a chance of light snow and a low near 10.

### FRIDAY, JAN. 25

**HIGH** 17 **LOW** 10

Another dry day. Mostly cloudy and colder with a high struggling to reach the upper teens. Light snow possible late. High in the mid teens. Northwest wind 7-10 mph. Mostly cloudy skies at night with low near 10.

### SATURDAY, JAN. 26

**HIGH** 16 **LOW** 9

Cold with a mix of sun and clouds. NW winds 5-10 mph bring the chance for light snow or flurries. High in the mid teens. Partly cloudy and very cold overnight.

### ASK TOM

Dear Tom,  
Can you compare the 1967 "Big Snow" with the blizzard of 1979?  
— Stephen Verhaeren, Palos Park

Dear Stephen,  
The 23-inch Jan. 26-27, 1967, Big Snow is Chicago's benchmark snowstorm. The snow began falling shortly before 5 a.m. on Jan. 26 and ended just before noon on Jan. 27. Strong northeast winds up to 53 mph created huge drifts, paralyzing the city for more than a week. The Jan. 12-14, 1979, blizzard produced 20.3 inches of snow and at the time was the city's second heaviest snow. Snow began early in the afternoon Jan. 12 and finally ended about 2 a.m. Jan. 14. Winds were not strong during the height of the snowfall, but blizzard conditions set in as the snow waned. Today, the blizzard of '79 ranks as the city's fourth heaviest snow, surpassed by the 21.6-inch 1999 New Year's storm and the 21.2-inch Groundhog Day blizzard in 2011.

Write to: ASK TOM  
2501 W. Bradley Place  
Chicago, IL 60618  
asktomwhy@wgn9.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.

## Influx of arctic air coincides with our coldest time of year

**COLDEST AVERAGE TEMP NORMALLY OCCURS BETWEEN JAN. 17—JAN. 20**

Normal maximum temp 31 degrees  
Normal minimum temp 16 degrees  
Normal average temp 23 degrees

Lowest temperature by date:  
January 17-23, 1982 -23  
January 18-21, 1994 -21  
January 19-23, 1985 -23  
January 20-27, 1985\* -27

### COLDEST DAY IN CHICAGO: JANUARY 20, 1985

Coldest temp occurred at 6:18 A.M.  
O'Hare International Airport  
January 20, 1985 at 6:18 A.M.  
Temperature -27°F  
Dew point -39°F  
Sky Clear  
Visibility 15 miles  
Wind direction West  
Wind speed 14 mph  
Wind gusts 23 mph  
Wind chill (14 mph) -53°F  
Wind chill (23 mph) -59°F

**NORMAL SNOWFALL ACCUMULATION FROM JAN. 21 through JAN. 31 is 4.0"**

Record snowfalls for January 21 through January 31 since 1943

1967	25.9"
1939	17.6"
2005	14.3"
1978	13.0"
1979	12.7"
2002	12.4"
2008	11.0"

**THE POLAR JET STREAM DIVIDES COLD ARCTIC AIR FROM WARM SUBTROPICAL AIR**



### WIND CHILL CHART

Wind chill (°F) = 35.74 + 0.625T - 35.75(V<sup>0.16</sup>) + 0.4275T(V<sup>0.16</sup>) - T = air temp (°F); V = wind speed (mph)

	40°	35°	30°	25°	20°	15°	10°	5°	0°	-5°	-10°	-15°	-20°	-25°	-30°	-35°	-40°	-45°
CALM	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
5 mph	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98

MARK CARROLL AND JENNIFER M. KOHNKE / WGN-TV

### MIDWEST CITIES

SUN./MON.	FC	HI	LO	FC	HI	LO
Illinois	cl	16	15	cl	31	25
Carbondale	pc	11	2	pc	14	14
Champaign	cl	14	3	sh	20	19
Decatur	cl	14	3	sh	20	19
Moline	pc	12	-2	sh	19	16
Peoria	cl	13	4	sh	18	17
Quincy	sh	17	11	sh	29	25
Rockford	pc	9	-1	cl	14	11
Springfield	cl	16	1	sh	22	20
Sterling	cl	10	-2	sh	15	12
Indiana	pc	20	4	pc	23	17
Bloomington	sh	24	14	cl	28	22
Evansville	sh	24	14	cl	28	22
Fort Wayne	pc	14	-2	sh	20	16
Indianapolis	su	9	-2	cl	18	12
Lafayette	sh	14	-6	pc	10	5
South Bend	ss	13	-7	su	10	4
Wisconsin	pc	11	1	cl	21	16
Green Bay	pc	14	7	cl	18	15
Kenosha	pc	13	0	sh	20	16
La Crosse	su	9	-2	cl	18	12
Madison	pc	13	6	sh	19	16
Milwaukee	pc	13	6	sh	19	16
Wausau	pc	8	-5	ss	16	13
Michigan	sh	15	0	su	13	1
Detroit	sh	15	0	su	13	1
Grand Rapids	pc	13	-4	sh	15	6
Marquette	ss	7	3	pc	16	11
St. Joseph	ss	5	-7	pc	8	-1
Traverse City	ss	6	-5	pc	17	6
Iowa	ss	10	3	cl	19	17
Ames	ss	10	3	cl	19	17
Cedar Rapids	sh	9	-1	sh	15	13
Des Moines	pc	10	5	pc	21	19
Dubuque	pc	13	-1	sh	18	15

### OTHER U.S. CITIES

SUN./MON.	FC	HI	LO	FC	HI	LO
Albany	pc	61	43	pc	69	49
Albuquerque	rs	27	-3	pc	4	0
Albany	pc	53	31	pc	57	30
Amarillo	pc	64	39	pc	74	33
Anchorage	pc	9	5	sh	17	16
Asheville	pc	33	13	su	34	21
Aspen	pc	43	25	sn	34	12
Atlanta	pc	40	22	su	45	27
Atlantic City	rn	50	9	pc	21	14
Austin	pc	58	36	su	64	55
Baltimore	cl	6	-5	ss	17	16
Billings	sh	40	28	ss	33	18
Birmingham	pc	40	24	su	48	33
Bismarck	sh	9	5	ss	17	12
Boise	sh	49	31	pc	41	23
Boston	fr	42	7	pc	10	7
Brownsville	pc	65	44	su	74	62
Buffalo	ss	13	-3	sh	10	-2
Burlington	sn	11	-4	ss	3	-6
Charlotte	cl	51	21	su	39	22
Charlottesville	pc	57	31	su	44	32
Charlottesville	ss	30	7	pc	20	13
Chattanooga	pc	35	22	pc	39	25
Cheyenne	sh	50	31	sn	47	17
Cincinnati	pc	17	-7	su	16	6
Cleveland	ss	20	10	sh	15	5
Colorado Springs	cl	56	33	pc	56	22
Columbia MO	cl	23	17	sh	36	31
Columbia SC	cl	51	26	su	45	25
Columbus	sh	19	-8	su	8	-2
Dayton	rs	19	-8	su	8	-2
Daytona Bch.	cl	6	-5	ss	17	16
Dallas	pc	52	38	pc	63	56
Daytona Bch.	pc	53	38	su	57	49
Denver	pc	55	33	su	52	24
Des Moines	pc	10	5	pc	21	19
Dubuque	pc	13	-1	sh	18	15
El Paso	pc	64	40	pc	74	40

### WORLD CITIES

SUN./MON.	FC	HI	LO	FC	HI	LO
Palm Beach	ts	71	43	pc	69	62
Palm Springs	sh	73	54	pc	67	66
Philadelphia	rs	52	8	pc	18	13
Phoenix	cl	74	46	pc	66	40
Pittsburgh	ss	25	5	ss	15	2
Portland, ME	rs	24	6	sh	11	4
Portland, OR	sh	45	36	cl	48	39
Providence	rn	44	5	cl	10	5
Raleigh	sh	58	18	su	34	20
Rapid City	sh	38	25	sh	34	20
Reno	rn	49	34	pc	39	20
Richmond	sh	57	16	su	28	15
Rochester	sn	17	0	ss	10	3
Sacramento	rn	58	41	su	57	39
St. Louis	cl	23	14	sh	32	27
Salt Lake City	sh	44	35	rs	38	18
San Antonio	pc	61	35	su	69	55
San Diego	cl	28	19	sh	42	36
San Francisco	sh	56	48	su	66	47
San Juan	pc	83	71	pc	83	72
San Jose	cl	45	28	pc	46	22
Savannah	pc	53	31	su	50	34
Seattle	cl	31	20	sh	32	27
Shreveport	su	49	32	su	60	49
Sioux Falls	rs	9	5	sh	21	17
Spokane	rs	39	26	pc	34	27
St. Louis	cl	23	14	sh	32	27
Tucson	pc	77	45	pc	69	36
Tulsa	su	43	30	pc	58	46
Washington	sh	52	15	pc	25	17
Wichita	pc	41	27	pc	51	40
Wilmington	cl	17	12	cl	29	26
Yuma	cl	73	50	pc	67	48

### WORLD CITIES

SUNDAY	FC	HI	LO	SUNDAY	FC	HI	LO
Acapulco	ts	84	72	Kingston	pc	84	73
Algiers	rn	58	46	Lima	cl	78	70
Amsterdam	su	36	25	Lisbon	pc	57	47
Ankara	pc	44	30	London	pc	43	33
Athens	sh	59	44	Madrid	pc	53	29
Auckland	pc	71					

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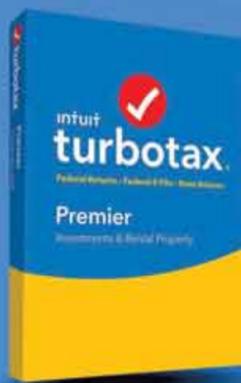
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**“This is a crisis for the manufacturing sector. This whole sector of the economy is left up to the whims and the contradictions inside individual families.”**

— Dan Swinney, executive director of Manufacturing Renaissance



ABEL URIBE/CHICAGO TRIBUNE PHOTOS

Terry Iverson, president and CEO of Iverson & Co., is the third generation owner of the machine tools company his grandfather founded 88 years ago.

# The boss is retiring.

## And the kids don't want to take over.

### Family-owned manufacturers confront a succession 'crisis'

BY ALEXIA ELEJALDE-RUIZ | Chicago Tribune

**T**erry Iverson, president and CEO of the manufacturing firm his grandfather founded 88 years ago, loses sleep worrying what will come of the business once he decides to retire. His kids aren't interested in taking the reins at Iverson & Co. in Des Plaines, which sells and services machine tools. His vice president had been groomed for ownership but left for another opportunity.

Iverson expects he will have to merge or sell, but to whom? And will the buyer take good care of his customers and his family's legacy?

"It's something I think about every day," Iverson, 59, said.

His succession concerns are shared by many in the Chicago area's manufacturing industry, which anticipates a barrage of baby boomer retirements among company owners who often don't know who will take over their businesses once they hang up their gloves.

Some industry leaders worry that companies without succession plans might close, or get purchased by private equity firms that move them

out of the region or pick them apart — consequential for the local economy, given the hundreds of thousands of workers that Illinois' small and mid-size manufacturing firms employ and the billions of dollars they contribute to the state's GDP.

In a new report, the Great Cities Institute at the University of Illinois at Chicago surveyed the 363 family-owned manufacturing companies it identified in Chicago's six collar counties with between 20 and 250 workers — a group that collectively employs more than 22,000 people — to gauge how well they were planning for the future.

About three-quarters of respond-



Dale Mular, left, mills a tool while mentoring Jason Williams at Iverson & Co. Iverson has an apprenticeship program for young people.

ents had owners over the age of 55, and of those, half had no plans for succession. Nearly 62 percent had not designated a specific successor, up from 38 percent the last time a similar survey was conducted in 1989.

Though these are firms whose names are unknown to the general public, their role in the supply chain represents "the lifeblood" that drives of the success of the state's \$104 billion manufacturing industry, said Dan Swinney, executive director of

Manufacturing Renaissance, a Chicago nonprofit that commissioned the survey.

"This is a crisis for the manufacturing sector," said Swinney, whose group advocates for advanced manufacturing as a stabilizing force in communities. "This whole sector of the economy is left up to the whims and the contradictions inside individual families."

Turn to **Family**, Page 3

### Sears complex shows need to rethink 'burbs



BLAIR KAMIN  
Cityscapes

It was a big deal in 1992 when Sears Roebuck & Co.'s merchandise group shifted its operations from Sears Tower, then the world's tallest office building, to a windswept cluster of low-slung buildings 35 miles from its namesake skyscraper.

Sears' move to north-west suburban Hoffman Estates symbolized a trend: The economic ascendance of Chicago's suburbs, which even in the early

1990s accounted for more than 60 percent of the region's jobs.

At first glance, that dominance appears to be slipping as companies like McDonald's make headline-grabbing moves back to the city from leafy suburban campuses.

But it would be wrong to point to Sears' latest struggles, which eased Wednesday when the company's chairman won a bankruptcy auction that prevented a liquidation of Sears, and conclude that the suburbs are down and out.

People working in the suburbs still provide two out of every three Chicago-area jobs, according to data provided by regional planners.



STACEY WESCOTT/CHICAGO TRIBUNE 2018

Sears' move to Hoffman Estates symbolized the economic ascendance of Chicago's suburbs.

"We're not expecting for the suburbs to fall off the cliff," said Austen Edwards, a senior policy analyst at the Chicago Metropolitan Agency for Planning, which covers the seven-county area of Cook, DuPage, Lake, Kane, Will, McHenry and Kendall counties.

Ensuring that the sub-

urbs remain attractive places to live and work is crucial to the region's future, he said, particularly because the area's annual job growth since 2001 has been a mere 0.2 percent, a third of the national average.

That means rethinking

Turn to **Sears**, Page 4

### Feds move to take over Sears pension plans

Will cover 'vast majority' of benefits for the 90K retirees

BY LAUREN ZUMBACH  
Chicago Tribune

A federal agency is preparing to take responsibility for Sears' pension plans, which cover more than 90,000 people.

The Pension Benefit Guaranty Corp. said in a new release Friday that it believes Hoffman Estates-based Sears Holdings Corp.'s "continuation of the plans is no longer possible" after the company filed for bankruptcy in the fall.

The agency covers individuals' pensions, up to certain limits, if an insured pension plan shuts down

without enough money to pay all benefits. It estimates Sears' two pension plans are underfunded by about \$1.4 billion. As a creditor, the agency could attempt to recover some of that money through the bankruptcy.

Ron Olbrysh, chairman of the National Association of Retired Sears Employees, said the guarantee means retirees aren't worried about losing pensions, but they do have concerns about other benefits.

"The pensions are secure through Sears or through the Pension Benefit Guaranty Corp.," he said. "The big impact if Sears does liquidate is that retirees will lose life insurance."

Turn to **Pension**, Page 4



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**1830 N. Sheffield** Renovated Lincoln Park 3-bedroom, 2.5-bath duplex down with deck and 2-car parking. \$665,000  
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# Shutdown damages way of life

## Out-of-work fed employees mull their options

By **TODD C. FRANKEL, TAYLOR TELFORD AND DANIELLE PAQUETTE**  
The Washington Post

WASHINGTON — Three weeks of no pay and lots of uncertainty has changed how aerospace engineer Robert Sprayberry thinks about his job. He joined the Federal Aviation Administration a decade ago because it promised him a stable career with steady hours. He might not earn as much money as he could in the private sector, but he could be home more to help raise three young children.

But that careful career calculation has been undercut by a partial federal government shutdown that is the longest in history, with 800,000 employees not getting paychecks because of a budget impasse over border wall funding. So Sprayberry's wife picks up extra shifts as a nurse to make up for his lost income. And he has started looking around for a new job, this time with a private firm.

"If I'm going to put up with this level of stress," Sprayberry, 38, said, "I might as well get paid for it."

A job in the government has long been underwritten by the understanding that while you wouldn't strike it

rich, you also didn't need to worry about the corporate world's mercurial whims. The focus was on serving the public, rather than pursuing profits. The pace could be frustratingly inefficient, but it also was not maddeningly chaotic. And the trade-off came with solid health and retirement benefits.

That grand bargain — deployed for decades to lure talent into the government ranks — is threatened today by a bruising shutdown with no end in sight. And this is the third shutdown in one year.

The other two shutdowns were brief — the longest ran two days. But they were tremors foreshadowing what was to come. The situation is exacerbated by a president who appears to view many government workers with contempt, deriding the federal bureaucracy as "the Deep State" and noting derisively via tweet that he thinks most government workers are Democrats.

So a government gig suddenly doesn't look quite so secure. The mission is muddled. The bloom is off. And the potential for a federal brain drain, along with drags on recruitment and morale, looms large.

"The end of the shutdown is not the end of the harm," said Max Stier, chief executive of the Partnership for Public Service, a nonpartisan group that has surveyed job satisfaction in



MARK WILSON/GETTY IMAGES

The partial government shutdown has some reconsidering career choices.

government agencies for the last 15 years.

Morale at government agencies already was suffering under President Donald Trump's administration, according to the Partnership's 2018 Best Places to Work in Government survey, which found marked declines in job satisfaction since the Obama administration at a range of agencies, including the State and Agriculture departments. Under Trump, the Federal Trade Commission and Department of Homeland Security were among the agencies that saw their poll numbers go up.

Trump's administration imposed a federal hiring freeze and has seen high turnover among key political appointees.

Now, a lingering shutdown is raising tensions.

Some federal workers have been forced to return to their jobs without pay. Unions representing Treasury employees and air traffic controllers sued the Trump administration to claim this was wrong. But a federal judge declined to issue an emergency intervention in the case Tuesday.

It's difficult to measure the impact of a shutdown with an annual job satisfaction survey, Stier said. But government rankings took a slight hit during a 17-day shutdown in 2013.

"It's certainly true that there are real consequences to a shutdown," Stier said.

It was one of the factors that made Aaron Johnson, 26, reconsider his career choice. He is a security guard at the Smithsonian's National Museum of the American Indian. Protect-

ing the artifacts, he said, gave him a sense of purpose and introduced him to people from around the world.

Lost wages have irked Johnson, but it was the president's comments about the federal workforce in recent months that truly pushed him to look for a new job — perhaps in retail.

"As long as he's in office, I need to try to get somewhere where I can feel secure," Johnson said.

Anel Flores, a mission systems engineer at Goddard, the NASA facility in Greenbelt, Md., is also tired of Trump's attacks on federal workers. And so when he returns to work, he plans to file for retirement after 36 years at NASA.

"Why do I have to worry about the president throwing another tantrum?" Flores said.

Trump is not the first U.S. president to cast doubts on the federal workforce.

President Ronald Reagan famously said that "government is not the solution to our problem; government is the problem." President Bill Clinton received a report on government reform from his vice president that described federal workers as "good people trapped in a bad system."

But Trump has gone further in suggesting, without proof, that federal workers are working to undermine his administration, said David Lewis, a political science professor at Vanderbilt University who studies the presidency and federal service branch.

The combination of a boss who is denigrating your work and a shutdown with an unknown ending might lead more federal workers to jump ship.

"They'll ask themselves, 'Why am I sacrificing? I could be working in the private sector,'" Lewis said.

Some workers already are testing the waters. An upcoming job fair for workers with security clearances has seen a 20 percent jump in registrations over last year, said Rob Riggins of Cleared Jobs, which is organizing the Jan. 31 event in Tysons Corner, Va. He attributed the increase to the shutdown.

"People are getting nervous," Riggins said. "They want to have a contingency plan."

# Family-owned companies face succession 'crisis'

Family, from Page 1

To address the challenge, Manufacturing Renaissance is reviving an effort, which it first attempted in the 1980s, to match retiring manufacturers with entrepreneurs who are interested in keeping the companies local and viable.

The Ownership Conversion Project, in the process of raising money for an expected launch this year, boasts several heavy-hitting partners to help recruit companies and potential buyers as well as smooth the transition with financing help.

The Chicago Federation of Labor, for example, will be part of the "early warning system" to identify companies at risk of succession issues, as well as people who might be interested in acquiring them, using its extensive union and civic connections, said CFL President Bob Reiter.

"We don't want to lose a generation of small business that went away for no other reason than that it was time to retire," Reiter said.

The other partners include World Business Chicago, the city's public-private economic growth agency; Local Initiatives Support Corp., a community development organization that will play a leading role in financing the acquisitions; the Illinois state treasurer, whose banking relationships can facilitate financing; the Safer Foundation, a nonprofit that helps formerly incarcerated people prepare for the workforce and can identify and assist interested entrepreneurs; and the Cook County Bureau of Economic Development.

A priority of the initiative will be to prepare manufacturing workers to take over the business once the boss retires, as they have industry expertise and a stake in seeing it succeed. A manager or superintendent could be groomed for ownership, or a group of employees could go in on it together, Swinney said.

Companies will be identified while they are still healthy and strong, long before desperate owners start to consider offers from private equity firms that often prioritize profits over jobs or the longevity of the business, Swinney said. The early start is important because it takes time to prepare workers to become owners, including securing capital.

One goal is to increase minority ownership in Illinois' manufacturing sector, where 99 percent of compa-



CHRIS SWEDA/CHICAGO TRIBUNE

DeJuan Lever, who lives in Portage Park, grew up in a manufacturing family and aspires to own a small machine shop.

nies are owned by whites even as many blacks and Latinos staff factory floors, according to a 2014 report from the U.S. Commerce Department's Minority Business Development Agency. The program also plans to do outreach to black, Latino and women entrepreneurs to interest them in the acquisitions.

Among the interested potential buyers is the Rev. Anthony Haynes, an associate minister at The River Jordan Ministries on Chicago's southeast side. Haynes, who has experience working in marketing for a manufacturing firm, said he wants to buy a small nuts, bolts and screws company, both because he thinks there is a market for the products and as a "service to the community" to maintain good-paying jobs.

"It's a way to build the middle class," said Haynes, chairman of a group called Ministers for Manufacturing that promotes industry training for youth. "We see this as something that's really viable to the community to improve the quality of life."

DeJuan Lever, 36, is excited about the support the program will offer as he pursues his dream to own an industrial manufacturing company. Lever, who works in sales and marketing at a small manufacturing company in Chicago, said his aspiration is unique among his friends, who are more focused on climbing the corporate ladder.

A native of Michigan, Lever was raised in the industry: his father was a human resources executive at General Motors and his mother toolmaker for Del-

phi Automotive Systems. He hopes the Ownership Conversion Project will help him secure financing and complete the due diligence to ensure he is making a smart investment.

"The key for wealth generation is ownership," said Lever, who lives in Chicago's Portage Park neighborhood. "This is a wealth building tool for my family and generations after me, and an opportunity to employ people and build economies."

A critical service the initiative will provide is business analysis of the companies and vetting of potential buyers to ensure a good match, Swinney said. It also will provide training and ongoing support to new owners on how to run a business, a lesson learned from his group's prior efforts to arrange employee ownership transitions in the late 1980s and early 1990s, which met with mixed success.

Funding for the acquisitions will include traditional bank financing and equity from the new owners as well as seller financing. There also will be a subordinated debt fund to attract money from social impact investors willing to take a higher risk, Swinney said.

State Treasurer Michael Frerichs plans to establish a program that will help banks offer low-interest loans for the acquisitions, similar to a program the state has for farmers.

"If we help more manufacturing businesses stay and operate in Illinois, that's another benefit for our (state) dollars," Frerichs said.

The Ownership Conver-

sion Project, which is in the process of getting nonprofit designation, has so far raised more than \$300,000 from the Chicago Community Trust, Local Initiatives Support Corp. and the county, and is starting a search for a managing director, Swinney said. It hopes to launch by early summer and arrange 30 acquisitions in the first five years, he said.

Manufacturing's succession challenge runs in parallel to a related struggle to find qualified workers.

Half of the nearly 600,000 people working in manufacturing in Illinois will have to be replaced over the next 10 to 15 years as a result of retirements, and owners regularly complain that there are not enough skilled people to take those jobs, said Mark Denzler, president and CEO of the Illinois Manufacturing Association.

"You have tens of thousands of openings, and that's the kind of talent that could eventually own a corporation," Denzler said.

Manufacturing fell out of favor as a career choice during an era of automation and offshoring. But now manufacturing jobs are growing, and the industry has been striving to show that it offers technologically sophisticated, well-paying careers for those who don't want to rack up student debt pursuing four-year degrees.

City Colleges of Chicago this week unveiled its new Manufacturing Technology and Engineering Center at Daley College on the southwest side, a \$46 million state-of-the-art facility meant to prepare 1,000 stu-

dents per semester for an expected influx of jobs in those industries.

Iverson, whose grandfather founded the machine tools firm in Des Plaines, has made it a priority to encourage young people to consider manufacturing careers. Helunched a nonprofit, Champion Now, to change perceptions about the industry, and wrote a book about his efforts. Still, his own three children, some of whom worked for a time at his company, have opted for white-collar jobs: one in marketing for an insurance company, another in financial services, another doing web development for a venture capital firm.

Iverson, who employs 14 people, is intent on seeing his family's way of doing business continue even if a fourth generation isn't at the helm. He has an informal apprenticeship program at his firm to cultivate future leaders at his company, who he hopes will ensure its sustainability either by acquiring it or running it under new ownership.

"If we mentored properly to begin with, succession planning wouldn't be nearly as difficult because you would have a whole generation entering the workforce with leadership in mind," Iverson said.

It isn't just family-owned firms grappling with an uncertain future.

Eric Fox, 67, started planning his exit from Irmko Tool Works in Bensenville several years before he intended to retire at 70, as he didn't have a clear successor for the stainless steel precision parts company he

bought 12 years ago.

Neither of his two daughters — one a doctor, another a stay-at-home mom — was interested in taking over. Nor were his business partner's kids. Employees, including 30 skilled machinists, didn't have the capital to acquire the company, founded nearly 50 years ago.

Fox didn't want to pay a broker to find a buyer, so he and his partner approached two local manufacturers who they thought might be interested in expanding. Within months one of the deals was finalized — a lesson, Fox said, to take advantage of a good selling environment.

"If you don't have family the next best (thing) is knowing others in the industry," said Fox, who sold Irmko to Ace Metal Crafts, also in Bensenville, on Nov. 1. "By knowing the industry we avoided a business broker, which saved money and I think made the negotiation easier as there was no third party translating the conversation."

For companies without those connections, selling and buying can be difficult. There aren't many places to go for impartial information about the viability of a business, said Colin Cosgrove, president of Chicago-based Laystrom Manufacturing, which makes sheet metal fabrications and component parts for industrial equipment.

Cosgrove, whose company is interested in acquiring firms, said the Ownership Conversion Project will be helpful because it will bring him prequalified companies and give sellers honest assessments about their exit options.

"The people across the table aren't looking at him or her with dollar signs," Cosgrove said. "It's someone who is saying, 'How can I support this owner in transition?'"

Cosgrove, 44, started his manufacturing career as an entry-level production worker at a South Side factory 20 years ago, and worked his way up to helping Laystrom, which was founded in 1951 and has 60 employees. As companies cast about for new leaders, it's a path he wishes more young people would consider.

"I think that opportunity still exists in manufacturing," he said. "I don't think we as manufacturers have done a good job at spreading that message across society."

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# Economic future changing for 'burbs

Sears, from Page 1

patterns of growth long associated with suburbia — all those aging shopping malls and office parks that seem dull compared with Chicago's gritty, authentic vibe.

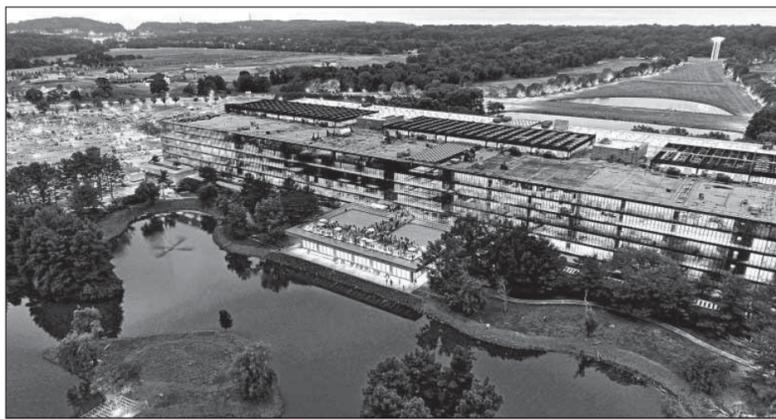
The Sears complex, which has been shedding jobs as the company struggles to adapt to the world of online shopping, is a microcosm of the problems such workplaces face.

Designed by Chicago architects Perkins+Will, the five-building complex was supposed to revive the company's fortunes by fostering a more interactive atmosphere than in Sears Tower.

In the tower, longtime friends who worked for Sears rarely saw one another because the tower's elevator network often forced occupants to take two or three rides to get from one part of the building to another.

But the Hoffman Estates complex, in the Prairie Stone business park, created another kind of isolation: A separation from the world around it. Employees couldn't walk to a corner store. One called the complex the Prairie Stone Penitentiary.

Reviewing the complex in 1992, I wrote that it was "like a typical suburban shopping mall, which pulsates with activity on the inside but presents a lifeless



SOMERSET DEVELOPMENT

Bell Labs in Holmdel, N.J., has been repurposed into a multiuse residential project.

face to the outside."

While Prairie Stone has developed several new attractions since then, including an arena named for Sears, no one would confuse it with Chicago's hip West Loop. With some office complexes like these struggling to attract ten-

lots, into a dense walkable, mixed-use area — in effect, a mini-downtown.

In concept plans developed for the agency by Chicago architects Urban-Lab, one of the parking lots becomes a CTA bus hub. Other lots fill up high-rise apartment buildings. New

a suburban setting.

Zucker, who already has built one "metroburbs" in an architecturally distinguished former Bell Labs building in a New Jersey suburb about 45 miles south of midtown Manhattan, said that he's close to purchasing the AT&T campus and settling with Hoffman Estates on financial incentives.

While office leasing in the northwest suburbs has been sluggish, Zucker reasons that lots of suburban companies will be looking for new office space in the near future — and that not all of them will want to move back downtown or be able to afford such a move.

His strategy, he said, is to bring life to "boring, mind-numbing suburban office parks."

The economic success of the region will partly hinge on such innovative efforts — whatever happens to Sears and its once-thriving suburban complex.

Blair Kamin is a Tribune critic.

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## The economic success of the region will partly hinge on such innovative efforts — whatever happens to Sears and its once-thriving suburban complex.

ants, regional planners are developing new visions for how to revive them.

That's a better course, the planners say, than the alternative: more sprawling growth, farther out on the exurban fringe, that will require building roads and other expensive infrastructure.

CMAP, for example, envisions the gradual transformation of a typical suburban office complex, with its low-slung buildings sitting in a sea of parking

shops appear, as do pedestrians and cyclists.

Is that a planners' fantasy? No. A New Jersey-based developer is pursuing a similar vision 5 miles east of the Sears complex.

The developer, Ralph Zucker, won zoning approval last August for his plan to turn Hoffman Estates' vacant AT&T campus into what he calls a "metroburbs" — a walkable, mixed-use hub of offices, homes and shops that offers a taste of urban cool in

# Feds to cover pension plans for Sears' retirees

Pension, from Page 1

The PBGC said it expects its guarantee will cover the "vast majority" of pension benefits earned under Sears' plans. Retirees who have questions about what the takeover would mean for their pensions can visit [www.pbgc.gov/Sears-QA](http://www.pbgc.gov/Sears-QA).

While the PBGC is a federal agency, it is not funded by taxpayer dollars. Its operations are financed by insurance premiums, investment income and recoveries from failed single-employer plans. Sears entered into a five-year pension protection plan with the agency in 2016.

Sears will remain responsible for the plans until it agrees to terminate them or a court orders the plans terminated, according to the PBGC. The agency is seeking to take over the plans as of Jan. 31.

Sears declined to comment Friday. In a September blog post, Sears Chairman Edward Lampert — then the company's CEO — wrote that the company's pension obligations hampered its turnaround efforts. Sears had contributed \$4.5 billion to its pension plans since 2005, he wrote.

The retailer, which filed for bankruptcy protection in October, confirmed Thursday that Lampert's hedge fund, ESL Investments, won a

**"The big impact if Sears does liquidate is that retirees will lose life insurance."**

— Ron Olbrysh, chairman of the National Association of Retired Sears Employees

bankruptcy auction with a \$5.2 billion proposal to keep the company in business and preserve 45,000 jobs.

The purchase agreement, disclosed in a regulatory filing Friday, does not include the pension plans.

Lampert's offer still requires approval from the U.S. Bankruptcy Court for the Southern District of New York, and it has already garnered opposition from a committee of Sears' creditors.

The PBGC, which is member of that committee, said in an emailed statement that it has concerns about the terms of the proposed sale and what the transaction would mean for the pension protection agreements the agency previously negotiated with Sears.

Chicago Tribune's Corilyn Shropshire contributed.

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	Acct	Mkt Acct	CD	CD	CD	CD	CD	CD	CD	
synchrony Synchrony Bank	NA	1.20	NA	NA	2.65	2.75	2.80	2.85	3.10	800-869-3813 www.synchronybank.com
	NA	0	NA	NA	2,000	2,000	2,000	2,000	2,000	

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### Savings Update

#### What is a step-up or rising rate CD?

Certificates of deposit are generally pretty straightforward: You choose a term and the bank pays you a fixed interest rate as long as you keep your funds there until maturity.

But some banks will throw a specialty CD or two onto their menu. One is the step-up CD, and its name can sometimes confuse. So let's dig into what step-up certificates are, and what they're not.

Step-up and rising rate CDs are usually the same thing. Both pay pre-established interest rates that increase at intervals throughout the term. For instance, a five-year step-up CD may pay 0.5% in Year 1, then 1.0% in Year 2, and so forth until it pays 2.5% in Year 5.

That means your true earnings are a blended rate that averages the various tiers. In the example above, the CD would pay an actual rate of 1.5% over five years.

Of course, if you cash out early on a step-up CD, not only will you be hit with an early withdrawal fee, but you'll miss out on the higher rates you would have earned in later years.

Shopper beware that there are also bump-up and raise-your-rate CDs. With these, you can choose to raise your CD's APY to the bank's current (presumably higher) rate, usually once or twice during the term.

Also note that some banks have begun interchanging these terms. So while the definitions above are traditionally true, you may see a CD marketed as a step-up when actually it's a bump-up.

Step-up CDs are typically advertised with their highest rate highlighted, so be sure to read the fine print on what the blended rate will be. It's likely you can earn more by shopping diligently among the fixed-rate certificates. In any case, be sure you understand exactly what it is you're looking at.

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# INVESTING

## Stocks Recap



52-WEEK			WEEKLY PERFORMANCE			YTD		1YR	
HIGH	LOW	INDEX	HIGH	LOW	CLOSE	CHG	%CHG	%CHG	%CHG
26951.81	21712.53	Dow Jones industrials	24750.22	23765.24	24706.35	+710.40	+3.0	+5.9	-5.2
11623.58	8636.79	Dow Jones trans.	10035.19	9507.67	10012.06	+386.81	+4.0	+9.2	-11.4
762.26	647.81	Dow Jones utilities	708.68	688.44	706.65	-7.21	-1.0	-0.9	+3.5
13637.02	10723.66	NYSE Comp.	12164.70	11745.58	12151.78	+303.82	+2.6	+6.8	-9.2
6222.14	4682.10	NYSE International	5236.41	5085.15	5227.31	+96.40	+1.9	+6.9	-14.3
7700.56	5895.12	Nasdaq 100	6816.23	6512.64	6784.61	+183.21	+2.8	+7.2	-0.7
8133.30	6190.17	Nasdaq Comp.	7185.38	6887.48	7157.23	+185.75	+2.7	+7.9	-2.4
2940.91	2346.58	S&P 500	2675.47	2570.41	2670.71	+96.40	+2.9	+6.5	-5.0
2053.00	1565.76	S&P MidCap	1820.77	1748.55	1817.25	+53.63	+3.0	+9.3	-8.2
30560.54	24129.49	Wilshire 5000	27670.07	26591.04	27617.28	+762.05	+2.8	+7.3	-5.3
1742.09	1266.93	Russell 2000	1487.21	1431.31	1482.50	+35.12	+2.4	+9.9	-7.2
403.72	327.34	Dow Jones Stoxx 600	357.29	345.86	357.05	+7.85	+2.3	+5.8	-10.9
7903.50	6536.53	FTSE 100	6984.36	6799.03	6968.33	+50.15	+0.7	+3.6	-9.9

<b>Gold</b>	-5.80	\$1,281.30
<b>Silver</b>	-0.25	\$15.33
<b>Crude Oil</b>	+2.21	\$53.80
<b>Natural Gas</b>	+0.38	\$3.48
<b>10-year T-note</b>	+0.09	2.78%
<b>Euro</b>	+0.0073	to .8795/\$1
<b>Yen</b>	+1.29	to 109.79/\$1

## Most active

STOCK	CLOSE	CHANGE
PG&E Corp	7.23	-10.36
Bank of America	29.30	+3.27
Gen Electric	9.06	+1.12
First Data Corp	22.95	+5.67
Ford Motor	8.58	-2.24
Chesapeake Energy	2.97	+2.25
Aurora Cannabis Inc	6.44	+5.04
Snap Inc A	6.18	-1.10
Citigroup	63.12	+6.43
AT&T Inc	30.96	+0.09
Wells Fargo & Co	50.01	+2.14
Pfizer Inc	42.53	-0.35
EnCana Corp	7.05	+0.31

STOCK	CLOSE	CHANGE
Adv Micro Dev	20.77	+0.50
Helios and Matheson	.01	-0.00
Microsoft Corp	107.71	+4.91
Apple Inc	156.82	+4.53
Micron Tech	35.76	-0.25
Intel Corp	49.19	+0.26
Facebook Inc	150.04	+6.24
New Age Beverages Cp	6.43	+0.25
Comcast Corp A	36.21	+0.58
Cisco Syst	45.03	+1.54
Netflix Inc	339.10	+1.51
Qualcomm Inc	55.27	-2.23
Caesars Entertainment	8.95	+0.24

STOCK	CLOSE	CHANGE
Barc iPath Vix ST	37.08	-2.23
iShares China Large Cap	41.37	+0.98
iShares Emerg Mkts	41.55	+0.82
iShares EAFE ETF	62.08	+1.05
iShares iBoxx HY CpbD	84.50	+0.61
iShares Rus 2000	147.33	+3.65
Invesco QQQ Trust	165.25	+4.56
iShares Core MSCI EmMkt	50.02	+0.99
ProShares UltraShort QQQ	13.32	-1.18
SPDR S&P500 ETF Tr	266.46	+7.48
SPDR Financial	26.00	+1.50
US Oil Fund LP	11.31	+0.41
VanE Vect Gld Miners	20.31	-0.77

## Largest Companies

STOCK	CLOSE	CHANGE
AT&T Inc	30.96	+0.09
Alibaba Group Hldg	157.02	+5.70
Alphabet Inc C	1098.26	+41.07
Alphabet Inc A	1107.30	+42.83
Amazon.com Inc	1696.20	+55.64
Arheuser-Busch InBev	73.65	-0.08
Apple Inc	156.82	+4.53
Bank of America	29.30	+3.27
Berkshire Hath A	306500.09	+12520.10
Berkshire Hath B	204.48	+8.19
Boeing Co	364.73	+11.83
Chevron Corp	114.37	+1.83
China Mobile Ltd	51.42	+1.54
Cisco Syst	45.03	+1.54
Citigroup	63.12	+6.43
CocaCola Co	47.61	+0.27
Comcast Corp A	36.21	+0.58
Disney	111.04	-1.61
Exxon Mobil Corp	72.99	+1.27
Facebook Inc	150.04	+6.24
FEMSA	93.41	+0.06
HSBC Holdings PLC	41.92	+0.50
Home Depot	179.58	+0.17
Intel Corp	49.19	+0.26
JPMorgan Chase & Co	104.59	+4.68
Johnson & Johnson	130.69	+0.94
MasterCard Inc	202.00	+6.10
Merck & Co	75.87	+0.97
Microsoft Corp	107.71	+4.91
Netflix Inc	339.10	+1.51
Novartis AG	88.99	+1.22
Oracle Corp	49.27	+1.17
PepsiCo	110.07	+1.91
Pfizer Inc	42.53	-0.35
Procter & Gamble	91.42	+0.37
Royal Dutch Shell B	62.72	+0.56
Royal Dutch Shell A	61.07	+0.53
Taiwan Semicon	36.08	+0.23
Total SA	54.56	+0.27
Toyota Mot	125.35	+6.8
Unilever NV	53.30	-0.26
Unilever PLC	52.33	-0.07
UnitedHealth Group	265.50	+17.83
Verizon Comm	57.09	-0.93
Visa Inc	138.50	+0.44
WallMart Strs	97.73	+2.89
Wells Fargo & Co	50.01	+2.14

## How the region's Top 100 companies fared

Ranks based on market capitalization of public companies headquartered in Illinois and north-west Indiana as of Friday, January 18, 2019

RANK/COMPANY	CAP	CLOSE	WEEK	1-YR
1 Boeing Co	207,124	364.73	▲ +11.83	
2 McDonalds Corp	140,745	182.57	▲ +2.0	
3 AbbVie Inc	134,627	89.50	▲ +2.26	
4 Abbott Labs	125,437	71.42	▲ +2.41	
5 Caterpillar Inc	80,608	136.60	▲ +5.36	
6 Walgreen Boots Alli	68,333	72.43	▲ +7.2	
7 Mondelez Intl	63,038	43.36	▲ +1.13	
8 CME Group	62,518	183.43	▲ +2.88	
9 Kraft Heinz Co	57,959	47.53	▲ +1.92	
10 Deere Co	52,655	164.61	▲ +6.33	
11 ITW	45,347	136.67	▲ +6.36	
12 Exelon Corp	44,559	46.08	▲ +2.9	
13 Baxter Intl	37,585	70.63	▲ +3.82	
14 Allstate Corp	29,518	85.70	▲ +2.25	
15 Equity Residential	25,835	70.12	▲ +2.57	
16 Arch Dan Mid	24,814	44.26	▲ +1.10	
17 United Cont'l Hldgs	23,320	85.59	▲ +5.52	
18 Discover Fin Svcs	22,297	66.37	▲ +3.83	
19 Ventas Inc	21,758	61.04	▲ +9.2	
20 Nthn Trust Cp	20,182	91.16	▲ +5.51	
21 Motorola Solutions	18,900	115.60	▼ -0.40	
22 Ulta Salon Cosmetics	17,289	291.50	▲ +7.39	
23 Grainger WW	17,199	305.39	▲ +20.89	
24 Gallagher AJ	13,665	74.41	▲ +1.71	
25 CNA Financial	12,471	45.95	▲ +1.25	
26 CDW Corp	12,252	81.69	▲ +1.10	
27 Dover Corp	11,807	80.69	▲ +2.83	
28 TransUnion	11,225	60.58	▲ +4.46	
29 IDEX Corp	10,798	140.77	▲ +4.64	
30 CBOE Global Markets	10,669	95.09	▲ +3.70	
31 ConAgra Brands Inc	10,475	21.57	▼ -0.4	
32 CF Industries	10,196	44.18	▼ -2.2	
33 NiSource Inc	9,853	26.65	▲ +2.26	
34 Zebra Tech	9,565	177.79	▲ +14.59	
35 Equity Lifesty Prop	9,117	101.59	▲ +2.40	
36 Packaging Corp Am	8,684	91.90	▲ +7.8	
37 LKQ Corporation	8,352	26.25	▼ -0.7	
38 GrubHub Inc	7,344	80.97	▲ +2.43	
39 US Foods Holding	7,318	33.68	▲ +1.13	
40 Ingredion Inc	6,978	98.70	▲ +1.74	
41 Hill-Rom Hldgs	6,907	98.21	▲ +5.32	
42 Old Republic	6,540	21.61	▲ +0.61	
43 Middleby Corp	6,539	117.09	▲ +7.09	
44 Jones Lang LaSalle	6,508	142.83	▲ +7.32	
45 CDK Global Inc	6,469	50.24	▲ +2.0	
46 Aptargroup Inc	6,136	97.69	▲ +2.96	
47 Fortune Brds Hm&Sec	6,088	43.06	▲ +2.0	
48 USG Corp	6,024	43.11	▲ +0.9	
49 Morningstar Inc	4,910	115.10	▲ +6.20	
50 Kemper Corp	4,829	74.59	▲ +3.53	
51 Littelfuse Inc	4,714	187.42	▲ +3.99	
52 Brunswick Corp	4,366	50.34	▲ +1.53	
53 Wintrust Financial	4,198	74.46	▲ +3.80	
54 Tribune Media Co A	4,022	45.85	▲ +2.3	
55 First Indl RT	3,952	31.29	▲ +9.7	
56 Teleph Data	3,834	36.30	▼ -4.3	
57 Stericycle Inc	3,784	41.77	▲ +2.23	
58 MB Financial	3,756	44.60	▲ +2.86	
59 Equity Commonwlth	3,735	30.75	▲ +0.1	
60 Paylocity Hldg	3,504	66.37	▲ +3.85	
61 TreeHouse Foods	3,283	58.63	▲ +1.47	
62 Navistar Intl	3,194	32.30	▲ +1.85	
63 RLI Corp	3,083	69.31	▲ +1.70	
64 US Cellular	3,040	57.54	▼ -6.3	
65 Hyatt Hotels Corp	2,913	68.12	▼ -1.6	
66 Adtalem Global Educ	2,871	48.88	▲ +1.51	
67 GATX	2,768	73.44	▲ +1.26	
68 Retail Pro Amer	2,568	11.92	▲ +2.5	
69 John Bean Technol	2,497	79.00	▲ +7.7	
70 Cabot Microelect	2,481	97.29	▲ +1.62	
71 Envestnet Inc	2,441	53.40	▲ +1.04	
72 Fst Midw Bcp	2,348	22.08	▲ +8.6	
73 Groupson Inc	2,163	3.79	▲ +2.0	
74 Allscripts Hlthcare	2,129	12.19	▲ +7.8	
75 Anixter Intl	2,033	60.74	▲ +2.44	
76 Tenneco Inc	1,974	34.59	▲ +3.36	
77 Stepan Co	1,891	83.99	▲ +5.54	
78 Horace Mann	1,688	41.25	▲ +2.28	
79 Hub Group Inc	1,474	43.87	▲ +2.30	
80 AAR Corp	1,322	37.67	▼ -1.88	
81 Federal Signal	1,319	21.91	▼ -0.9	
82 Tootsie Roll	1,311	33.95	▲ +1.38	
83 First Busey Corp	1,295	26.51	▲ +1.01	
84 Knowles Corp	1,282	14.22	▲ +5.9	
85 Huron Consulting Gp	1,094	48.52	▼ -4.5	
86 Navigant Consult	1,086	25.52	▲ +3.5	
87 Methode Electronics	962	26.01	▲ +5.2	
88 Acco Brands Corp	907	8.83	▲ +4.8	
89 Career Education	896	12.85	▲ +7.4	
90 Coeur Mining	884	4.44	▼ -4.8	
91 Addus HomeCare	832	63.59	▲ +1.08	
92 Century Aluminum	815	9.31	▲ +7.4	
93 Enova Intl Inc	801	23.37	▲ +1.10	
94 SPV Plus Corp	781	34.38	▲ +1.13	
95 Consolidated Commu	780	10.95	▲ +0.8	
96 SunCoke Energy Inc	696	10.76	▲ +9.7	
97 Echo Global Logis	672	23.57	▲ +1.01	
98 ANI Pharma	647	54.67	▲ +1.67	
99 Global Brass Copper	634	28.59	▲ +4.7	
100 Heidrick & Struggles	630	33.25	▼ -1.9	



Justin Pritchard/AP

# Chasing an affordable car, Tesla slashes jobs

Associated Press

Tesla's cheapest model is the \$44,000 Model 3, but it wants to grow its customer base.

Tesla will cut 7 percent of its workforce as it tries to lower prices and break out of the niche-car market to produce an electric vehicle that more people

# BIG GAME

## Window Sale!



In honor of the Big Game, save big on windows and patio doors before February 2<sup>nd</sup>!

Renewal by Andersen  
WINDOW REPLACEMENT an Andersen Company

**1** All windows & patio doors  
**BUY 1 GET 1**  
**40% OFF**<sup>1</sup>

**2** with great financing  
**\$0** down  
**0** monthly payments  
**0%** interest for 1 year<sup>1</sup>

**3** Plus, take an additional  
**\$50 OFF**  
every window & patio door<sup>1</sup>

Minimum purchase of four. Interest accrues from the purchase date but is waived if paid in full within 12 months.

No minimum required.

- With our special Winter Installation Method, our team works room by room, window by window, so your exposure to the cold weather will be minimal.
- Poor-quality vinyl windows can crack and cause drafts this time of year. Our windows' composite Fibrex® material is much more durable than vinyl.
- Renewal by Andersen is the full-service replacement window division of Andersen, a family-owned American company that builds affordable windows for those with a deep sense of pride in their home.



Schedule your Free Window and Patio Door Diagnosis before Feb. 2<sup>nd</sup>!

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WINDOW REPLACEMENT an Andersen Company  
The Better Way to a Better Window™

1-800-525-9890



Recognized by J.D. Power for "Highest in Customer Satisfaction with Windows and Patio Door Manufacturer Brands."

<sup>1</sup>DETAILS OF OFFER: Offer expires 2/9/2019. You must set your appointment by 2/2/2019 and purchase by 2/9/2019. Not valid with other offers or prior purchases. Buy one (1) window or patio door, get one (1) window or patio door 40% off, and 12 months no money down, no monthly payments, no interest when you purchase four (4) or more windows or patio doors between 1/13/2019 and 2/9/2019. Additional \$50 off each window or patio door, no minimum purchase required, taken after initial discount(s), when you set your appointment by 2/2/2019 and purchase by 2/9/2019. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. 40% off windows and patio doors are less than or equal to lowest cost window or patio door in the project. Savings comparison based on purchase of a single unit at list price. Available only at participating locations. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2019 Andersen Corporation. All rights reserved. ©2019 Lead Surge LLC. All rights reserved. Renewal by Andersen received the highest score in the product segment of the J.D. Power 2018 Windows and Patio Doors Satisfaction Study of customers' satisfaction with their windows and patio doors. Visit [jdpower.com/awards](http://jdpower.com/awards).

**STUFF FOR SALE**

**Bears PSL Marketplace** Buy/Sell PSLs & Tickets! PSLsource.com - 800-252-8055

**RARE 1960's CTA 35th St WHITE SOX PARK SIGN** Sign for sale @ Leland's Auction House Lot #779 - auction.landis.com/bids/bidplace?itemid=91078 732-290-8000



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**Vintage Beer & Soda Cans & Signs: We Pay Top Dollar for Your Collections 708-315-0048**

**Wanted** Radio/TV tubes, Ham/CB radios, tube testers, high end 70s stereos, tube type stereos, misc. elec. No TVs. **708-536-8823**

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**Wanted: Oriental Rugs**  
Any size/ Any condition - for cash.  
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**Golden Retriever** 608-490-0713  
**South Beloit** 800 Males  
AKC, 8 weeks, first shots, dewclaws removed.

**Goldendoodle** 260-541-0360  
**GORUNNA, IN** \$1500 MALE & FEMALE  
Mini Goldendoodles 25-30 lbs grown reds/creams fun loving easy to train call or text for more details

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**La Salle** \$550 Female  
Registered black lab puppies, all shots, wormed, both parents on premises, great with kids.

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**GARAGE/MOVING SALES**

**Kenosha Wisconsin** 1/19 1/20  
**908 72nd St** 10am-8pm  
Huge Collectible Sale! Hot Wheels, Matchbox, Johnny Lightning, Hallmark ornaments, Beanie Babies, Harley Davidson & Dale Earnhardt Sr. memorabilia & men's clothing, vintage beer mirrors & collectible beer items, sports memorabilia Packers & Bears, NASCAR & much more. CASH ONLY SALE.

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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.**  
**Y1900333** on the  
**Date: 01/14/2019**  
Under the Assumed Name of: **E'S TAX ENTERPRISE**  
with the business located at:  
**16222 ASHLAND AVE**  
**MARKHAM, IL, 60428**  
The true name and residence Address of the owner is: **ERICA RANKINS**  
**16222 ASHLAND AVE**  
**MARKHAM, IL, 60428**

**LEGAL NOTICES GOVERNMENT/EDUCATION**

**NOTICE TO ELDERLY AND DISABLED VOTERS KAREN A. YARBROUGH, COOK COUNTY CLERK**

OFFICIAL NOTICE IS HEREBY GIVEN that at the Consolidated Election, to be held on Tuesday, April 2, 2019 in election precincts under the jurisdiction of the Cook County Clerk, touch screen voting machines with audio ballot units will be available to any voter who has difficulty reading or vision impairment. Formal assistance will be given to those voters who qualify after the appropriate affidavits have been completed. In addition, any disabled voter who is unable to enter his or her polling place may have the judges of election bring an optical scan ballot outside to the voter. Applications for this service are available from the Cook County Clerk's office by calling (312) 603-0929 or by emailing Accessibility.info@cookcountyil.gov. Visit cookcountyclerk.com for additional information. NOTICE IS FURTHER GIVEN that voters may vote early from Monday, March 18 through Monday, April 1 at any one of the Early Voting locations in suburban Cook County or at the Cook County Clerk's downtown Chicago office, 69 W. Washington St. For more information on the locations of the Early Voting sites visit cookcountyclerk.com or call (312) 603-0906.

NOTICE IS FURTHER GIVEN that any voter who wishes to vote by mail may do so. A voter can complete an online mail ballot application by visiting cookcountyclerk.com. An application for a mail ballot may be obtained by downloading the form from cookcountyclerk.com, calling the Election Department at (312) 603-0906 or by writing to:

Cook County Clerk's Office, Election Unit  
69 West Washington, Room 500  
Chicago, IL 60602  
Attn: Mail Voting Unit

**KAREN A. YARBROUGH**  
Cook County Clerk  
cookcountyclerk.com

**BUSINESS OPPORTUNITIES**

PLEASE VISIT CHICAGOTRIBUNE.COM/ADVERTISER TO PLACE LISTING

**BUSINESSES FOR SALE**

**Marselles, IL** 815-210-7473  
**Amber Plumbing LLC**  
Retiring! Business + House \$300,000

Reputable turnkey plumbing business with house for sale in Marselles. 13 year old business with 1500 customers. Plumbing truck, tools, and a 1500sf 3 bed, 2.5 bath furnished house with full finished basement at the end of a culdesac on a .37 acre lot with deck and dog run. Call Rod

**LEGAL NOTICES GOVERNMENT/EDUCATION**

**NOTICE OF PUBLIC HEARING**  
Cook County Zoning Board of Appeals  
Location: 69 W. Washington, 22nd Floor, Chicago, IL  
Date & Time: 2/6/2019 at 1:00PM  
Reference: SU 18-06 & V 18-26 (Continued Case)

Subject Property: 36 E. Dundee Rd, Barrington, IL  
Special Use Request: to operate Fire/EMS substation with companion variance to reduce lot area & reduce left side yard setback  
Reference: V 18-68  
Subject Property: 1625 Holly Ave, Northbrook, IL  
Variance Request: reduce right side yard setback  
Reference: V 19-02  
Subject Property: 1448 Myrtle Park St, Schaumburg, IL  
Variance Request: reduce lot area, reduce lot width & reduce rear yard setback  
Reference: V 19-03  
Subject Property: 1403 64th St, LaGrange Highlands, IL  
Variance Request: reduce lot area, reduce rear yard setbacks & reduce distance btwn principle & accessory structures  
Reference: V 19-04  
Subject Property: 315 Morse Ave, Schaumburg, IL  
Variance Request: reduce lot area, reduce lot width & interior side yard setback, reduce rear yard setback & increase Floor Area Ratio  
Reference: V 19-05  
Subject Property: 8300 Paloma Dr, Orland Park, IL  
Variance Request: reduce left interior side yard setback, increase height of fence  
Reference: V 19-07  
Subject Property: 1625 Highland Ave, Northbrook, IL  
Variance Request: reduce right interior side yard setback  
Reference: V 19-08  
Subject Property: 121 E. Gregory Ave, Mount Prospect, IL  
Variance Request: reduce the distance between principle & accessory structures  
Reference: SU 18-11  
Subject Property: 1 Indian Hill Rd, Winnetka, IL  
Special Use Request: for Unique Use to add 2 illuminated paddle courts to an existing 4 courts of existing country club

Subject Property: 121 E. Gregory Ave, Mount Prospect, IL  
Variance Request: reduce the distance between principle & accessory structures  
Reference: SU 18-11  
Subject Property: 1 Indian Hill Rd, Winnetka, IL  
Special Use Request: for Unique Use to add 2 illuminated paddle courts to an existing 4 courts of existing country club

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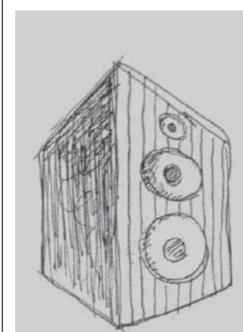
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**LEGAL NOTICES**

**"NOTICE**

to Defendant Vasken Kodjavakian. YOU ARE BEING SUED by Plaintiff Capital One Equipment Finance Corp. f/k/a All Points Capital corp., d/b/a Capital One Taxi Medallion Finance, a New York corporation, in the United States District Court for the Northern District of Illinois Eastern Division, in the case captioned Capital One Equipment Finance Corp. f/k/a All Points Capital Corp. d/b/a Capital One Taxi Medallion Finance v. Vasken Cab, Inc. IV & Vasken Kodjavakian, Case No. 1:18-CV-05256. You must file a written response with the Court to the Complaint filed by Plaintiff on or before February 19, 2019, or the Court may decide against you without your being heard."



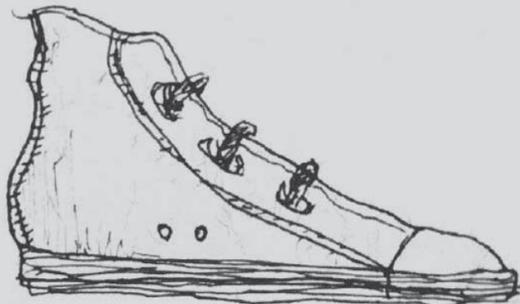
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## ACCOUNTING >>

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**PRICEWATERHOUSECOOPERS ADVISORY SERVICES LLC** - Advisory Manager, Corporate & Business Strategy (Mult. Pos.), PricewaterhouseCoopers Advisory Services LLC, Chicago, IL. Provide strategy, mgmt, tech. & risk consulting services to help clients anticipate & address complex bus. challenges. Req. Bach's deg or foreign equiv. in Bus Admin, Info. Systems or rel. + 5 yrs post-bach's prog. rel. work exp.; OR a Master's deg or foreign equiv. in Bus Admin, Info. Systems or rel. + 3 yrs rel. work exp. Travel req. up to 80%. Apply by mail, referencing Job Code IL1925, Attn: HR SSC/Talent Management, 4040 W. Boy Scout Blvd, Tampa, FL 33607.

## ADMINISTRATIVE >>

**Business Process Principal Consultant**  
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**ARIBA, INC.** - Business Process Principal Consultant for Ariba, Inc. (Downers Grove, IL & var clnt sites ntwd) to lead fnctnl scope definition & design for Ariba Supply Chain Collaboration spt. Bach in Comp Sci, Eng, Bus Admin, or rtrd fld & 7 yrs of exp. Will acptt Master's & 5 yrs of exp. Exp must invlv 5 yrs of implementing SAP ERP for the flwing fnctns: Basic Planning & Forecasting (MM, PP); Demand & supply planning; S&OP, Demand Mngmt, MRP; & Reorder Point Planning; Supplier managed inventory management (MM); Direct Materials Procurement (MM); Quality management (QM); & Warehouse & Transportation Mngmt (EWM/ LES); ERP integration via middleware & direct connect; B2B cmnctn standards & tech; working w/ "Big 5" consulting firm or comparable firm in systems implementation, process re-engineering or rtrd discipline in crdntr role; & coordinating large scale projects. 70% trvl reqd to var clnt sites ntwd. To apply rspd to Req ID 200230 at <http://www.careersatp.com>.

**Personal Assistant** **5149131**  
**Chicago, IL** **luis dela@mail.com**  
**CLUNE CONSTRUCTION COMPANY** - Busy executive seeking a personal assistant. Must be personable, friendly and have great communication skills. Must have a good computer skill Hours are 20-30hrs Weekly. Salary is \$30.50/hr. applicant should apply to [luis\\_dela@mail.com](mailto:luis_dela@mail.com).

## ENGINEERING >>

**Computer Analysts & Test Engineer** **5149131**  
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**ZENSAR TECHNOLOGIES, INC.** - has openings in Chicago, IL. All positions may be assigned to various, unanticipated sites throughout the US. Job Code US184 Test Engineer (Technical Specialist): analysis sessions, test & development. Job Code US185: Computer Programmer/Analyst (Monitoring): enhancements/bugs & related issues. Job Code US186: Computer Systems Analyst (Data Services): document, review & testing. Job Code US187: Computer Systems Analyst (Projects/Deliverables): design, support & req. review. Mail resume to: Prasun Maharatna, 2107 North First Street, Suite 100, San Jose, CA 95131. Include job code/s & full job title/s of interest + recruitment source in cover letter. EOE

The Chicago Tribune has all the resources you need to start a new career.

Scan the list, see who's hiring, then go online for more details or to apply.

## Don't let others throw a wet blanket on your helpful nature at work

Jennifer Reynolds says she has no problem helping out co-workers when they need to complete a project on time, but ... "The problem with helping out people at work is that they rarely reciprocate," says the marketing associate. "It's not like helping out my sister or my best friend. I know they have my back. But with people I work with, there's not a lot of paying back favors."

Asa Horst agrees. "Everyone has to rely on others at work from time to time. You might need someone to help you meet a deadline because your child's school called to tell you to come and pick up your sick kid. Or maybe it's just too much work, just an impossible task for one person," says Horst, a paralegal. "But there are people who just take advantage of you. They're always asking for help, and then when you need a small favor, they come up with a million excuses about why they can't help you out."

### Facing new realities

Andrea Corgis, a social worker specializing in workplace relationships, says the dynamics of today's office differ from 20 years ago. "You're expected to do more with less, and as a result, there are a lot of people who have too much work to do," Corgis says. "So how do they deal with it? They ask for help. The problem is that they don't ask the right people for help. They do to their co-workers instead of their boss."

Corgis says the problem is only exacerbated when employees feel like they're competing with peers for promotion. "If you help someone finish a proposal they may be less likely to even acknowledge that help if you are both on the same career trajectory. They're probably thinking that it's a display of incompetence or laziness, so they certainly don't want to convey that to their bosses."

But according to Corgis, that approach can be damaging to their reputation. "No one wants to be the guy who gloms off everyone for help and then never acknowledges that help," she says. "And it's not like you can keep things like that a secret. Hollywood gossip has nothing on office gossip. People love to throw shade on their co-workers."

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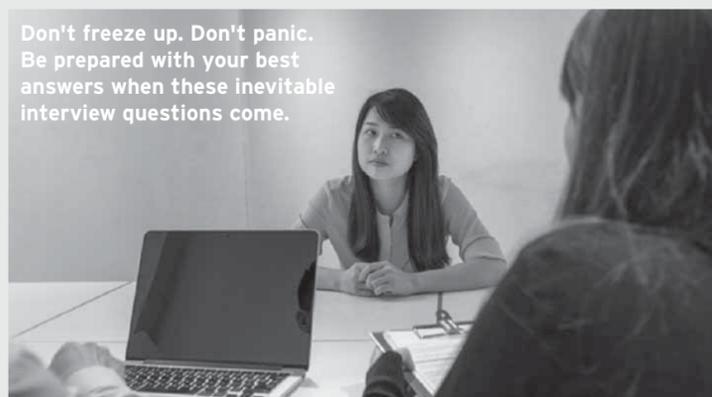
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Don't freeze up. Don't panic. Be prepared with your best answers when these inevitable interview questions come.

## Try to answer these 3 interview questions you know are coming

Master these basic — yet somehow daunting — questions from across the interview table:

### Tell me a little bit about yourself

This question is asked in nearly every first-round interview, yet many job seekers still struggle with it. Given the question's open-ended and broad-scope phrasing, plus the fact that it's often the very first "official" interview question, it's not surprising interviewees stress over finding the "right" answer. The key is preparation and brevity.

"Don't waste time talking through your entire resume down to every detail, as they already have that information in their hand. Avoid personal and irrelevant information as well," says media consultant Jennifer Lee Magas. "Instead, provide your elevator speech — a concise 30-second overview of who you are, what you have done — jobs, internships, volunteer opportunities, sports, leadership roles — and how this can help a future employer."

### Why should we hire you?

This common question often trips up candidates because it's blunt and to the point. Once again, this question requires a bit of preparation — in particular, a clear understanding of the job description, requirements and expectations.

"People don't do well with this one because they don't review the

job qualifications ahead of time. The interviewer wants to know what you will do specifically for this position, not general statements about yourself," Magas says. "Organize your thoughts using the PAR acronym, or Problem, Action, Results.

Quickly illustrate your worth by outlining a problem you dealt with at work, what specific action you took to solve that problem, and how your solution ultimately benefited the organization in terms of saved money or time."

### Why are you leaving your current company?

Past actions are a good indicator of future ones, so discussing your current employer during a job interview can be tricky. The best way to approach this is to not dwell on the negatives.

"Absolutely 100 percent stay positive when asked why you are leaving your current company. It should be about opportunity [and] growth," says career services professional Ricardo Estevez. "Make sure the job you're applying for is moving forward. If you are changing careers, you can express how passionate you are about the new field into which you are transitioning."

"You should never bash a previous supervisor, or employer in general," says career expert David Bakke. "You could say something like your old boss was a stickler for details, but that it ultimately made you a better employee."

— Marco Buscaglia, *Careers*

— Marco Buscaglia, *Careers*

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**Stick with those resolutions**

A few weeks into the new year and your resolutions are in tatters. You're still eating two donuts for breakfast, have yet to email your 'idea of the week' to your boss and still haven't called your mother. So now what?

Unfortunately, all the resolve in the world won't help you hit your goals. Instead, you should look for new ways to keep yourself motivated and focused.

Tim Bono, an assistant dean in psychological and brain sciences at Washington University in St. Louis, offers the following four tips to help you keep your resolutions:

- 1. Identify an important reason:** Why are you resolving to change something in your life? Are you doing it for your kids or to improve your overall health? Research shows that reminding yourself of how your daily behaviors fit into big-picture goals will keep you motivated to stay on track.
- 2. Think about potential barriers:** Identify those things that might get in the way of implementing your goals. You might get lazy, tired, forget or be lured away by another temptation. Then, identify contingency plans for how you will respond in those moments: "When I reach for the chocolate cake, I will go into another room" or "I'll have an apple instead."
- 3. Set times for your new behavior:** When you make a schedule for new behaviors you'd like to incorporate into your life, they require less psychological strength to implement. When you get in the habit of running every Tuesday and Thursday morning, the behavior becomes much easier to initiate because it simply becomes part of your routine, like brushing your teeth or taking the dog on a walk.
- 4. Make goals measurable:** Break up your goals into smaller sub-goals and then reward yourself each time you hit a particular milestone that corresponds with progress toward your goal. If your goal is to lose 50 pounds in the new year, treat yourself to a movie or other fun outing for each five pounds you lose.

**9 to 5**

Schwappner 1-8

"I'm going to turn failure into success by making this into a great fail video!"

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Chicago Tribune

SUNDAY, JANUARY 20, 2019

## MACHINE LOGIC

EVEN WITH FLAWS, PROGRAMS THAT WEED OUT APPLICANTS CAN BE GOOD GATEKEEPERS

**Y**ou know those friends who can't score a job interview? The ones who tell you they're being unfairly dumped by the candidate-sifting programs used to separate the qualified from the unqualified?

"I never had a chance," he'll tell you.

"The system's rigged," she'll say.

Maybe. Or maybe Friend No. 1 isn't mindful of the words he's using on his resume, especially as it applies to a specific job. Never mind that an ad he responded to stressed how the sales department worked on a flat-salary model; your offended friend decided to include the words "commission" and "bonus" 22 times in his online application, not exactly the terms the candidate-seeking program wants to read.

Word choice may have affected Friend No. 2. It's possible that one of the awards she listed in her application raised a giant red flag. After all, most automated programs wouldn't recognize "2017 Killer Beast" as the name of her current company's employee of the year award. Instead, a candidate-selecting program might have read it as a job skill or worse, a personality description.

### No going back

"I understand that people think applicant programs can miss certain candidates but I think it happens a lot less often than people think. But it's a fair complaint. Really, though, what are the alternatives? How far do people want to go back?" asks — let's just call her HR Mary — a veteran human resources specialist who says she's been "hiring and firing people" for 29 years. HR Mary says she'd rather be "anonymous and honest than identifiable and vague," hence the cloak-and-dagger moniker.

The days of recruiters sifting through hundreds of hard-copy resumes by hand or scanning through their online counterparts on computer screens are long gone. "That's to the job seeker's benefit, especially if you're an active applicant who networks and uses contacts to find new positions," HR Mary says.

"A face in the crowd is a face in the crowd, whether it's a hard-copy face or a digital face. People don't realize the vast amounts of applicants for jobs, especially good jobs. I was once responsible for choosing 10 candidates out of a pool of 412 resumes. I'd be lying if I told you I even made it past 200 before choosing 10. And trust me, my approach was the norm, not the exception."

**The days of recruiters sifting through hundreds of hard-copy resumes by hand or scanning through their online counterparts on computer screens are long gone. And that's to job seeker's benefit, especially if you're an active applicant who networks and uses contacts to find new positions.**

### Unbiased approach

While old-school job seekers may lament the candidate-choosing programs that now serve as corporate gatekeepers, HR Mary says there is an obvious, if not admitted, benefit. "We've removed the bias. It's not built into the algorithms," she says. "If you have to get past a recruiter who strongly dislikes a certain college or has a bias against a certain company, you may be the best candidate in the world but you may never get the interview. The program doesn't care about any of that. If you're qualified, you move on."

It goes beyond schools and companies, HR Mary admits. "I've suspected certain people in the industry of having unwritten rules about who does and doesn't get an interview," she says. "You can figure that one out. Maybe it's a bias against women or a certain race or nationality but it's possible. But a computer program doesn't care. It reads skills and experience, not gender and race."

### Proceeding with caution

Not all HR professionals place their trust entirely in algorithms and other standard forms of program-based decisions, especially if they feel they've already had experience with a candidate who they feel shouldn't have made it past the first round of cuts. A study by Berkeley J. Dietvorst, Joseph Simmons and Cade Massey from the

University of Pennsylvania found that people distrust algorithms and decision-making programs once they experience questionable results. When humans make similar misjudgments, people are much more forgiving.

"Research shows that evidence-based algorithms more accurately predict the future than do human forecasters. Yet, when forecasters are deciding whether to use a human forecaster or a statistical algorithm, they often choose the human forecaster," wrote Dietvorst in an article about the study for the American Psychological Association.

"People I've worked with say they're 'going with their gut' when they want to bypass decisions made by a computer program, like their gut has a better set of criteria than a program that's been created with very a specific set of requirements," says HR Mary.

"Granted, there are some people that we just have strong feelings about, that we want to push toward the finish line because they're original. A lot of times, eccentric candidates with unique backgrounds get stuck in our mind and we want to help them. But most times, our gut-feeling is wrong. There's a reason they didn't make it past the initial candidate pool but we're so committed to the idea of making this incredible hire, we ignore the obvious. It's almost impossible for us to admit that we were wrong and the program was right."

— Marco Buscaglia, *Careers*



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**CUBS CONVENTION**

**It's a gapper for Maddon, players**

With a big age difference between manager and millennials, Cubs brass is putting a premium on communication. **Pages 2-3**

**Plus:** The Tribune's three Hall of Fame voters reveal their ballots for the Class of 2019. **Back Page**



CHRIS SWEDA/CHICAGO TRIBUNE

**BULLS & BLACKHAWKS**

**Last shot at UC for retiring Wade**

The Bulls pay tribute to the future Hall of Famer, who is calling it a career after the season, before the Heat beat the Bulls. **Page 7**

**Hawks:** Corey Crawford returns to practice, but is that a good thing? Point/counterpoint, **Page 8**



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Saints have what Rams want: Experience — and a victory — on the biggest stage. Stories, **Page 4**



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Patriots, who haven't won a playoff road game since '07, face hotshot Patrick Mahomes. Stories, **Page 5**



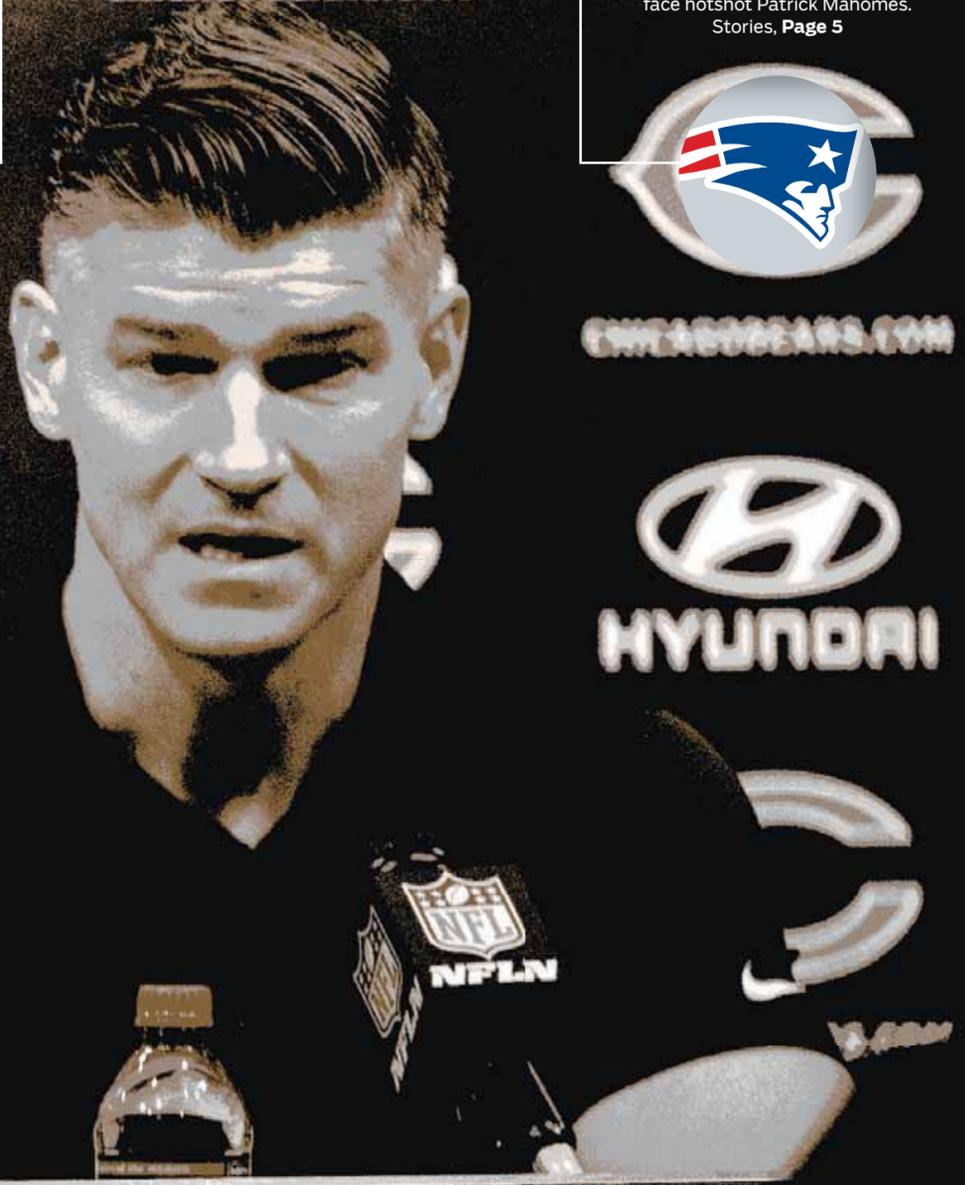
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**Flak football**

Next year, the Bears want to be playing *this week*. But how much heat is **GM Ryan Pace** willing to take to push his team forward? Some difficult decisions lie ahead.

BY DAN WIEDERER | Chicago Tribune

**A**s the Saints and Rams play for the NFC championship Sunday in New Orleans, Bears general manager Ryan Pace will continue thinking long and hard about how he can get his team on that stage next winter. ■ The Bears followed a 12-4 regular season with a galling one-point playoff loss to the Eagles. And listening to Pace and coach Matt Nagy on Monday at Halas Hall, it quickly became obvious that neither was in the mood — at least not yet — to celebrate a surprising division championship. ■ “Honestly,” Pace said, “an abrupt end to the season is painful. It’s painful because we set our goals high. We’re proud of what we accomplished. But we’re not satisfied.”

Turn to **Bears, Page 6**

Is Kareem Hunt an option? How about Robbie Gould? Dan Wiederer explores some possibilities ...

CHICAGO TRIBUNE ILLUSTRATION USING A PHOTO OF RYAN PACE AT THE BEARS' SEASON-ENDING NEWS CONFERENCE

# TOP OF THE SECOND



PHIL ROSENTHAL

## '69 Cubs: 50-year love affair

The Miracle Mets of 50 years ago ... well, everyone knows what happened to them. What the 1969 Cubs won instead was miraculous in its own way.

"That ballclub took the hearts of people," said Randy Hundley, an All-Star catcher who played 151 games for the Cubs that season. "It is amazing when you think about it."

While the Amazin' Mets overtook them en route to what seemed an improbable World Series title, the Cubs wound up with the undying affection of generations of fans.

With that devotion came the tag of "lovable losers," a persona that would define the franchise for decades.

Until the 2016 Cubs won the division title, pennant and World Series championship that had eluded the venerated '69 team, manager Leo Durocher's charismatic squad that included fan favorites Hundley, Ferguson Jenkins, Billy Williams, Ernie Banks, Ron Santo, Don Kessinger, Glenn Beckert and Ken Holtzman cast a shadow that at times has seemed inescapable.

Jenkins, the Hall of Famer who was the '69 Cubs' ace, wrote a book with journalist George Castle, now available at 1969Cubs.com. "The 1969 Cubs" — for which Hundley contributed the foreword — is just the latest addition to a growing literary genre dedicated to the beloved if ill-fated old Cubs.

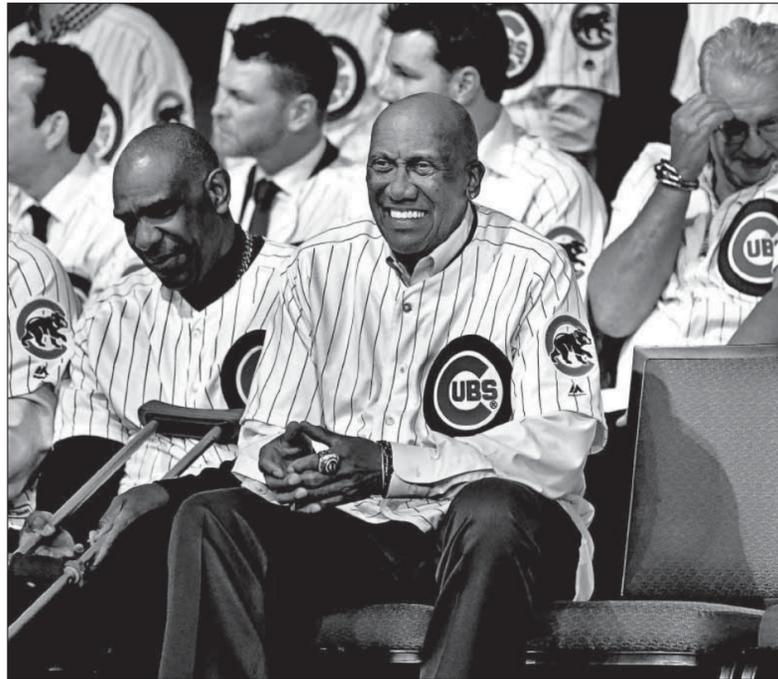
"I don't ever want the perception of the '69 ball club being (a team) that failed because we gave it every stinkin' thing we could give," Hundley said.

Said Jenkins: "We had a great attitude. Right to the end the attitude never changed."

In their view, Cubs fans were the same way, showing up every day. Defense became spotty late in the season. The worn-down team had trouble producing runs. Yet fans' unflagging enthusiasm was buoyed by WGN-Ch. 9's Jack Brickhouse.

"Jack Brickhouse would never get on a player," Hundley said. "If a player messed up or did something wrong, he just wouldn't do it, and I think that helped the fans. It helped the players ... because he's not going to be lambasting you like a lot of places would."

Both Jenkins and Hundley joined the Cubs in 1966, Durocher's first season managing the club and a year in which the team racked up 103 losses, finishing 10th. It was on that season, however, that future success was built.



CHRIS SWEDA/CHICAGO TRIBUNE

Fergie Jenkins has a laugh Friday on the opening day of the annual Cubs Convention.

"We had more meetings that year," Jenkins said. "We had a meeting before the game and sometimes a meeting after. A couple times on the road after we got beat up pretty bad, he kept us all there to have batting practice."

"Leo, he was hard-nosed from time to time, but hey, it all worked. We got better '67, '68 and then they picked us to win in '69 because we had really come on strong."

The '66 Cubs drew 635,891 fans to Wrigley Field. In 1969, assuming first place by rallying to win in the 11th inning on opening day, they drew 1,674,993, the first time they attracted more than 1.5 million at home.

"The fans showed up," Jenkins said. "They were lining the streets, and we'd have a full house for batting practice."

But the Cubs, who led their division by nine games in mid-August, brought a four-game losing streak and 2½-game edge to New York's Shea Stadium on Sept. 8.

They dropped both games there to the Mets, including the infamous black cat game. The Cubs left New York with a half-game lead that vanished after they lost five of the next six games.

"There were so many accusations, like Leo played the guys too much, the heat hurt us," Jenkins said. "I put in the book I didn't have any problem pitching on three days' rest."

Over the years, Hundley has come to believe playing every day made it impossible to play his best, especially late in the season.

But that didn't occur to him at the time. He said he showed up every day wanting to contribute to a win, and Cubs fans, in his view, were the same way.

"They were part of the team," Hundley said.

It's a bond that remains intact 50 years on.

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### CUBS

## Bryant's 'boring' label galls Cards



Circle the date: May 31. That's the first time in 2019 the Cubs visit St. Louis for a series

against the archrival Cardinals. And Kris Bryant is sure to hear it from the Busch Stadium faithful.

During a "Friday night with Ryan Dempster" sit-down with the retired pitcher at the Cubs Convention, Bryant said of St. Louis: "So boring."

A day later, at least a few Cardinals expressed their displeasure with the third baseman's comments.

Catcher Yadier Molina on Saturday posted a video frame of Bryant chatting with Dempster and added the caption: "All stars, elite players and leaders of their teams do not speak bad about any city. There should be respect and you should play and compete with respect... only stupid players and losers make comments like the ones made by Bryant and Dempster."

Molina added the hashtags: "ceroRespectforthisstupidplayers"

Underneath the image of Bryant and Dempster, Molina included a picture of teammate John Brebbia with his take on Bryant's dis: "Cry me a river, loser."

Also in Molina's Instagram post, the Cardinals star took closer aim at both Cubs. He included a grainy picture of Bryant as a minor-leaguer in an Iowa Cubs uniform and a picture of Dempster giving up a home run to then-Cardinal Lance Berkman on June 3, 2011.

Needless to say, Cardinals fans have been no more receptive.

Twitter user @LilJessie87 asked: "Hey @KrisBryant\_23 if St. Louis is boring why was it just voted to have the best nightlife in the country?"

St. Louis radio host Annie Frey dismissed Bryant and Dempster with "Girls, bye."

It's odd to see blowback from something Bryant said.

When it comes to quotes, the 2016 National League MVP usually errs on the side of vanilla. But Dempster, in his mock-talk-show setting, typically dares his guests to be a little looser, funnier and saucier.

— Phil Thompson

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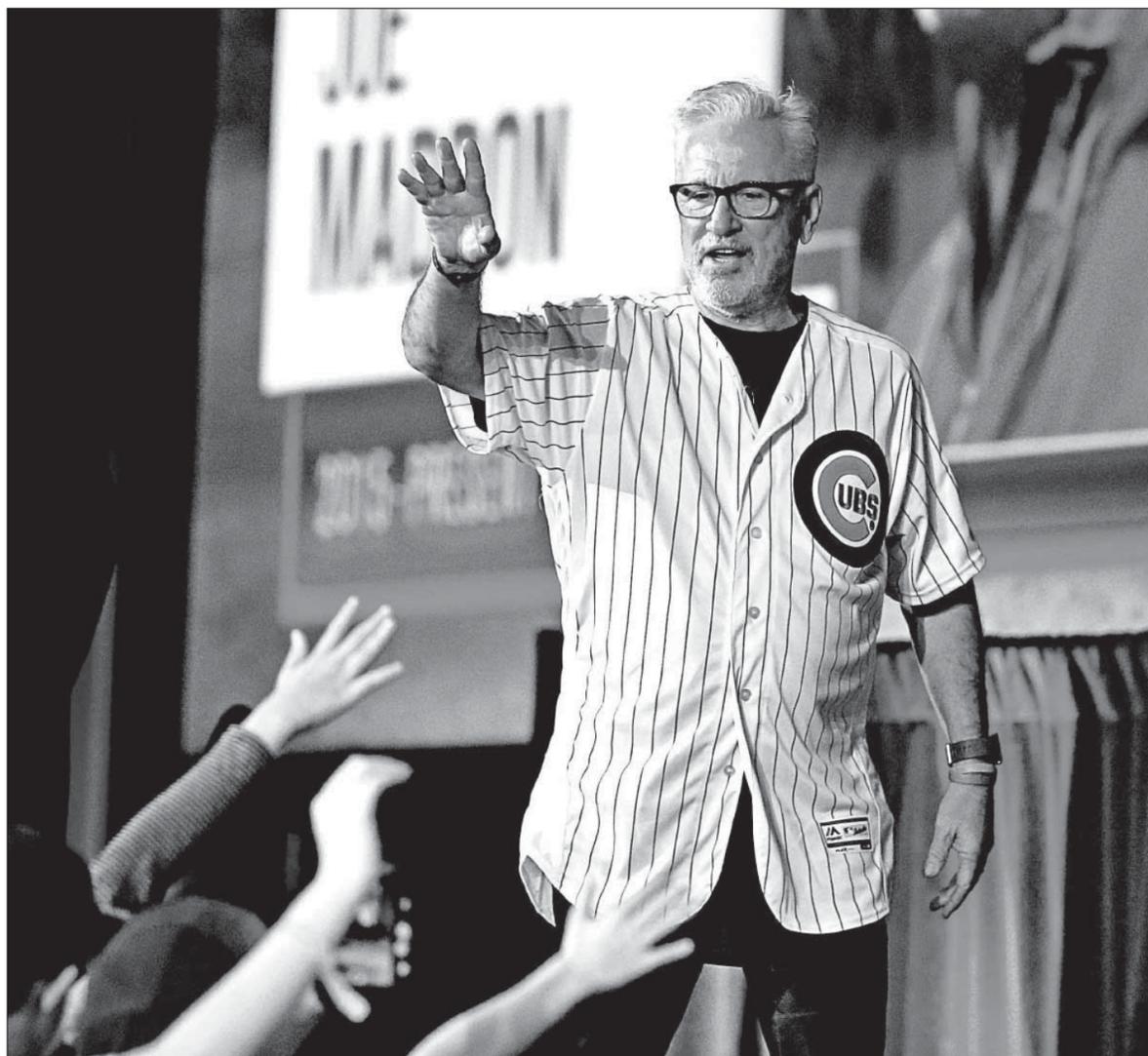
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## CUBS CONVENTION



CHRIS SWEDA/CHICAGO TRIBUNE

# Epstein, Maddon try to bridge generation gap



**PAUL SULLIVAN**  
On the Cubs

One of the keys to the Cubs' 2019 season, I learned at the team's annual convention this weekend, is for the Generation X president to get the baby boomer manager to communicate better with the millennials in the clubhouse.

Team President Theo Epstein put the plan into motion this winter, instructing manager Joe Maddon to learn the mindset of the current generation of Cubs players to bring out the best in them.

It kind of sounds like an episode of the 1970s TV show "Kung Fu," with Maddon playing the role of Master Po, dispensing Zen-like advice to young "grasshoppers" such as Kyle Schwarber and Willson Contreras.

Whatever works. "All sports organizations are dealing with that," Epstein said. "Every single player is a millennial!"

When Maddon said at the winter meetings last month that he was reading "Managing Millennials for Dummies," it seemed like one of his patented one-liners. But he told me Friday at the Sheraton Grand Chicago that he was serious about the need to improve how he deals with players, and Epstein admitted that last year "wasn't our greatest connection between coaching staff and players."

So what's the difference between dealing with millennial players and their predecessors?

"Probably more requirement of an explanation (for things), really spelling things out in detail, constantly communicating," Maddon said. "Don't permit them to think the wrong things."

"They can let their minds run wild in the wrong direction because you're not communicating with them. It seems like the natural reaction is they'll think negatively about what's an innocuous moment, but they may paint it differently. So stay in touch. Be communicative. And just understand the new technology."

Maddon grew up in the '60s when "generation gap" was added to the lexicon. A lot of us who came of age during that era now find ourselves sounding like our parents when it comes to "these kids today."

Who knew? Epstein said modern players need to be handled differently because of the changes in upbringing.



ABEL URIBE/CHICAGO TRIBUNE

Cubs players Javier Baez, left, and Willson Contreras pose for a picture Saturday at the Cubs Convention.

"If you go through a course of a major-league season and you're in the clubhouse talking to the manager and talking to the front office, you'll hear once a week, 'Gosh, players have changed. Players are really different now. This is not how it was when I was here,'" he said. "And really, (they say) players have changed from not 20 years ago, not even 10 years ago, players have changed in the last five years."

"So it's incumbent on us to not just sit there and say: 'Players have changed, they don't get it, they don't listen, they don't care,' or 'We don't understand them.' We have to learn the lens from which they view the world and learn the best way of communicating with them because they've grown up with a totally different upbringing than we did and with the devices that are omnipresent."

"Because it always changes, every generation, because of the norms and the values and the technology and the democratization of information and the ease of communication and the distractions all around us. I'm just generalizing, but millennials need to feel included in decision-making and they can't feel like they're being dictated to or they don't respond to that. Millennials need near instantaneous feedback."

**"Millennials need to feel included in decision-making and they can't feel like they're being dictated to or they don't respond to that."**

— Cubs manager Joe Maddon

Epstein, who recently turned 45, said 20 years ago you could walk by a player and say nothing and it would mean nothing.

"Now it might create these thoughts of, 'The manager, the general manager or the president doesn't like me and I'm about to get traded,'" he said.

Epstein last week brought in Northwestern football coach Pat Fitzgerald to talk to the coaching staff, citing his expertise in communicating with college players.

"We all learned a little something from that talk," Epstein said. "We all have some written materials. Joe decided to buy the idiot's guide to millennials or whatever it was. That's extra credit. That wasn't an assignment. He did that on his own."

Maddon always has had a reputation as a player's manager, so it's odd to hear his communication skills aren't as strong as Epstein, the Gen Xer, would like.

But Epstein holds the key to Maddon's return after 2019 and obviously believes there is something unique about handling millennials that Maddon wasn't getting. Now he gets it.

"Even though I communicate, I might view a situation as totally obvious, and it's not to them," Maddon said. "Whenever I'm thinking that, I've got to bring it to their attention so they don't interpret it the wrong way."

Having covered athletes for the last three decades, the biggest difference I see is they now spend much of their pregame downtime looking at their phones or listening to music with earbuds in.

Not judging them, but players in the '80s and '90s seemed to talk baseball more often — before and after games. Some players today admit they don't like watching baseball when they leave the park.

Either way, the new philosophy on bridging the generation gap bears watching this season. When will we know if it's working?

Patience, young grasshopper.

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## 2020 vision for Cubs' TV network

Some details, distribution still to be figured out

By MARK GONZALES | Chicago Tribune

The Cubs on Saturday offered a sneak preview of their new television network while remaining firm in their efforts to transition to mobile ticketing and unseat Ald. Tom Tunney.

After some spirited dialogue with fans during a panel discussion with the team's business department on Day 2 of the annual Cubs Convention, Crane Kenney said the team wants to have its own network in place for the 2020 season, beginning with televising all home spring training games, and already has started hiring talent.

Kenney, the team's president of business operations, added that other baseball teams could be involved with the new partner. Sinclair Broadcasting Group has been reported as a potential partner, but "we're not talking who the partner is," Kenney said.

Meanwhile, Kenney said the Cubs are involved in "multidimensional negotiations" with their partner and multiple groups, and details could be finalized by the end of the month.

The Cubs want to avoid the carrier-distribution issues and costs that have prevented a large majority of fans in Southern California from watching Dodgers games despite the team's 25-year, \$8.35 billion contract before the 2014 season.

"It hasn't gotten easy since the Dodgers," Kenney said.

The broadcast partner will have plenty of input, such as with the construction and configuration of a new press box, which was delayed until after the upcoming season. Kenney added that the Cubs decided to wait in the same manner they did in switching their seating arrangement from aisles to sections — after much of the seating changes had been completed.

Also during the question-and-answer session, several fans voiced displeasure with the transition from paper tickets to their mobile devices.

"The overall theme we heard was this is uncomfortable to some for mobile ticketing," Kenney said. "We get that."

But Kenney stressed the need to eliminate ticket fraud as well as improve security around Wrigley Field, pointing to street closures and police dogs around the park as well as increased security.

"Mobile ticketing is much quicker than paper ticketing at the gates," Kenney said.

A team official added that fraud has dropped significantly since the switch to mobile ticketing two seasons ago.

In addition to the new seating arrangement, team officials said improvements in Wi-Fi and the addition of patio decks for more concession stands and bathrooms in the upper deck will result in less congestion on the lower concourse.

Those improvements should help the Cubs in their bid to land an All-Star Game after 2020, as Kenney stressed that MLB Commissioner Rob Manfred prefers a city earn a bid rather than be selected for nostalgic reasons.

"The last time our pitch wasn't strong enough," said Kenney, referring to the Dodgers being awarded the 2020 game.

The Cubs also hope to maintain the support of the mayor's office once Rahm Emanuel's term expires. "It's a huge economic driver for this city," Kenney said.

Kenney also defended the motives of the Ricketts family in supporting opponents of Tunney in the 44th ward — which includes Wrigley Field — stating he used the forum in response to emails asking why they're opposed to him.

"It seems like we're always on the other end of the spectrum with this guy," Kenney said of Tunney. "When we talk about building a park (Gallagher Way), he talks about it being a nightmare. Why are we so far apart?"

Kenney asked Julian Green, the Cubs vice president of communications and former press secretary for then-Illinois Sen. Barack Obama, if the Cubs' mission against Tunney was a right-wing agenda.

"The answer is no," Green replied while on stage with Kenney. "The question should be why a 16-year incumbent has kept the status quo in order. Why is he focused more on the Cubs versus crime, schools and education?"

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## CUBS NOTES

## Loretta fixated on bench coach duties, not Cubs manager job

By MARK GONZALES | Chicago Tribune

When asked Saturday at the Cubs Convention if manager Joe Maddon would return next season, Cubs President Theo Epstein said: "I sure hope so."

Maddon's contract expires after the 2019 season, and despite rampant speculation about a potential replacement, Mark Loretta is merely focused on his new duties as bench coach after spending nine seasons in the Padres' front office.

"You can read things into it," Loretta said. "But as far as I'm concerned, (managing) was not on my radar and nothing we talked to

(general manager) Jed Hoyer and Theo about. "Joe is a huge reason I was interested in taking this job. He's one of the best managers in the game, one of the best people. I look forward to learning from him."

Loretta, who signed a two-year contract, said "part of this is testing how much I like coaching and want to be involved. I'm not going to ease into this. I'm all in, for sure. We'll see how it leads."

**Safe at Wrigley:** The Cubs have virtually no financial wiggle room, and the cost of trading Ben Zobrist and the remaining \$10 million on the final year of his contract

might be too risky because of his past success and experience.

"I've heard a few things, but I don't pay attention to it," Zobrist, 37, said. "And I know the team has a tough job in the offseason, trying to figure the right pieces to put in place for the next season. So I trust them."

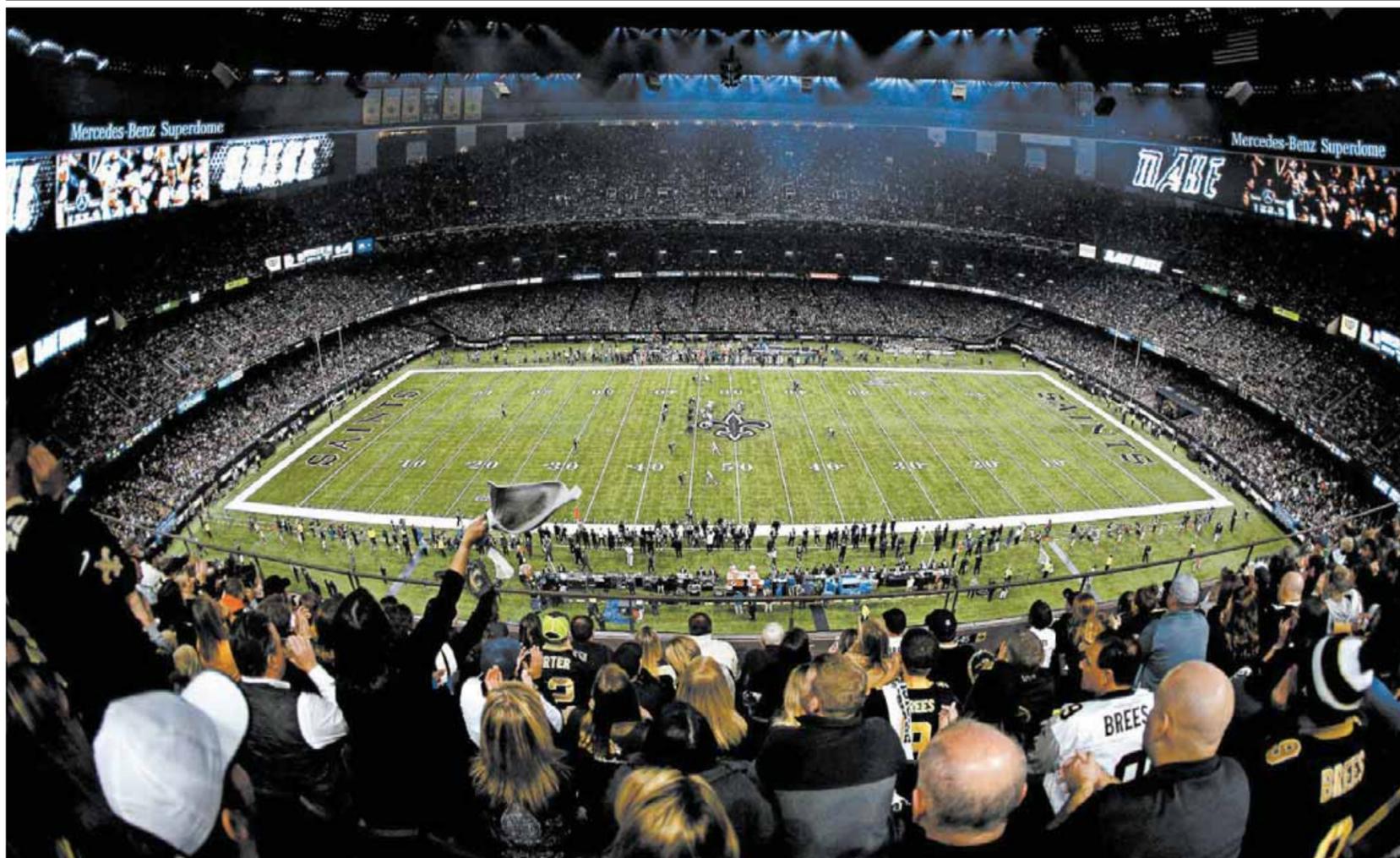
At the same time, Zobrist understands he could be moved because he no longer has a no-trade clause.

"I'm not going to give it much thought," Zobrist said. "I'm just going to prepare for the season and connect with my teammates."

**Double homecoming:** Left-hander Cole Hamels is eager to build on his strong finish from 2018, when he posted a 2.36 ERA in 12 starts with the Cubs after a July 27 trade with the Rangers.

"Knowing the ending that I had, that I still get to be a part of it and still have those memories to feel this offseason, the training and to come together in spring training as a group I think is really going to help all of us," said Hamels, who had his \$20 million team option picked up in early November.

Hamels relished the chance to face the Rangers and Phillies — his former teams — for the first time in 2019.



2 p.m.  
74 degrees, calm

Sunday's  
forecast inside  
the Superdome

3 p.m.  
74 degrees, calm

4 p.m.  
74 degrees, calm

JONATHAN BACHMAN/GETTY

5 p.m.  
74 degrees, calm

**NFC CHAMPIONSHIP GAME**  
**RAMS AT SAINTS** 2:05 P.M. SUNDAY, FOX-32



**SAM FARMER'S NFC PICK**

Line: Saints by 3 (O/U 56½)

All of the pregame focus is the way these teams throw the ball, but this will come down to the Rams' clock-hogging ground game versus a Saints defense that's missing Sheldon Rankins up front. **Rams 35, Saints 28**

# Who's in?

**RAMS ANGLE**

## Veteran Suh on verge of breakthrough

BY GREG BEACHAM  
Associated Press

THOUSAND OAKS, Calif. — Ndamukong Suh earned multiple All-Pro honors, Pro Bowl selections and tens of millions of dollars during his first eight NFL seasons.

The imposing defensive lineman had never won a playoff game, let alone a Super Bowl. When he was free to choose his next team after the Dolphins released him in March, Suh decided he would try to fill that gap in his resume.

After speaking at length with the Saints and other suitors, he decided to join the Rams. They hadn't won a playoff game since the 2004 season, but they appeared to be on the verge of something big after going 11-5 last season.

"I felt this team had some of the right pieces and I would be a good addition to it," Suh said. "A lot of conversations that we had with the coaching staff and the front office on my visit were (about) playing well in the season and being prepared for the postseason."

Nearly 10 months later, the payoff has arrived for Suh's leap of faith to Los Angeles.

After the Rams went 13-3 for the best regular-season record of Suh's career, he had likely his best game for his new team last weekend when the Rams beat the Cowboys 30-22 in the divisional round. The Rams head into the NFC championship game Sunday at the Superdome with a shot at the 32-year-old Suh's first trip to his sport's biggest stage.

"It would mean a lot," Suh said. "I've been in this league for nine years. (This is) my first NFC championship (game), and that would be my first Super Bowl. I get chills thinking about it, so I'm excited. I'm looking forward to it."

Suh's thoughts are echoed across the Rams locker room, which is filled with accomplished NFL players who have never accomplished much in the postseason.

Many key players remain from the team that went 4-12 in 2016, the franchise's 13th straight non-winning season, from Jared Goff and Todd Gurley to Aaron Donald and Michael Brockers.

Several of the veterans the Rams have added in the last two years also lacked playoff credentials — including 37-year-old Andrew Whitworth, the dominant left tackle who finally got his first postseason win last weekend.

"We feel like we've been through it," Whitworth said. "There's really not much adversity we haven't seen all year long. We feel like we were born for this moment."



SEAN M. HAFFEY/GETTY-AFP

Ndamukong Suh, 32, experienced his first career playoff win last week in the Rams' victory over the Cowboys.

The Rams don't have the collective playoff experience of their fellow conference finalists, but they have a firm bond forged during a season of upheaval.

They had to stick together in November when the suburban area around their training complex was rocked by the double impact of a mass shooting at a bar and two wildfires that forced several players and coaches to leave their homes as a precaution. The Rams also had to adjust to a schedule change when their game against the Chiefs in Mexico City was moved back to Los Angeles on six days' notice.

None of it has shaken the team led by coach Sean McVay, who became the youngest coach in NFL history to win a playoff game last weekend.

McVay has no concern about his inexperience on the sport's highest levels when compared with the likes of the Saints' Sean Payton, who has a Super Bowl ring.

That's because McVay has assistant coaches with experience in conference championships and Super Bowls — particularly defensive coordinator Wade Phillips, who has done and seen everything the NFL can offer.

While a conference title game in the deafening Superdome is a new experience for most Rams, Brandin Cooks is an exception on several fronts. The veteran receiver won't even be surprised by the Superdome din.

Cooks played three years with the Saints — albeit without making the playoffs — before moving to the Patriots last season.

He played in the first quarter of the Super Bowl before incurring a concussion that kept him out of the rest of the Patriots' loss to the Eagles.

Cooks was traded to the Rams and he had even suited up in a horned helmet.

"When I got here," he said, "I knew we had something special."

He hasn't regretted his decision, although he didn't dare to imagine he would have a chance to play in two straight Super Bowls for different teams.

**SAINTS ANGLE**

## Brees family enjoying ride with Saints

BY BRETT MARTEL  
Associated Press

METAIRIE, La. — Drew Brees is about to play his first game as a 40-year-old — and his biggest game in nine years.

When the Saints host the Rams in the NFC championship game Sunday in New Orleans, it will be the first time Brees, who turned 40 on Tuesday, has played for the conference title since the 2009 season. Brees turned 31 shortly before the Saints defeated the Vikings en route to the franchise's lone Super Bowl.

One of the enduring images from that championship season was Brees standing next to his wife, Brittany, holding aloft their son, Baylen, who grasped at confetti floating around them.

Baylen was Brees' first child, born on his father's 30th birthday, and had recently turned 1 when the Saints beat the Colts in February 2010 in Miami.

Now Brees is a father of four — three boys and one girl, ages 4 to 10. They were all present on the sideline when Brees set the NFL record for career passing yards in Week 5, and Brees said after practice Wednesday that he has cherished the opportunity to share one of his best seasons with them.

"They're so football-crazed right now," Brees said. "That's what makes this so much fun."

Brees recounted that during some recent one-on-one time with his second child, Bowen, he asked his 8-year-old son what his favorite thing to do is.

"He said, 'Go to the Saints facility with Dad,'" Brees said. "That kind of stuff is what memories are made of, and you want them to enjoy that as much as possible and give them those moments as much as possible."

"They love football. They love the Saints. They love our team. They love this season. We're just trying to stay in the moment and enjoy it as much as we can."

There has been plenty to enjoy. While leading the Saints to a 13-3 record and the No. 1 seed in the NFC, Brees broke NFL records for completions and passing yards. Through 18 regular seasons, he has completed 6,586 passes for 74,437 yards. His completion record surpassed Brett Favre's 6,300. His passing yards eclipsed Peyton Manning's 71,940. Brees' 520 touchdown passes leave him 19 behind Manning — but also only three ahead of 41-year-old Patriots quarterback Tom Brady — for that record.

This season was not Brees' most prolific but was his most efficient.

While Brees' 3,992 passing yards were



CHRIS GRAYTHEN/GETTY-AFP

Drew Brees and the Saints are making their first appearance in the NFC title game since the 2009 season.

his fewest since he joined the Saints in 2006, his 74.4 percent completion rate broke his own NFL record of 72 percent set last season. His touchdown-to-interception ratio of 32-5 was the best of his career.

And after a slow start in a divisional playoff victory over the Eagles on Sunday, Brees finished 28 of 38 (73.7 percent) for 301 yards with two touchdowns and one interception.

Brees connected on a number of tough throws, including first-down conversions to Michael Thomas on second-and-20 and third-and-16 during a pivotal second-half touchdown drive.

The Saints did not have practice on Brees' birthday, but he went to work anyway.

"A very normal day," Brees said. "Come in early and get grinding on the film, get home in time for dinner and hang out with the kids and have a little cake, read bedtime stories and tell them to quit talking and laughing and go to bed."

His wife had thrown a surprise party for her husband Sunday night after the divisional-round victory at a brewpub owned by former Saints right tackle and current radio play-by-play announcer Zach Strief.

Brees seemed to embrace the milestone birthday, enthusiastically donning a black baseball cap with a large No. 40 in gold numerals.

As with Brady, Brees' teammates sometimes seem in awe of the discipline he demonstrates in maintaining health and fitness, as well as the work he puts in to studying game plans and opposing defenses, constantly refining his throwing mechanics and taking extra time after practice to develop chemistry and timing with receivers.

"He's someone you want to be as far as having someone to look up to, as far as having someone to emulate," Ingram said. "Taking care of your body, eating right, community, on the field, father, family — he's everything you want to be, man. He's helped me grow a lot as a man, as a professional. I love him forever."



JAMIE SQUIRE/GETTY

6 p.m.  
24 degrees, feels like 15

Sunday's  
forecast at  
Arrowhead Stadium

7 p.m.  
23 degrees, feels like 13

8 p.m.  
22 degrees, feels like 12

9 p.m.  
21 degrees, feels like 11

**AFC CHAMPIONSHIP GAME**  
**PATRIOTS AT CHIEFS** 5:40 P.M. SUNDAY, CBS-2



**SAM FARMER'S AFC PICK**

Line: Chiefs by 3 (O/U 56)

The Chiefs are good enough on defense to get in Tom Brady's face and disrupt his rhythm. Patrick Mahomes has always stepped up in the big moments, showing uncommon poise for such a young QB. **Chiefs 28, Patriots 24**

# Who's out?

**PATRIOTS ANGLE**

## Pats' playoff issue: Bumps on the road

BY MARK MASKE  
Washington Post

It is an exercise in nitpicking to point out any on-field flaws of the Patriots during their dynastic run with Bill Belichick as their coach and Tom Brady as their quarterback. They are, after all, playing in a remarkable eighth consecutive AFC title game Sunday against the Chiefs. They are seeking their ninth Super Bowl appearance and their sixth Super Bowl title of the Brady-Belichick era.

But there is one small thing: As great as they have been, the Patriots' dynasty has not traveled all that well. The most dominant team of its era has not been a particularly overwhelming road team during the postseason.

So yes, the Patriots' task Sunday is formidable, as much because of the venue as because of the brilliance of a Chiefs offense led by second-year quarterback Patrick Mahomes, the NFL's likely MVP this season.

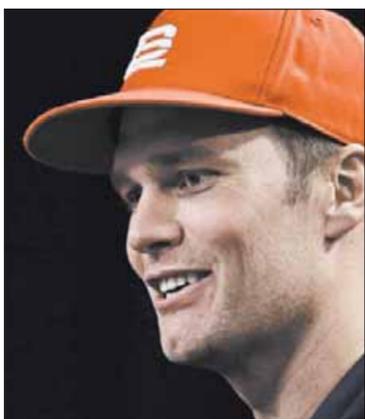
"It's a tough game," Brady said during a midweek news conference. "It's a tough challenge. It's tough to beat the number one seed on the road. That's the reality, just like we're tough to beat at home when we're the number one seed. It takes a lot."

Their triumph over the Chargers last Sunday at Gillette Stadium improved the Patriots' home postseason record with Belichick and Brady to 20-3. But they are just 3-4 on the road in the playoffs over that span. Their last playoff win on the road came in January 2007.

There are other issues. The Patriots were 3-5 on the road during the regular season compared with 8-0 at home. They also are returning to the site of one of the low points of Brady's career. The Patriots last played in Kansas City, Mo., early in the 2014 season. They lost 41-14 in an ugly performance on "Monday Night Football," and Brady failed to finish the game, being lifted by Belichick in favor of his backup at the time, Jimmy Garoppolo.

"I don't think that game has anything to do with this one," Belichick said at a news conference this week. "We're going to get ready for Sunday."

The Patriots looked unusually vulnerable entering these playoffs. Brady, 41, has had a good season. But he has not been the league MVP that he was last season. Tight end Rob Gronkowski has not been as unstoppable. The wide receiver issues the Patriots experienced early in the season resurfaced when Josh Gordon, obtained in a mid-September trade with the Browns, left the team and then was suspended indefinitely for violating the



STEVEN SENNE/AP

Tom Brady and the Patriots will try to do something they have found hard to accomplish — win a road playoff game.

terms of his most recent reinstatement under the NFL substance abuse policy.

All of those concerns melted away, however, when the Patriots rolled up 35 first-half points last weekend in a conference semifinal against the Chargers. Brady was as precise as ever. He had help from the running game, as tailback Sony Michel ran for 129 yards. Running back James White had 15 catches and wideout Julian Edelman amassed 151 receiving yards. It was like the Patriots of old, not the old and creaky version.

But that was at home. So, too, was the Patriots' regular-season triumph over the Chiefs, a 43-40 decision in Foxborough, Mass., on Oct. 14. Now the Patriots must bottle all of that and haul it to Kansas City.

Brady was quick to play the lack-of-respect card following the Chargers game, saying in a postgame interview that "everyone thinks we suck and, you know, can't win any games." It's probably a stretch for a five-time Super Bowl champion to take that approach. But the Patriots-versus-the-world stance always has served Brady and Belichick well. Brady continued to embrace the underdog role during the week.

"It just shows you what people think about what our chances are," he said. "That's about it. No more added comment to that."

The Chiefs were the league's highest-scoring team during the season. But they ranked 31st in total defense. That defense played far better last weekend in a playoff victory over the Colts. But Brady and the offense will have to take full advantage of that Chiefs defense Sunday if the Patriots are going to have a chance.

"It takes a lot of good football," Brady said. "It takes a great complementary game. All three phases have to be on point. We're going against a team that scores a lot of points. ... I think everybody at every position has to play well. That's what championship games are all about."

"These aren't just handed to you ... here you go, here's your trip to the Super Bowl. You've got to go fight them out."

**CHIEFS ANGLE**

## K.C. warms up to a guy who throws heat

BY KEVIN BAXTER  
Los Angeles Times

KANSAS CITY, Mo. — The day after Patrick Mahomes was born, his father, Pat, then a relief pitcher with the Minnesota Twins, threw 3 1/3 scoreless innings to earn a save in the second game of a doubleheader at Kauffman Stadium.

On Sunday at Arrowhead Stadium, a short walk across the parking lot from Kauffman, the younger Mahomes, who has had one of the greatest seasons by a quarterback in NFL history, will lead the Chiefs against Tom Brady and the Patriots in the AFC championship game.

If you ask some of his teammates, you can draw a straight line from Mahomes' baseball pedigree to his football success.

"The thing that struck me about Mahomes is just his calm and collectedness with any situation," punter Dustin Colquitt said. "He reminds me of a baseball player. His mentality and his love for the game turned football into a pastime in Kansas City."

"It would be hard to say otherwise."

It would be even harder to argue that Mahomes isn't the biggest reason the Chiefs are playing in their first conference title game in 25 years and are a win away from their first Super Bowl appearance in 50 seasons.

In his first year as a starter, Mahomes threw for 5,097 yards and 50 touchdowns in the regular season. Only Peyton Manning, who set NFL records with 5,477 yards passing and 55 touchdowns for the Broncos in 2013, topped both totals in the same season. Among second-year quarterbacks, only the Dolphins' Dan Marino, who threw for 5,084 yards and 48 touchdowns in 1984, is even close.

Another thing Manning and Marino have in common? They won AFC titles and MVP awards in their best seasons but lost the Super Bowl.

Now Mahomes finds himself a win away from a conference title and Super Bowl berth. And he's among a handful of people in the conversation for the MVP award.

"Just to be able to be mentioned for that award is amazing," Mahomes told NFL.com. "You think about that when you're a little kid. It's a credit to my teammates."

What he really wants is the prize that eluded Manning and Marino in their MVP seasons — a championship.

"We're trying to reach that ultimate goal," he said. "This whole city is hungry to get there again and then win it. This community deserves another Super Bowl."



COLIN E. BRALEY/AP

Patrick Mahomes scrambles for the end zone in the Chiefs' divisional-round victory over the Colts last week.

"Just to be able to give back to this community with a Super Bowl would be an extreme honor for me and I want to make sure we take advantage of the opportunity that we have."

Len Dawson took the Chiefs to two Super Bowls in the 1960s, but 27 starting quarterbacks, including Joe Montana, have tried since then and failed to get them back. Mahomes, who hadn't been born the last time the Chiefs made it to the AFC title game, has his team on the doorstep.

"He had become a leader after four or five weeks as the team's starting quarterback. Very, very hard to do as a 23-year-old," team owner Clark Hunt said of Mahomes, whose passer rating of 113.8 is the best for a quarterback younger than 24.

"But that's just his personality and the team has rallied around him. They believe in him and that's very important quality if you want to win that AFC championship game and go to the Super Bowl."

Mahomes had his pick of sports coming out of high school in Texas. As a senior he averaged 19 points and eight rebounds in basketball, and in baseball he played every position but catcher, throwing a no-hitter in which he struck out 16 batters.

His high school baseball coach told the Kansas City Star that Mahomes was the smartest player he ever had.

Mahomes didn't play football full time until his freshman year at Texas Tech, but over the next two seasons threw for 9,705 yards and 77 touchdowns in 25 games. After his junior season, he declared for the draft and was the second quarterback selected, behind the Bears' Mitchell Trubisky, going to the Chiefs with the 10th pick.

Colquitt, who has spent 14 years with the Chiefs, says that uncommon success has given Mahomes uncommon confidence.

"God blessed him with a unique talent that you don't see in every arm or every quarterback," he said. "It's fun to watch him just play with those gifts and make everyone better around him."

## BEARS

**“Obviously there are a lot of things off the field he has to take care of. Matt knows Kareem. I don’t know Kareem. Those things are all going to play out.”**

— Ryan Pace on coach Matt Nagy’s relationship with running back Kareem Hunt. Hunt, who played for Nagy with the Chiefs, was captured on video kicking a woman.



**“Whatever happens, happens.”**

— Kicker Robbie Gould, whose contract is up with the 49ers. Gould has made 82 of 85 field goals since leaving the Bears.

# Is Pace willing to play flak football in 2019?

Bears, from Page 1

Nagy was still visibly agitated when talking about the loss to the Eagles. He called it “sickening” to have to do dozens of exit interviews with players when he knew his team should still be playing.

Sure, Nagy acknowledged, he did watch the divisional round of the playoffs. And he’ll almost certainly tune in to the conference title games.

“I’ve got that junkie in me that wants to watch it,” Nagy said. “You get better doing that. It almost makes you hurt more when you watch them when you’re away from them.”

“We’re all competitors and in the end we all want to be playing three more weeks down the road.”

Translation: The Bears are realistically eyeing a run to Super Bowl LIV in South Florida in February 2020. This year’s success was promising but just a starting point.

So how can the Bears get from here to there? It will take another calculated and productive offseason of roster tweaks to fill obvious needs. They must focus on making improvements that will propel them forward. With that in mind, Pace and Nagy will continue collaborating on a long list of personnel wants and needs. Within that, they’ll have to discuss the risks and rewards of potentially pursuing some big names for the 2019 Bears.

Here’s a deeper look at three players who could wear the navy and orange next season. (Unless they don’t.)

## Kareem Hunt | RB

If you need the question verbatim, here it was:

*Ryan, does Kareem Hunt’s baggage eliminate him from consideration as a free agent?*

“That’s a good question as we go into that,” Pace said. “Obviously there are a lot of things off the field he has to take care of. Matt knows Kareem. I don’t know Kareem. Those things are all going to play out.”

When Pace uses the phrase “as we go into that,” he’s talking directly about Halas Hall discussions about whether the Bears should at least consider pursuing Hunt. When he talks about things playing out, he’s referring to the natural evolution of those discussions over the weeks and months ahead.

And that quick exchange wasn’t the only window Monday to fuel speculation about the Bears possibly pursuing the free-agent running back, whom the Chiefs cut in November when surveillance video surfaced showing him shoving and kicking a teenage girl during an argument outside his Cleveland residence in February 2018.

Pace and Nagy fielded six other Hunt-related questions. Through the back-and-forth we learned the following:

■ Nagy spoke directly with Hunt in the days immediately after the Bears’ playoff loss. Nagy said he spoke with Hunt to check on his well-being. “The only thing I cared about when I talked to him was literally his personal life, how he’s doing,” Nagy said.

■ Nagy said he had a “really good experience” with Hunt in their eight months together with the Chiefs in 2017. Nagy described the young running back as a player who wasn’t late to meetings, was coachable and worked hard.

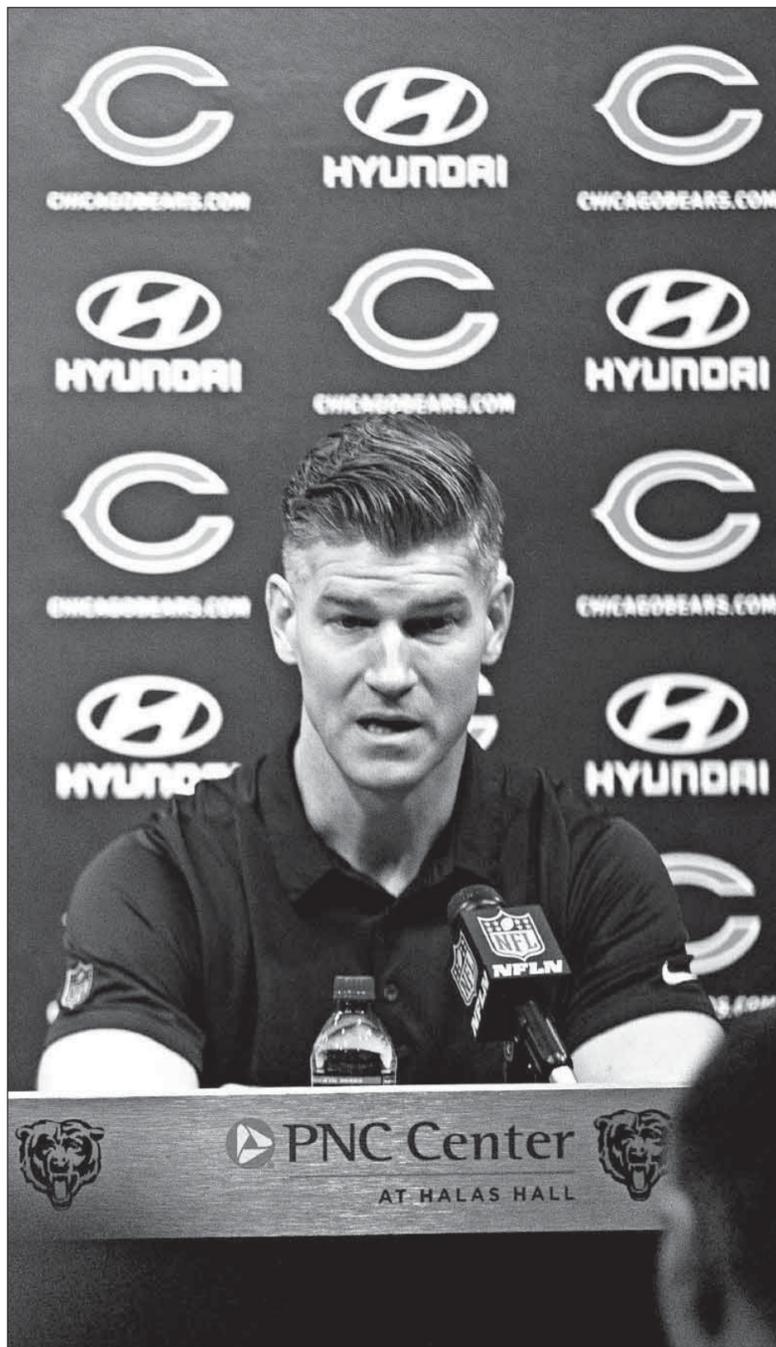
■ Pace indicated the process for pursuing players with troubled pasts doesn’t have a formula. “Every one of those is unique,” he said.

Pace then said the analysis of a potential Bears-Hunt union was premature.

“I know what he is as a player, obviously, from watching him,” Pace said. “Matt knows more about him as a person. We’re not even close to that point.”

Still, it’s clear the Bears are determined to do their homework, hesitant to slam the door on Hunt.

Hunt will likely face significant discipline from the league for the February 2018 incident as well as multiple other episodes in recent years in which he allegedly was involved in physical altercations. Whatever punishment is handed down would be a factor in how seriously the Bears consider pursuing him.



ERIN HOOLEY/CHICAGO TRIBUNE (PACE), AP PHOTOS (HUNT, GOULD)

Pace should also understand the public backlash the organization would face — in the short term at a minimum — for signing a player who, in at least one videotaped instance, committed an act of violence against a woman.

Even with all of that, it’s easy to see why the Bears would be tempted to consider such a move. They’re less than two weeks removed from a one-point playoff loss in which they rushed for only 65 yards and scored only 15 points. They finished the regular season ranked 20th in rushing yards per attempt — and that was with quarterback Mitch Trubisky’s scrambling production.

They have pried open a window to realistically compete for a Lombardi Trophy annually over the next few years.

Hunt, meanwhile, is an undeniable talent who’s 23 and in his prime. He’s a proven fit in Nagy’s system and has a positive relationship with the Bears coach. He won the rushing title as a rookie in 2017 and has averaged 110.5 yards from scrimmage and almost a touchdown per game during his first two seasons.

The Bears offense needs playmakers. Specifically, they’ll spend this offseason seeking a lead running back who is more explosive and versatile than Jordan Howard. And Hunt is exactly that.

Furthermore, Nagy noted how mentor Andy Reid has a track record for giving players with checkered personal histories a second chance. (See also: Michael Vick and Tyreek Hill.)

“I was raised that way,” Nagy said, “to give guys second chances, not third chances.”

To be clear, the Bears have no reason to rush anything either way. Pace could always shop the free-agent market and scour the draft for running backs who might fit what the Bears are looking for. There’s a chance they can find a similarly promising back with far less baggage and fewer character concerns.

But what we learned Monday is Nagy has an open line of communication with Hunt, and Pace is open to hearing his coach’s point of view on this matter.

## Robbie Gould | K

Over the last two weeks, a huge number of Bears fans has come up with the obvious solution to solve the team’s kicking woes. Step 1: Strap Cody Parkey to a rocket and launch him to the moon. Step 2: Sign Robbie Gould.

Bing-bang-boom. Done and done.

If only it were that simple ...

Pace and Nagy made it abundantly clear that Parkey has a better chance of becoming a regular panelist on “The View” than he does of attempting another field goal for the Bears. So now Pace and his scouting staff have to find a new kicker. Again.

So what about the return of Robbie?

The connect-the-dots logic seems pretty firm. Gould’s contract with the 49ers will expire in March. Chicago is still his home. His wife recently gave birth to their third child here. And in the thickest of ironies, Gould remains so fond of the Bears organization that he was sitting in the Soldier Field stands as a fan two weeks ago when Parkey double-dunked the Bears through that playoff trap door.

The 36-year-old kicker also appears to have plenty left in his tank. He has made 82 of 85 field-goal attempts since leaving the Bears on Labor Day weekend 2016. And any animosity he felt after Pace cut him seems to have subsided over time.

In a conference call with Chicago media last month, Gould expressed his happiness for the Bears’ success, his admiration for special teams coordinator Chris Tabor and his love for Chicago.

As for free agency? “Whatever happens, happens,” Gould said.

So would Pace be able to swallow his pride enough to bring back the Bears’ all-time leading scorer to fill one of the team’s biggest needs for 2019? For starters, the price tag would be a significant factor. After the Bears felt comfortable enough to guarantee Parkey \$9 million last spring, Gould would be justified to request at least that much.

Just how much will the Bears be willing to invest in what would normally seem like a luxury expenditure? It remains to be seen. But you can bet Pace, Nagy and every other employee at Halas Hall will never take for granted the importance of a reliable kicker.

One other important factor: The 49ers have the option of keeping Gould, either with an extension or with the franchise tag. Niners GM John Lynch has no other candidates to tag this spring. Thus, if Lynch and coach Kyle Shanahan feel strongly about retaining Gould, they’ll have full power to do so. (Last year’s franchise tag for kickers was a hair below \$5 million.)

Before the 49ers hosted the Bears last month, Shanahan expressed his admiration for Gould’s confidence and reliability.

“I’ve been around a lot of kickers,” Shanahan said. “But Robbie is more than just a kicker. ... He has an attitude to him where he is locked in every day. He has a chip on his shoulder even at his age and with the career he has had. And he’s out to prove to everyone that he’s not going to miss anything.”

Shanahan said he rarely watches Gould kick; he’s that confident the ball will split the uprights.

“Every time he goes out there, I always feel like it’s done and we’re going to make it,” Shanahan said. “That’s something that’s very hard to earn with a coach, especially one with some scars of some missed field goals.”

Color Nagy envious. And perhaps interested.

## Isaiah Prince | OT

Wait a second. Is it too early to start a wave of third-round mock drafts? Too soon to start projecting which offensive line prospects might be available when Pace makes his first 2019 pick? Well, yes. Yes, it is.

So linking Prince, Ohio State’s All-Big Ten tackle, to the Bears is little more than a blindfolded backward dart toss at a board the size of a toast plate. There’s little point in launching into a deep assessment of Prince’s strengths (tenacious, good length, three-year starter) and weaknesses (inconsistent, needs development).

More so, this is our entry point to offer two important reminders. First, as things stand, the Bears won’t have a draft pick until late in Round 3 after more than 85 players are off the board. Second, beyond the need to find a new kicker and possibly a new top running back, Pace must acknowledge his need for offensive line help as well as added depth in the secondary, at outside linebacker and even at tight end.

Three Bears starters are coming out of contract: slot cornerback Bryce Callahan, safety Adrian Amos and, yes, right tackle Bobby Massie, whose potential exit would trigger the guesswork on who might fill that hole up front. We’ll offer Prince’s name for now — just because — then start prodding ESPN’s Mel Kiper for a half-dozen other names to keep an eye on between now and late April. And if the day ever comes when third-round mocks are in vogue, we’ll keep you posted.

For now, it’s worth remembering that as successful as the Bears were this season, they have plenty of work ahead to solidify themselves as Super Bowl contenders.

## BULLS

HEAT 117, BULLS 103

## Bulls 'means a lot to me'

Wade played his 73rd — and final — game at the United Center

By K.C. JOHNSON  
Chicago Tribune

On Dec. 28, 2003, Heat rookie Dwyane Wade ran into Michael Jordan in Chicago on the eve of Wade's first game home as an NBA player.

"I wasn't going to play because I had hurt my wrist. He's like, 'I can't wait to see you play tomorrow.' And I was like, 'Welp, guess I'm playing.'" Wade said Saturday, pausing before adding with a smile. "And then I end up being in a cast for two months after that."

Wade scored 10 points in the Heat's victory the next night, the first of his 73 United Center appearances, and he scored 14 on Saturday night, his last. Wade is retiring after this season, the 16th of what will be a first-ballot Hall of Fame career.

That his career, which includes three NBA championships with the Heat — is held in similar regard in South Florida as Jordan's is in Chicago — a statue would seemingly be on the Heat's to-do list — still amazes Wade.

"That don't even really sound right," Wade said. "I grew up idolizing one of the game's greatest players and just wanted to have a little bit of what he had. I've been able to make an impact on a generation and make an impact on a city and state in South Florida, so it's cool. It's that whole thing that dreams come true."

"Don't ever think you're dreaming too big because you never know what's waiting for you. I'm truly blessed to say that my career has been able to go the way it has. I'm lucky."

Wade checked in at the 5 minute, 46 second mark of the first quarter Saturday to a rousing ovation that included his wife, Gabrielle Union, sitting courtside, and lots of friends and family. The Bulls aired a video tribute during the timeout before his entrance, which drew a standing ovation. He also left to a standing ovation.

Born in Chicago and raised in Robbins, where he starred at Richards High School, Wade, who turned 37 on Thursday, never could've imagined this journey.

It even included a one-season pit stop in Chicago in 2016-17. Wade in a Bulls jersey always proved a jarring sight for Heat coach Erik Spoelstra, and he wasn't alone. But Wade's lone season as a Bull still featured plenty of the community service work that also has defined his career and a 2-0 first-round playoff series lead over the Celtics before Rajon Rondo fractured his thumb, turning the series.

"You guys know it's not an easy place to live," Wade said. "Growing up in the inner city to make it out to be a vision of hope for the next generation, we take a lot of pride in that. And to come back and give back and hopefully give others opportunity to be successful is big, but also just for people in the city of Chicago to see that it can be done. You can get out. A lot of us had a ball and a dream and that ball has taken us so many places and we've been able to do a lot of things with it."

"My vision of playing the game of basketball started watching the Chicago Bulls, my favorite player of all time Michael Jordan, Scottie (Pippen). I could go down the list and name all the Bulls players. It definitely, this city, this Chicago Bulls name, it means a lot to me. It will always mean a lot to me."



With his mom in attendance, Heat guard Dwyane Wade waves to the crowd after a video tribute during a timeout in the first half.  
CHRIS SWEDA/CHICAGO TRIBUNE PHOTOS

Wade even referenced Eddy Curry when ticking off his list of Chicago-born basketball players who resonated with him. Wade said he had "no idea" where he ranks on the city's Mt. Rushmore, but he knows one face that's on it.

"When people have asked me who I think the best player who was born and raised in Chicago, I always go with Isiah Thomas," Wade said of the Pistons Hall of Famer. "But I had a lot of friends who were amazing, Chicago high school basketball players like QRich (Quentin Richardson) and Corey Maggette. I've been able to sit and watch so many great players before me during my time."

"Eddy Curry was here in Chicago. Watching young Jabari (Parker), all these young guys kind of make their way. Young D-Rose, I remember seeing him in seventh grade playing in open gym. Everybody was like, 'Man, he's going to be something one day.' You take a look at him and then a couple years later he's in the NBA playing against you. So many players who have come through this city that I love to watch and respect because I know how we grew up and how we had to learn to fend for ourselves and what it took to become successful."

Thomas on Saturday returned the compliment in a tweet, calling Wade "the best player to come out of Chicago. I will be second to him any day!"

The Bulls and Wade share a long history, from Wade's boyhood fandom to John Paxson targeting him in the 2003 draft just months after succeeding Jerry Krause as general manager to chasing him and LeBron James in 2010 free agency.

Paxson ended up drafting Kirk Hinrich in 2003. Hinrich and Wade engaged in plenty of memorable battles, including playoff matchups in 2006 and 2007.

"I love Kirk. My first memory of Kirk is playing him in the Final Four with Kansas and they whooped our butt," Wade said, referencing his Marquette days. "I



loved his grit. I loved his toughness. Total team player, he gave his all. He kept me on my toes."

After two free-agency meetings in 2010, Wade ended up re-signing with the Heat, getting James and Chris Bosh to join him. That era also staged several memorable battles with the Bulls.

The Heat won in five games in the 2011 Eastern Conference finals. Wade scored his United Center-best 36 points in a March 4, 2012, game in which John Lucas III subbed for Rose and led the Bulls to a dramatic win. The Bulls also ended the Heat's 27-game winning streak six games shy of the Lakers' NBA record in a March 27, 2014, game in which Wade scored 18.

"A lot of memorable moments," Wade said.

Bulls coach Jim Boylen recalled the 2013 Eastern Conference finals when Boylen was Frank Vogel's lead assistant on a Pacers team that lost in seven games.

"His physicality and his ruggedness in that series was powerful," Boylen said.

But Boylen also remembered something else.

"I remember his first day here how respectful he was to the coaches and his opportunity here and what we were trying to do and how professional he was with me and the staff," Boylen said of the 2016-17 Bulls. "He's a pro's pro. He's a classy guy. I'm thankful I

got a chance to be around him. He's a very generous man and obviously a Hall of Fame guy."

Nobody could've envisioned that 16 years ago.

"His first year, my wife and I went down to visit him in his new house down in Miami," said Jack Fitzgerald, his high school coach at Richards, sitting courtside Saturday before the game. "He said, 'Coach, if I can get 10 years out of this, that'll be great.' This is 16. He's a Hall of Famer. It's just amazing."

Wade said he doesn't yet know what his post-NBA career will entail. But he said he'll always follow his hometown team that he cheered for as a kid and played for for one season.

"This organization has won six championships. You've got most organizations in the NBA that will never win six," Wade said. "Of course everyone wants it always. But it averages out."

"The good organizations, the good franchises, they figure out a way to try to stay competitive. And I think the Bulls are trying to right the wrong. They've got some talented young players here. ... I'll be looking as I get done playing this game hoping they get the chance to go back to the Eastern Conference finals and go back to the NBA Finals one day for this city."

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## Carter's injury latest in a season of setbacks, losses

Hits keep on coming: Rookie expected to opt for left thumb surgery

By K.C. JOHNSON  
Chicago Tribune

With Wendell Carter Jr. expected to opt for surgery to repair his injured left thumb, Bulls coach Jim Boylen said the starting center position will be "a little fluid as we go down the stretch."

You could say the same about the Bulls' chances to win games.

In fact, with Robin Lopez making his first start of the season in the Bulls' 117-103 loss to the Heat on Saturday at the United Center, the Bulls have more starting lineups (12) than victories (10) this season. And Lopez could be wearing a different uniform by the Feb. 7 trade deadline.

The loss was the 10th straight

for the Bulls, who seem to be growing more frustrated by the day.

"Something is obviously wrong," Zach LaVine said after scoring a team-high 22 points. We weren't losing by double digits earlier in the season. We might've been losing but we didn't even have a full roster. I don't know. We're a better team now. And we're getting blown out. It doesn't make a lot of sense."

It's all part of the lack of cohesion that has defined this season, beginning with the first week of training in September when Denzel Valentine went down for the season with a left ankle injury and Lauri Markkanen injured his right elbow, leading to a nine-week absence.

Significant injuries to Kris Dunn, Bobby Portis and Zach LaVine followed.

"We're striving for consistency.

And that makes it harder," Lopez said. "But it's part of the game. Everybody else needs to help raise the level for the team."

For one half, the Bulls did that, playing with offensive urgency while building a 57-55 halftime lead. But a disastrous second half featured the Heat outscoring the Bulls 62-46.

It's the ninth double-digit losing streak — and second in two seasons — in franchise history.

"Our defense was poor in the fourth," Boylen said.

Lauri Markkanen, with 20 points, posted back-to-back 20-point games for the first time since Dec. 21-23, and Bobby Portis added 21 points and six rebounds.

But the Bulls repeatedly lost Josh Richardson in the second half, when he scored 17 of his 26 points. In his final Chicago appearance, Dwyane Wade added 14 points, 10 rebounds and seven

assists off the bench.

Carter is leaning toward accepting the Bulls specialists' recommendation to undergo surgery to address the instability in his thumb, which he injured Tuesday in a loss to the Lakers. His promising rookie season likely would end in that scenario.

"He's keeping a positive attitude," Lopez said. "He wants to be out there. He has made huge contributions, particularly on the defensive end. His mentality has been fantastic."

"He's such an intelligent guy for such a young player. That's something I really admire about his game."

But the fact Carter likely will finish with just 44 games played is another indication of how much of a setback this season has been in the rebuild. A season focused on player development has devolved into moving parts.

Lopez has remained the good soldier despite having his role shifted for the second straight season. Coincidentally, he moved into the starting lineup about 11 months after he got taken out of it last season for draft-lottery positioning that eventually netted Carter with the seventh pick.

Lopez, 30, is the oldest Bull. "I'm trying to do whatever I can to help the team however many minutes I'm playing," he said. "You know me."

The franchise record for consecutive losses is 16, set during the 2000-01 season in which the Bulls went 15-67. Their last double-digit losing streak came early last season. Yes, these are fluid times for the Bulls.

"It is difficult," Boylen said of the widespread losing and injuries. "But we can't use that as a reason to pout. The next guy has to step up and play."

## BLACKHAWKS

## To salvage season, focus on next one

BY JIMMY GREENFIELD | Chicago Tribune

There was hope. Then chaos. Then a brief resurgence ... followed by a drop into the abyss.

Now the Blackhawks, who at 16-24-9 have the fewest wins and worst record in the NHL, are playing out the string — which can be argued they have been doing since November.

The Hawks need to go 16-14-3 over their final 33 games just to equal last season's point total of 76. What should the team focus on during that stretch? Let's explore some of those topics with our latest point/counterpoint.

■ **Point:** This is a lost season.  
■ **Counterpoint:** The Hawks are positioned for a productive off-season.

If you thought the Hawks were a playoff team before the season began, then sure, it makes sense to be freaking out. But most analysts didn't expect the Hawks to make the playoffs, and they're going to be correct.

The Hawks were wise to transition to a new coach when they did instead of waiting until after the season. The experience Jeremy Colliton gains from being behind an NHL bench for 67 games — he took over for the fired Joel Quenneville after 15 games — will prove to be invaluable. He needs time to get to know his players and their styles and tendencies.

With the coach settled, the Hawks can focus on the trade market and free agency. They won't become a playoff team next season without some dynamic free-agent signings and deals. They'll have plenty of salary-cap room. The main question is whether they'll be able to lure free agents after missing the playoffs in consecutive seasons for the first time since 2008.

■ **Point:** The Hawks should be active leading up to the trade deadline.

■ **Counterpoint:** It takes two to tango.

General manager Stan Bowman has made two great trades in a row, acquiring Dylan Strome for Nick Schmaltz and dumping Brandon Manning for Drake Caggiula. The streak can't stop now.

It will be difficult, however, because a lot of other teams have better trade bait than the Hawks. Artem Anisimov has a limited no-trade clause, and Brandon Saad doesn't have one, so they could be dealt. Neither is having a great season, and chances are the Hawks would be selling low on Saad, who still is young enough to have a bounce-back season.

Could they trade Erik Gustafsson? He is young (26), inexpensive and one of the highest-scoring defensemen in the NHL. A playoff contender may bite. It depends on whether the Hawks think he can overcome his defensive deficiencies.

The Hawks probably would trade Duncan Keith, but he has a no-movement clause. And Brent Seabrook likely isn't an option — he has five years and more than \$34 million left on his contract after this season, plus he would have to approve any trade.

The most likely scenario? Bowman makes a couple of smaller deals for draft picks or players who can fight for roster spots next season.

## BLACKHAWKS NOTES

## Encouraging news: Crawford back skating

BY JIMMY GREENFIELD  
Chicago Tribune

Crawford

Blackhawks goalie Corey Crawford skated and participated in some drills before practice Saturday for the first time since suffering a concussion on Dec. 16.

Does this mean his return to game action is on the horizon?

"Positive that he was out there but I'm not sure it means a ton," coach Jeremy Colliton said. "Hopefully, he continues to feel better."

Crawford joined goalies Collin Delia and Cam Ward on the ice about 30 minutes before the scheduled start of practice, then departed after doing a few drills and taking some light shots from goalie coach Jimmy Waite. Crawford did not address the media.

Crawford has not practiced since hitting the back of his head on a goal post last month when Sharks forward Evander Kane accidentally pushed Dylan Strome into Crawford.

"It's always encouraging to see him back in the locker room

and get his gear on and go out on the ice," Ward said. "He looks awesome. He looks real smooth out there, but obviously he's the only one that can tell you how he really feels. But it's definitely positive and encouraging to see him around the guys and upbeat and in a good mood."

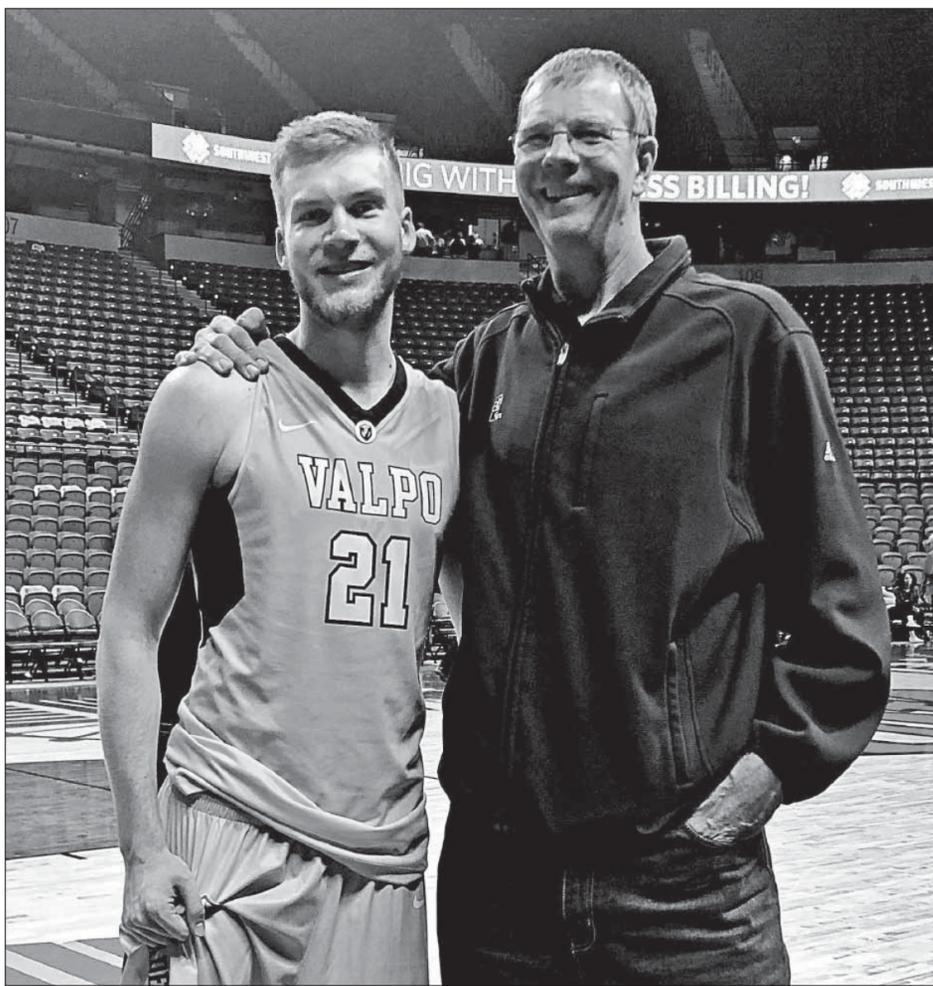
Colliton was not sure if Crawford had been skating while the Hawks were on their two-game trip against the Devils and Rangers or whether he will begin skating consistently.

"Eventually," Colliton said. "Whether that's tomorrow or a week from now, I don't know. It is a good sign."

■ **One-timers:** Gustav Forsling (upper torso) returned to practice for the first time since going on injured reserve. He last played Jan. 3 against the Islanders. ... Forward Brendan Perlini is in concussion protocol and did not practice.

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## COLLEGE BASKETBALL



SMITS FAMILY

## Smitten by game

Valpo's Derrick Smits loves basketball like his father, ex-NBA star Rik

BY SHANNON RYAN  
Chicago Tribune

It used to be a "once-in-a-lifetime kind of thing," Derrick Smits said, that he could beat his dad on the basketball court.

Now 52 and 2 inches taller than his 7-foot-2 son, former NBA All-Star Rik Smits understands how time can turn the tables.

"Now it seems like when we play, he beats me pretty easily," said Rik, the former Pacers center who played with Reggie Miller and battled Michael Jordan and the Bulls during their 1990s heydays. "(Derrick) uses his quickness. Then he lets up and gives me a chance. I wish he wouldn't. He needs to just kick my butt now every time we play."

Derrick, a junior center from Zionsville, Ind., is trying to do more of that for Valparaiso, which entered the weekend tied with Loyola atop the Missouri Valley Conference. He is the Crusaders' No. 2 scorer with 11.9 points per game and leads them in rebounds (6.2) and blocked shots (1.3), and he ranks second in the conference in field-goal percentage (62.1).

Derrick's improvement from his sophomore season, in which he averaged 7.5 points and 3.6 rebounds, played a big part in Valpo's 4-0 start in the MVC before a loss Tuesday night at Loyola.

On the court, Derrick has some resemblance to his father, "the Dunking Dutchman," who was the second pick in the 1988 NBA draft out of Marist. Derrick has a nice shooting touch like his dad and the same smirk and blond hair — minus the style.

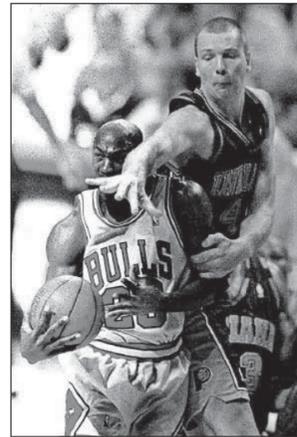
"I do not have the mullet," said Derrick, who keeps his hair closely cropped. "Some people tell me to bring it back. I resist that one."

Some kids of celebrities find the focus on their famous parent uncomfortable and try to shy away from it. Derrick said he always embraced being the child of a beloved former Pacer.

"Being compared to him motivated me when I was in high school," said Derrick, who was 3 when his dad retired because of chronic foot injuries. "It motivates me now, especially growing up in the Indianapolis area. There was a lot of that and a lot of negative comparing me to him."



KYLE TELECHAN/POST-TRIBUNE



CHICAGO TRIBUNE

Valparaiso center Derrick Smits with father Rik, top, and shooting, left, against Illinois State. Right, Rik Smits fouls Michael Jordan in 1998.

"Regardless, I embraced it. I never let it get to me, so he didn't have to worry about it."

Rik coached his son officially only as an assistant on his high school team. He encouraged his son to try a variety of sports, including baseball, soccer and football.

Derrick also took up another of his dad's passions: dirt-bike racing. He was on four-wheelers and bikes from around age 3. It was a hobby Rik enjoyed while growing up in the Netherlands but had to abandon during his NBA days.

Both laughed at the memory of a 13-mile race that lasted about 2½ hours in which Rik's goal was to pass Derrick. He did, only to see Derrick come back and surpass him.

"It was father-son bonding," Derrick said.

A 7-inch growth spurt during the summer break before high school prompted Derrick to focus on basketball. As a senior at Zionsville, he averaged 14.9 points, 5.8 rebounds and 2.6 blocks and earned scholarship offers from Butler, Clemson and Xavier.

He overcame an ankle injury as a freshman at Valpo and has concentrated on adding strength. Rik mostly wants Derrick to add confidence, something he said his son lacked.

"I was always laughed at and picked on as a young kid just for being tall," Rik said. "Over there (in the Netherlands), basketball was not a well-known sport. Once I got (to America), I got a great deal of confidence. People said, 'Oh, I wish I was that tall.' I never heard people say that."

"Basketball was good for me. But it always lingered in the back of my head."

He doubted he would be a high draft pick. He didn't imagine having a long, successful NBA career — even when he was battling the Bulls in classic games, including the 1998 Eastern Conference finals the Bulls won in seven games.

"One time early on I had a two-handed dunk, and Michael Jordan hit me right across the elbows — literally both elbows — and no foul was called," recalled Rik, who averaged 16.3 points and 5.1 rebounds in that series. "I thought, 'Oh, this is what we're up against.' The intensity was unbelievable. I loved it."

Taking lessons he learned from his career, Rik said he tries to use "positive reinforcement" when critiquing Derrick's game.

Rik accompanied Derrick to his home country over the summer as his son prepared to play for the Dutch national team, just as Rik did for two summers in college. They visited Rik's family before the team left to play in Italy.

Back at his dad's home in Arizona, where Rik moved about three years ago from Indiana, Derrick worked out tirelessly and added weight.

While Rik has been careful not to push Derrick to follow his life path, he hopes Derrick can also fulfill a dream.

"I had a great career and a great time," he said. "If he can make his living in basketball, whether that's in Europe or over here, I would love that for him. He says that's what he wants to do."

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## ROUNDUP

## Happ, Badgers trip No. 2 Michigan

Tribune news services

Ethan Happ scored 26 points and had 10 rebounds as Wisconsin handed No. 2 Michigan its first loss of the season Saturday, breaking away in the final minute for a 64-54 victory in Madison, Wis.

Fans rushed the floor after the Badgers (12-6, 4-3 Big Ten) pulled off the upset.

The Wolverines (17-1, 6-1) closed within 57-54 on Isaiah Livers' 3-pointer with just less than a minute to play. Michigan put on a full-court press that the

Badgers broke, and Ignas Brazdeikis was whistled for an intentional foul on Happ, who was across the court from the ball.

Happ hit the first shot but missed the second. Happ later put back his own miss for a 60-54 lead, then hit Nate Reuvers after a turnover for a dunk that sealed it.

■ **Loyola 75, Indiana State 67:** Cameron Krutwig and Marques Townes scored 16 points each, and the Ramblers (12-7, 5-1 Missouri Valley) spoiled the Sycamores' celebration of their 1979 team in

front of a sellout crowd of 10,200 — including legend Larry Bird.

■ **Also:** Femi Olujobi had 22 points and 11 rebounds, Max Strus scored 22 and Paul Reed added 21 points and 14 rebounds to lead DePaul (11-6, 3-3 Big East) to a 97-93 win at Seton Hall. ... C.J. Bryce scored 23 points as No. 17 North Carolina (15-3, 3-2 ACC) held off host Notre Dame 77-73. Dane Goodwin's 19 points led the Irish (11-7, 1-4). ... Godwin Boahen scored 25 points, but UIC (9-11, 3-4 Horizon) lost 90-85 at Green Bay.

# SCOREBOARD

## CALENDAR

TEAM	SUN	MON	TUE	WED	THU	FRI	SAT
		@CLE NBCSN, 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				ALL-STAR GAME, 7 NBC-5

## SUNDAY ON TV/RADIO

TIME	EVENT	NETWORK
11 a.m.	Florida State at Boston College	ESPNU
11 a.m.	Providence at Marquette	CBSSN
11 a.m.	Illinois at Iowa	BTN, WSCR-AM 670
3 p.m.	Bradley at Southern Illinois	ESPNU
3 p.m.	Duquesne at George Washington	NBCSN
5 p.m.	Colorado at Utah	ESPNU

TIME	EVENT	NETWORK
1 p.m.	Penn State at Maryland	ESPN2
1 p.m.	Houston at Wichita State	ESPNU
1 p.m.	Fordham at Dayton	CBSSN
2 p.m.	Seton Hall at DePaul	NBCSCH+
2 p.m.	Ohio State at Michigan	BTN
2 p.m.	Butler at Creighton	FS1
3 p.m.	Texas A&M at Georgia	ESPN2
3 p.m.	La Salle at St. Joseph's	CBSSN
4 p.m.	West Virginia at Baylor	FS1
5 p.m.	Minnesota at Nebraska	ESPN2
5 p.m.	Missouri State at Illinois State	NBCSCH+

TIME	EVENT	NETWORK
11 a.m.	Bahamas Great Abaco Classic	Golf Channel
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

TIME	EVENT	NETWORK
11:30 a.m.	Capitals at Blackhawks	NBC-5, WGN-AM 720
6 p.m.	Coyotes at Maple Leafs	NHL Network

TIME	EVENT	NETWORK
3 p.m.	Admirals at Wolves	NHL Network

TIME	EVENT	NETWORK
4 p.m.	Minnesota at Michigan State	BTN
6:30 p.m.	Notre Dame at Wisconsin	BTN

TIME	EVENT	NETWORK
7:25 a.m.	Huddersfield Town vs. Manchester City	NBCSN
9:55 a.m.	Fulham vs. Tottenham Hotspur	NBCSN

TIME	EVENT	NETWORK
8:30 a.m.	Nuremberg vs. Hertha BSC Berlin	FS1
10:50 a.m.	Schalke vs. Wolfsburg	FS2

TIME	EVENT	NETWORK
8 p.m.	Australian Open	ESPN2
2 a.m.	Australian Open	ESPN2

TIME	EVENT	NETWORK
11 p.m.	Los Angeles Rams at New Orleans Saints	NBC-5
12 a.m.	New England Patriots at Kansas City Chiefs	NBC-5

TIME	EVENT	NETWORK
10:30 a.m.	Los Angeles Rams vs. New Orleans Saints	NBC-5
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12:30 p.m.	New England Patriots vs. Kansas City Chiefs	NBC-5

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## COLLEGE BASKETBALL

TIME	EVENT	NETWORK
6 p.m.	Florida St. at Boston Coll.	ESPNU
7 p.m.	Providence at Marquette	CBSSN
7 p.m.	Illinois at Iowa	BTN, WSCR-AM 670

TIME	EVENT	NETWORK
3 p.m.	Bradley at Southern Illinois	ESPNU
3 p.m.	Duquesne at George Washington	NBCSN
5 p.m.	Colorado at Utah	ESPNU

TIME	EVENT	NETWORK
1 p.m.	Penn State at Maryland	ESPN2
1 p.m.	Houston at Wichita State	ESPNU
1 p.m.	Fordham at Dayton	CBSSN

TIME	EVENT	NETWORK
2 p.m.	Seton Hall at DePaul	NBCSCH+
2 p.m.	Ohio State at Michigan	BTN
2 p.m.	Butler at Creighton	FS1

TIME	EVENT	NETWORK
3 p.m.	Texas A&M at Georgia	ESPN2
3 p.m.	La Salle at St. Joseph's	CBSSN
4 p.m.	West Virginia at Baylor	FS1

TIME	EVENT	NETWORK
5 p.m.	Minnesota at Nebraska	ESPN2
5 p.m.	Missouri State at Illinois State	NBCSCH+

TIME	EVENT	NETWORK
11 a.m.	Bahamas Great Abaco Classic	Golf Channel
1 p.m.	Diamond Resorts Tournament of Champions	Golf Channel
2 p.m.	Diamond Resorts Tournament of Champions	NBC-5

TIME	EVENT	NETWORK
2 p.m.	Desert Classic	Golf Channel

TIME	EVENT	NETWORK
11:30 a.m.	Capitals at Blackhawks	NBC-5, WGN-AM 720
6 p.m.	Coyotes at Maple Leafs	NHL Network

TIME	EVENT	NETWORK
3 p.m.	Admirals at Wolves	NHL Network

TIME	EVENT	NETWORK
4 p.m.	Minnesota at Michigan State	BTN
6:30 p.m.	Notre Dame at Wisconsin	BTN

TIME	EVENT	NETWORK
7:25 a.m.	Huddersfield Town vs. Manchester City	NBCSN
9:55 a.m.	Fulham vs. Tottenham Hotspur	NBCSN

TIME	EVENT	NETWORK
8:30 a.m.	Nuremberg vs. Hertha BSC Berlin	FS1
10:50 a.m.	Schalke vs. Wolfsburg	FS2

TIME	EVENT	NETWORK
8 p.m.	Australian Open	ESPN2
2 a.m.	Australian Open	ESPN2

TIME	EVENT	NETWORK
11 p.m.	Los Angeles Rams at New Orleans Saints	NBC-5
12 a.m.	New England Patriots at Kansas City Chiefs	NBC-5

TIME	EVENT	NETWORK
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TIME	EVENT	NETWORK
10:30		

**BASEBALL**

**HALL OF FAME CLASS OF 2019**

The Baseball Writers' Association of America will announce the results of its 2019 Hall of Fame balloting Tuesday. Which players did the Chicago Tribune's three eligible voters include on their ballots?

# Mo is a hands-down 'yes'

**MARK GONZALES' BALLOT**



- Roy Halladay
- Jeff Kent
- Edgar Martinez
- Mariano Rivera
- Omar Vizquel
- Billy Wagner

## Rivera unrivaled

One of Mariano Rivera's biggest blown saves caused me brief panic. Luis Gonzalez's bloop single over a drawn-in infield in the bottom of the ninth inning transformed the Yankees' bid for a fourth consecutive World Series title in 2001 into a stunning seventh-game loss and gave the Diamondbacks their first trophy in only their fourth year of existence.

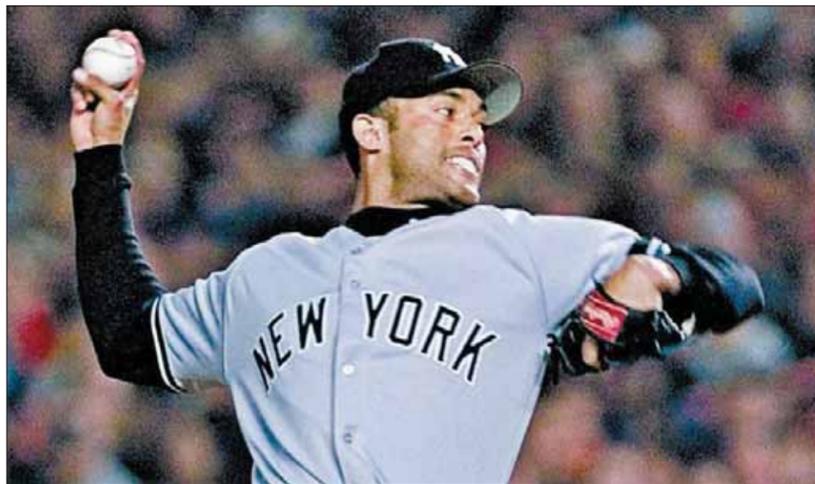
As a Diamondbacks beat writer trying to capture the moment on a tight deadline, I kept my thoughts simple. I wrote that the Diamondbacks became baseball's best by beating the best — Rivera.

Rivera's signature cut fastball was so effective, it actually worked against him that night. The left-handed-hitting Gonzalez was jammed but managed to poke his bloop hit far enough to reach the outfield grass.

Rivera's accomplishments run deeper than his record 652 saves and 952 games finished. Among pitchers since 1920 who threw at least 1,283 2/3 innings — Rivera's career total — he ranks first in WHIP (1.00), ERA (2.21) and OPS against (.555).

Rivera is joined on my Hall of Fame ballot by four returnees — Jeff Kent, Edgar Martinez, Omar Vizquel and Billy Wagner — and fellow newcomer Roy Halladay, a two-time Cy Young Award winner who led his league in complete games seven times and in shutouts and innings four times apiece. And for those who believe wins matter, Halladay led the majors twice.

Halladay was so dominant, he once caused interim White Sox manager Joey Cora to put on a hit-and-run play with slow-footed slugger Paul Konerko on base in an effort to generate offense in a 2009 game.



AMY SANCETTA/AP

Mariano Rivera, listed on all three Tribune voters' ballots, is a shoo-in for Cooperstown.

## Focusing on a handful of good guys

There are more than 10 players on the Hall of Fame ballot who had Hall of Fame careers. So why did I vote for only five?

Because I don't vote for players whose careers are tainted by PED allegations, namely Barry Bonds, Roger Clemens, Gary Sheffield, Sammy Sosa and Manny Ramirez.

They all might get in someday, but it will be without my help. And if they don't, who cares? There should be consequences for cheating.

My five picks for the Class of 2019 were Mariano Rivera, Roy Halladay, Edgar Martinez, Mike Mussina and Omar Vizquel, all of whom played the game the right way.

Rivera is an easy choice, and if not for an anonymous voter who no doubt will leave Rivera off his ballot, he probably would be the first unanimous pick. Forget about the record 652 saves for a second. He finished with a sub-2.00 ERA 11 times in his 17-year career. It takes only a couple of bad outings to wreck a reliever's season ERA. Rivera was as close to perfection as any pitcher I've seen.

Speaking of perfection, Halladay stands out in his first year of eligibility because he already seems like a relic even though he played until 2013. He not only tossed a perfect game and a postseason no-hitter, but also threw 67 complete games. Last year six pitchers tied for the major-league lead in complete games — with two.

**PAUL SULLIVAN'S BALLOT**



- Roy Halladay
- Edgar Martinez
- Mike Mussina
- Mariano Rivera
- Omar Vizquel

I neglected to vote for Martinez for years but eventually became convinced designated hitters get penalized unfairly. It's true Martinez was one-dimensional, but he was the best at what he did for a long time. It looks like he'll finally make it and will go in with controversial veterans committee pick Harold Baines. (I always voted for Baines, so fire away, stat geeks.)

Mussina, like Baines, gets credit for longevity even though he never won a Cy Young Award, and he appears likely to get in either this year or next. He won 270 games over 18 years and had a .638 career winning percentage. That makes his average season 17-10, which is Hall of Fame-worthy in any era.

Vizquel, in his second year of eligibility, likely faces a long, uphill climb because he never was a great hitter. I didn't consider him a first-ballot pick in 2018, but he was the best-fielding shortstop I've seen and won 11 Gold Gloves, so he gets my vote from here on.

**TEDDY GREENSTEIN'S BALLOT**



- Roy Halladay
- Edgar Martinez
- Mariano Rivera
- Omar Vizquel
- Billy Wagner
- Larry Walker

## Guaranteed great

My mother says I learned math by studying the back of baseball cards. I've always liked numbers, but I don't use them as much as many other Hall of Fame voters.

When considering a candidate, I start with this question: Was he great?

For example, Harold Baines was not a great player. At least in my estimation. That's why I was part of the 93.9 percent of writers who didn't check his box.

The Today's Game committee rescued Baines' candidacy, so now a guy with decent credentials (good hitter, below-average baserunner, mainly a designated hitter) is in. Is it fair to keep out vastly superior players who don't have the personal backing of Jerry Reinsdorf?

That's one of the tricky questions voters face. Of course there's also the steroid one. I respect those who vote for transcendent stars such as Barry Bonds, Roger Clemens and Manny Ramirez; I just can't do it.

The no-brainer calls were Roy Halladay, who finished in the top five in Cy Young voting seven times, and Mariano Rivera, despite his zero career shutouts (sarcasm alert!).

I voted for Billy Wagner and Omar Vizquel because, simply put, they were awesome at their jobs. The 5-foot-10 Wagner was more dominant than Trevor Hoffman and posted a strikeout rate (11.9 per nine innings) that was insane for the era. Vizquel won 11 Gold Gloves, has the all-time best fielding percentage among shortstops (.985) and brought a joy to the game.

My final two selections were Larry Walker and Edgar Martinez. Walker's skill set was so diverse, Don Baylor called him a "six-tool" player, including his mind. If Baines is in, Martinez goes too. His .933 OPS is higher than that of Alex Rodriguez.

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Chicago Tribune  
**A+E**  
 Sunday



ABEL URIBE/CHICAGO TRIBUNE

Facilitator Elijah Eiler, right, works with Melody Blakey, center, Brianna Otero, left, and other children with special needs during a play rehearsal Dec. 14, 2018, at the Children's Theatre.

# A SHOW FOR EVERYONE

Chicago's theater community made accessibility a priority years ago. But is it still leading the pack?

BY DARCEL ROCKETT | Chicago Tribune

**O**n an October evening a small crowd of theatergoers get to meet Christopher Boone, the central character of the play, "The Curious Incident of the Dog in the Night-Time" at Steppenwolf Theatre Company.

He wears a white polo, navy pants and white tennis shoes.

He speaks with a Received Pronunciation accent (more of a BBC English style where the letter T is more pronounced and consonants sound harder).

And his posture? Christopher stands upright with a rigid posture and a neutral stance would be hands clasped at waist level.

Terry Bell, the actor who portrays Christopher, shares such descriptions, alongside fellow actors, because this pre-show is for audience members who have a disability —

the majority have low vision or are legally blind. Bridget Melton, an audio describer, graced the stage earlier to describe to the attendees the stage's layout (minimalist and abstract) and the props that factor in onstage. The visually impaired patrons can walk the stage before showtime and feel the props to help better understand the subtleties in the performance. When they hear the performance described through a provided headset, they can follow along without missing a beat.

## Touch tour before the show

Evan Hatfield, Steppenwolf's director of audience experience, guides the actors in a conversation with the attendees, so they can paint a picture in their mind of who these characters are and familiarize themselves with their voices.

"The preperformance program is called a touch tour and it's a service for people on the vision-loss spectrum, which is pretty broad," Hatfield said. "What this program tries to do is really provide context for the people at the play and focus on the visual elements that

help tell the story, and that includes the props, lights, set, and actors and not just what they sound like, but how they make decisions on what they wear; it's all part of how they tell their stories. Our program gives them access to information so they can have as full of an experience as possible."

It's a service that Pamela Berman, 54, appreciates. The Bowmanville resident with retinitis pigmentosa (a degenerative eye disease that causes severe vision impairment) said she tries to go to the theater at least once a month and looks for such accessibility options, otherwise she doesn't come back to the theater. Berman said such services allow her to go out by herself with her seeing-eye dog Gumbo to enjoy a night of theater without having to sit and wait to go with someone.

Theatergoer Jerry Eichengreen can relate. The Highland Park mother goes to about five plays a year with her son Daniel, who is on the autism spectrum. While he loves watching sports with his father, attending plays (musicals and comedies are his favorites) is an activ-

Turn to **Accessible**, Page 8

## Chicago had the first U.S. street named after Dr. King — and many are troubled



RICK KOGAN  
*Sidewalks*

Judged solely on the way we name our streets, we are a hopelessly dull country.

The top-10 list of the most common street names in the land is numerically choked, with "Second," "Third," "First," "Fourth" etc., sharing space with "Park," "Main" and "Oak."

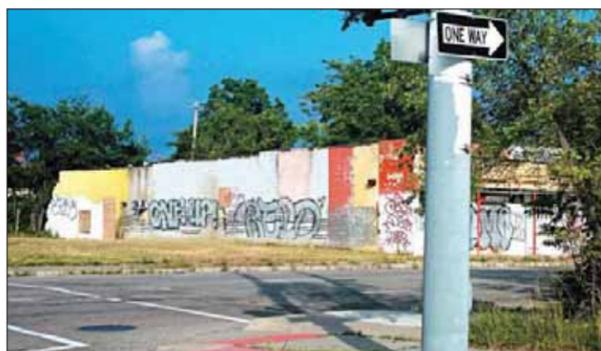
In Illinois, "Lincoln," unsur-

prisingly, tops the list and there are nationwide, of course, a great many streets named in honor of that president. Only "Washington" rivals him.

Of more recent vintage, there's something in the neighborhood of 1,000 streets named in honor of Dr. Martin Luther King Jr., here and in foreign countries.

King was assassinated on April 4, 1968 in Memphis, as many might remember. He was born on Jan. 15, 1929, in Atlanta. That would have made him 90 years old last Tuesday, but the official celebration of his birth takes place Monday. Many of us

Turn to **Kogan**, Page 2



EARL HARDY PHOTO

Earl Hardy, a filmmaker raised in Michigan, is in the process of making a film about the troubles shadowing the more than 1,000 streets named in honor of Martin Luther King Jr., including this one in Detroit.



CHRIS FELVER/GETTY

**Starting this issue, Sunday Books is in A+E.** This week we have John Warner's Bibliorace column, a new crime fiction roundup and all about Zachary Leader's weighty biography of "The Life of Saul Bellow."

*Our Books coverage continues to thrive, As in a new section it has arrived. Why are we writing these lines In the form of a rhyme? You'll have to look on Pages 4-5.*



Emily Blunt is Mary Poppins in Disney's "Mary Poppins Returns."

JAY MAIDMENT/DISNEY



BLEECKER STREET

Thomasin Harcourt McKenzie and Ben Foster in "Leave No Trace."



GRAEME HUNTER PICTURES/SONY PICTURES CLASSICS

Glenn Close and Jonathan Pryce in "The Wife."

# 8 magical movie moments

Directors reveal what scene's key to their latest

BY RANDEE DAWN  
Los Angeles Times

All films contain a beginning, a middle and an end. But for most directors there is one key scene that ties everything together or reveals a key motivation or turning point in the story. It can be a big, dramatic moment or a quiet glimpse of an actor's face that says it all. And more often than not, it is the scene that lingers in your memory after you leave the theater. The Times talked with the directors of eight of this season's award-contending films to find out what scene for them was at the core of their films.

**Adam McKay, 'Vice':** "When Dick Cheney gets the phone call (from future President George W. Bush). It's when history has failed. Cheney is a CEO, the head of an oil services company, he's no longer in politics, he's retired, he's wealthy, his family is happy — the story is over. Then the phone rings, and that's the pivotal moment. We could be in a different world if that phone call doesn't come."



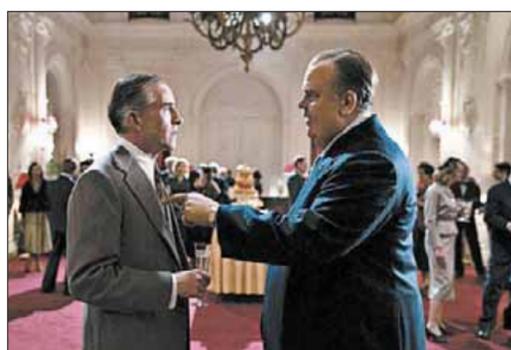
Armie Hammer, left, as Marty Ginsburg and Felicity Jones as Ruth Bader Ginsburg in "On the Basis of Sex."

**Rob Marshall, 'Mary Poppins Returns':** "There's a song in the film, and it has a reprise: 'where the lost things go.' Mary Poppins is reaching out to help the children with the loss of their mother and sings a song about how nothing's gone forever, you never really lose anything. Then later on, the kids help their father with the reprise of lost things and teach him about loss. They find a ray of hope and help him remember his childhood, that wonder and joy in life can still exist. And we realize in this moment that Mary Poppins has orchestrated all of this."

**Steve McQueen, 'Widows':** "I don't like to give

out spoilers, so let's just say the key scene is when these four women come together and make the decision that they're going to work together. They've got to put aside certain feelings and go for it and make everything 50-50. The big decision is that they need to work together."

**Debra Granik, 'Leave No Trace':** "There's this scene where Tom (Thomasin Harcourt McKenzie) begins to differentiate her views from her father (Ben Foster); the first time is when she expresses this profound concern about what society will think of them. He's a little crushed because his dream was that social conformity wouldn't



Stan Laurel (Steve Coogan, left) and Oliver Hardy (John C. Reilly) in "Stan & Ollie."

touch her. She's using all her resources to speak her feelings. Not every scene in a film has to be a shootout — for me these are the shootout scenes; they're bullets of emotion."

**Mimi Leder, 'On the Basis of Sex':** "Ruth Bader Ginsburg (Felicity Jones) is at a party for Marty Ginsburg (Armie Hammer), and she's like an island in this office party. All the women are together chitchatting and laughing, and all the men are on the other side of the room talking about politics and about the world. During this party she's just lost. She goes over and finishes one of Marty's sentences to show how smart and cle-

ver she is, and Marty's boss tells her, 'You're a lucky girl, Ruth, you married a star.' And they're walking in the street after that, and she's so angry she tells Marty he doesn't know what it's like to be put off into a corner: 'It's OK, girlie, sit there and look pretty.' It's a pivotal moment in the film where she says out loud, 'This isn't right; this isn't fair.'"

**Jon S. Baird, 'Stan & Ollie':** "The film itself is about this lifelong friendship and is kind of a love story, but in any love story there's a point where that relationship is challenged. There's a moment in the film where it looks like this is the first argument these

guys are having, and it's a telling moment because the rest of the film is 'How do we overcome this problem?' There's been a kind of infidelity between a couple, and it's a turning point in the film."

**Bjorn Runge, 'The Wife':** "When Joe and Joan (Jonathan Pryce and Glenn Close) arrive in Stockholm and come into the hotel lobby, and members from the Swedish Academy come up to them and say, 'Welcome to Stockholm,' and Joseph takes off his coat and leaves it with his wife. He disappears with a whole group of men, and she's just standing there with the coat, alone. When you know the truth of the film and go backward, you understand all about that scene."

**Wash Westmoreland, 'Colette':** "The whole film is building toward one scene, at the end of the movie when Colette (Keira Knightley) is able to speak to her husband (Dominic West) and tell him what she has been going through and how she'll no longer accept it. Keira delivered it in such a powerful way, and the performance is so energized and tightly focused and bang-on the message of 'Colette.'"

## Kogan

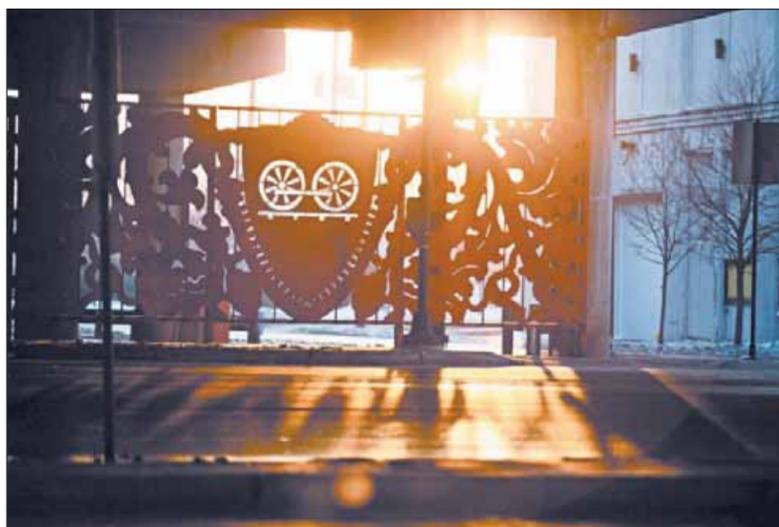
Continued from Page 1

get that day off; the better, I suppose, to participate in mattress sales and other commercial gimmicks in "honor" of King. There are even some meaningful events scheduled. Might I suggest what might be an enlightening do-it-yourself activity: walk or drive along our own Dr. Martin Luther King Jr. Drive, which stretches through the city from 22nd Street south to 115th Street.

A young filmmaker named Earl Hardy has walked that street and many other MLK byways across the country. Born and raised in Detroit and now living in California, he says, "We all learned in school about the contributions of Dr. King. But once I got old enough to explore the ways in which we as a nation were honoring him, mostly with street names, I realized the perplexing phenomena that so many MLK streets in the U.S. are located in blighted neighborhoods.

"Dr. King stood for diversity, inclusion and prosperity. But for many reasons, a lot of the streets that bear his name don't reflect this. They are not honoring his legacy. This situation is happening across the country in urban and rural cities alike. The situation on these streets is a good depiction of our society in general."

Hardy is in the process of raising the funds to make a film about this. "Its theme is that God has not forsaken the less fortunate," he says. "He has created men and women with the skills needed to



HEATHER CHARLES/CHICAGO TRIBUNE 2013

The sun comes up through an art installation on Martin Luther King Drive, just south of McCormick Place. South Park Way was renamed for King in 1968.

make positive change." Toward this end, Hardy and some friends, which include Chicago attorney-author Michael Wilder as a producer, are currently trying to raise the \$5,000 they anticipate they need via the Seed and Spark platform to begin filming in February and March. They want to make a 12-15 minute film that can act as a calling card for those who might fund a feature film. "I have known Earl since high school and into Michigan State University," says Wilder. "We always kept in touch after college and I recall having brunch with Earl during one of his visits to Chicago some years ago and he was so excited talking about writing a script about MLK Boulevard, which he described it as light-hearted yet thought-provoking.

"I was intrigued and after reading his script and immediately wanted to be

part of this journey. I see Earl as the next Jordan "Get Out" Peele. He is smart, insightful, funny, and loves writing and directing. He's the entire package."

They are certainly not the first to be drawn to this complicated subject.

Jonathan Tilove, the chief political writer for the Austin American-Statesman newspaper, visited more than 600 MLK streets across the country in the company of photographer Michael Falco for their 2003 book, "Along Martin Luther King: Travels on Black America's Main Street." In the book, he writes, "Map (the streets) and you map a nation within a nation, a place where white America seldom goes and black America can be itself. It is a parallel universe with a different center of gravity and distinctive sensibilities, kinship at two or three degrees of separation, not six.

There is no other street like it."

He also writes, "For many whites, a street sign that says Martin Luther King tells them they are lost. For many blacks, a street sign that says Martin Luther King tells them they are found."

Derek Alderman, a professor of cultural and historical geography at the University of Tennessee-Knoxville, studies race, history and MLK streets. He writes on his website, mlkstreet.com, "the King street naming phenomena ... is an important indicator of local political tensions as well as broader debates about race, memory, and place in America."

Alderman is to be one of the people featured in Hardy's film. There will be other experts but also actors and musicians. "This is not going to be some sort of dry academic look at the topic," Hardy says. "It is a



CHRIS SWEDA/TRIBUNE 2014

King Drive runs through the Bronzeville neighborhood with the Chicago skyline in the background.

**"Dr. King stood for diversity, inclusion and prosperity. But for many reasons, a lot of the streets that bear his name don't reflect this."**

— Earl Hardy, filmmaker

look at the reasons how these streets came to be, why many of them are struggling and what can be done to revive them. It will be far from heavy-handed but filled with stories and even comedy."

Indeed, one of the inspirations for the film is an old routine from comic Chris Rock. In a performance clip on YouTube, Rock says, in part, "If you're on Martin Luther King Boulevard, there's some violence going down."

Chicago plays a prominent role in any website, book or discussion of MLK streets and it will in Hardy's film. This is because we were the first municipality to name a street in King's honor. Against a backdrop of political hanky-panky, fearfulness and heated debate, South Park Way became

Martin Luther King Jr. Drive on Aug. 8, 1968.

"I will tell you that a few MLK streets are in good shape, meaning that they have diverse populations and thriving businesses," says Hardy, who goes on to name such MLK street-friendly places as Albuquerque N.M., Austin, Texas, and New Bern in North Carolina.

But he was in Detroit visiting family for the holidays and took a walk.

"Our MLK street in Detroit is in serious need of a face lift" says Hardy.

He hopes to complete his film by May. In the meantime, feel free to explore our MLK byway and let me know how that makes you feel, what that makes you think.

rkogan@chicagotribune.com  
Twitter @rickkogan

# Can Lin-Manuel Miranda help Puerto Rico?



CHRIS JONES

SAN JUAN, PUERTO RICO — One day before “Hamilton” opened on Jan. 11, an openly gay rapper and progressive activist named Kevin Fret was killed as he rode through San Juan. CNN reported that Fret’s death was part of a “wave of killings,” likely drug and gang related, that had seen 24 murders in Puerto Rico in the very young year of 2019.

As a point of comparison, the Chicago Tribune’s crime team had tracked 11 murders in Chicago in 2019 as of Jan. 12. The population of Puerto Rico is about 3.3 million. The population of Chicago is about 2.7 million.

Fret’s murder — especially devastating to many progressives and reformers on the island — came up at the “Hamilton” opening when local media got the chance to pepper Lin-Manuel Miranda with questions. Other questions involved Donald J. Trump, more specifically what his administration might or might not do to impact the fiscal fortunes of an island still recovering from a devastating hurricane. Others were about the Puerto Rican quest for statehood. The press conference revealed one thing above all else: Puerto Rico puts a great deal of trust in Miranda, whom it clearly sees not only as someone with access to powerful politicians but as one of its most important spokespeople of both the present and the future. Puerto Rico had intuited Miranda’s intense love for the island of his father’s birth — he had just wrapped himself in the Puerto Rican flag, after all, and raised a whopping \$15 million for local non-profits from a three-week run of one Broadway musical, never mind the production’s wider economic impact.

Now the local media was trying to figure out what that meant for the future. How involved, exactly, did Miranda intend to be?

To a visitor, this all seemed like an enormous amount of pressure to put on a 39-year-old actor-



ZBIGNIEW BZDAK/CHICAGO TRIBUNE

Lin-Manuel Miranda waves the Puerto Rican flag after his performance in “Hamilton” on Jan. 11, the opening night of a three-week run at Centro de Bellas Artes Luis A. Ferré in San Juan, Puerto Rico.

writer-composer from New York City, a kind man with a young family of his own.

Barely a day or so before, Miranda had announced plans to rescue a beloved but wounded New York entity known as the Drama Book Shop, an eccentric retail establishment in Midtown Manhattan that had been struggling, like many independent businesses in New York, with skyrocketing rents, not to mention all of the usual online competition. But in theater circles, the Drama Book Shop was beloved not just a bookstore but as a gathering place for the impecunious young artists who descend on New York and were welcomed into the store to read plays or hold readings or find a like-minded community, or all of the above.

Miranda had been one of those struggling artists. Even though the investment was a blip in Miranda’s net worth (and he had help from similarly affluent friends), his decision to save the little store felt an act of extraordinary personal generosity. Most ordinary people imagine that, should success and great wealth come their way, they will remember those places who helped

them on their way up. But the reality we see, or perceive, is that most celebrities forget, or become too distracted in their own careers. Miranda had remembered. On social media, many talked about bursting into tears after hearing the news.

A cynic might say that this was very on-brand for Miranda, a politically astute artist with a profound understanding of how the arts change lives more easily when they are inclusive and traffic in the heart. But those who knew him better saw the act merely as doing what he believed needed to be done.

Of course, the issues facing Puerto Rico are a lot harder to solve than the needs of a little bookshop. But the care for the latter had symbolized great promise for the former.

“Hamilton,” the musical, was not just a show in Puerto Rico. Its appearance there with Miranda in the lead role was read locally — accurately — as a major philanthropic and political commitment from the Miranda family. On one hand, “Hamilton” is a massively successful and profitable piece of live entertainment, all the more remarkable for having emerged from the portfolio of

an independent producer, Jeffrey Seller, rather than one of the major Hollywood conglomerates looking to extend its brand to Broadway. On the other, it has made its money while espousing a progressive political mission, mostly articulated by Luis Miranda, Lin-Manuel’s father and a Democratic Party political operative with years of experience. Any for-profit show that charges this much for its tickets (some affordable exceptions aside) is vulnerable to attacks from the left, and “Hamilton” has been no exception. But none of the mutterings of “colonialization” seemed to come from Puerto Rico itself. Most people on the island were thrilled the show was here, not least because they realized that it brought with it enormous amounts of media attention.

When asked about Fret’s murder, Miranda understandably had to say that he’d been hard at work on preparing for “Hamilton” and had not been as able to keep up with the daily news on the island as he might have wished. He was quickly forgiven, but if you watched his face on that night, you could see the dawning of an awareness of increased responsibility. Like all people who find

themselves with money and power, Miranda will have some tough decisions to make in terms of how he spends his time and resources. The world is filled with intractable problems, and, as he wrote in “Hamilton,” we’re all running out of time.

To make matters even harder, a life of high-profile activism and celebrity also can make it hard to find the time to make art. Maybe that’s of greater worth.

Back on the mainland, there was the spectacle of the marriage of Jeffrey Bezos, the world’s richest man, imploding on the tabloid pages, even as Bezos put out a statement that both parties were proceeding with love and respect, an assertion that lurid texts seemed to undermine. And Bezos is the owner of The Washington Post, and justly beloved by journalists for his investment in the paper. Here was one way a personal life could go — something that does not help philanthropic or professional achievements. Bezos was hardly the first man to be in such a situation, nor will he be the last. Humans are imperfect and our lives are messy — which is always the peril of personal brands.

Even as “Hamilton” performed, the movie director Steven Spielberg and his screenwriter Tony Kushner were on the island trying to make the artistic citizenry of San Juan comfortable with their upcoming movie version of “West Side Story.” Speaking at a local university, they reportedly argued they wanted to make a different kind of film, a more authentic picture of the life of the Sharks, using as many actors from Puerto Rico as possible. But they had a stricture that “Hamilton” did not — the original material from the 1950s.

According to the Hollywood Reporter, levels of local comfort varied, memories being long.

Interestingly, “West Side Story” soon will be filming partly in the same Upper Manhattan neighborhoods as another Miranda project, the movie version of “In the Heights.”

It is not hard to predict who the local residents will trust more.

Chris Jones is a Tribune critic.

cjones5@chicagotribune.com



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## BOOKS

## BOOK REVIEW

## Bellow: 'Was I a man or was I a jerk?'

Biographer  
Leader returns  
to that question

BY JULIA M. KLEIN  
The Washington Post

The introduction of Zachary Leader's definitive, two-volume Saul Bellow biography poses a fundamental question, which he attributes to the novelist on his deathbed: "Was I a man or was I a jerk?"

In a narrative at once pointillist in its detail and sweeping in its scope, Leader doesn't always hew closely to this characterological theme. But he returns to it in the final paragraph of "The Life of Saul Bellow: Love and Strife, 1965-2005." And it remains a useful lodestar in following Bellow's journey from his Russian and Canadian Jewish roots to his (sometimes self-inflicted) personal ordeals and transcendent literary success.

By the time Leader, a professor of English literature at London's University of Roehampton, picks up the story in "Love and Strife," Bellow has achieved the status of an icon. Living in Hyde Park and teaching at the University of Chicago, he remains married to his third wife, Susan Glassman, though "relations with Susan were already strained."

Already acclaimed for "The Adventures of Augie March," "Henderson the Rain King" and "Herzog," he would go on to publish such novels as "Mr. Sammler's Planet," "Humboldt's Gift" and "The Dean's December," as well as a work of Middle Eastern reportage, "To Jerusalem and Back," and assorted short stories, novellas and plays. He would garner three National Book Awards, a Pulitzer Prize and, in 1976, the Nobel Prize in Literature. "I'm glad to get it," he said of the Nobel. "I could live without it."

In mid-20th century America, the written word not yet having ceded so much territory to screens large and small, literary fame mattered. Bellow counted many of the leading writers of the age — Philip Roth, Bernard Malamud, John Cheever, Mary McCarthy, James Berryman, Delmore Schwartz, Robert Penn Warren — as intimates. He supped with Marilyn Monroe, feuded with John Updike and hobnobbed with the late Mayor Richard J. Daley.

Leader's Bellow is a man of fierce intellect, mercurial temper and outsized charisma, kind to his secretaries and other underlings but prickly and fickle in his allegiances to friends, girlfriends and four of his five wives. The fifth wife, Janis



American writer Saul Bellow in Paris.

Freedman, 43 years his junior, who had been his graduate student and secretary, cared for him through physical illness and dementia and gave birth to his daughter, Naomi Rose, when he was 84. She offers the biographer a roseate picture of their romance. Asked why Bellow had married so many times, she tells Leader: "He was looking for me."

Through the scrim of divorce and celebrity, Bellow maintained what Leader describes as loving but conflictual relationships with his three sons (Greg, Adam and Daniel), one from each of his first three marriages. Their pain over his neglect and intermittent cruelty remains piercing.

Whatever his failings, Bellow had a prodigious work ethic. He consistently set aside his mornings as writing time, screening out distractions. He also taught (eventually leaving the University of Chicago's Committee on Social Thought for Boston University, nearer to his Vermont vacation home); traveled widely; gave public lectures for increasingly lavish fees, and expressed political views that seemed to move rightward as American culture, in the late 1960s, shifted left. He was so peremptory — and powerful — in dealings with his American literary

agents that they referred to him as "God."

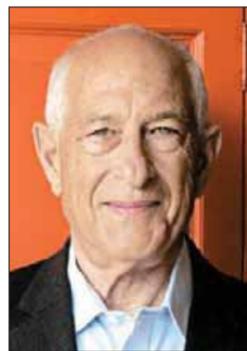
Bellow's personal life was spectacularly unruly. Quoting Bellow, Leader titles one chapter, "All My Ladies Seem Furious"; the next one is "Bad Behavior." Bellow married smart, even brilliant women (his Romanian-born fourth wife, Alexandra Ionescu Tulcea, was a mathematician of considerable accomplishment) and cheated on them with other smart women. He parlayed his intellectual vigor, charm and literary stardom into seduction, often reading his own work aloud to women he coveted.

That tactic paid off with Maggie Staats, the 24-year-old future magazine editor with whom he conducted a turbulent affair that began during his third marriage. "It is absurdity," the 51-year-old Bellow writes to Maggie. "But what a super-absurdity not to love you." There were numerous other (mostly very young) women in his life around the same time, all competing for his favors. One of the few to remain anonymous, 35 years his junior, remembers having learned from Bellow about Mozart's operas as well as "how to make a vinaigrette and a martini." Leader concludes that "not all Bellow's relationships with women ... were fraught and

painful."

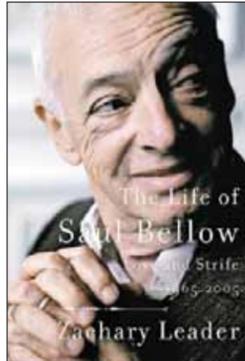
Bellow enjoyed cooking and cleaning, unusual for men of his day. But he was competitive, self-centered and, certainly by today's standards, misogynistic. Volume I describes physical altercations with his second wife, Sasha. In Volume II, he is mired for years in a vitriolic divorce battle with Glassman, who was seeking her share of his ballooning income. (Bellow's underestimation of his financial worth likely helped prolong the Dickensian legal proceedings.) But under Alexandra's benign influence, in the 1970s, he sought redemption, Leader argues: "Bellow was looking ... to be a man, or a mensch, not a jerk," in his work, his relationships and his "wider social and political engagement."

Even so, he still veered off track. Sometimes tarred as a racist, Bellow was supportive of the civil rights movement and friendly with some black writers, notably Ralph Ellison, whose novel "Invisible Man" he admired. But his critics seized on his stereotypical, sexualized portrayal of a black pickpocket in "Mr. Sammler's Planet" (1970) and his critique of multiculturalism in a New York Times interview with his future biographer James Atlas. Bellow, who had studied an-



ALICE LEADER PHOTO

Zachary Leader, a professor of English literature, authored the biography "The Life of Saul Bellow."



### 'The Life of Saul Bellow'

By Zachary Leader, Knopf, 784 pages, \$40

thropology in graduate school, claimed the controversial comment — "Who is the Tolstoy of the Zulus? The Proust of the Papuans? I'd be glad to read him" — was taken out of context, but Leader, assessing the evidence, is skeptical.

Leader also highlights the irony of Bellow's disdain for the politics of sexual liberation, even as he indulged in its possibilities with novelistic abandon. Like his friend Roth, he peopled his fiction with his alter egos (Moses Herzog and Charlie Citrine, of "Humboldt's Gift," among them) and other characters purloined from his acquaintance and easily recognizable to others.

Bellow's friends and his rivals, his wives and his girlfriends, pop up repeatedly, sometimes in different versions, sympathetic and less so. Leader is conversant with every permutation. (One thinks of Picasso, painting his wives and lovers alternately as maternal beauties and devouring harpies as his relationships evolved and dissolved.)

Even when portraying his closest friends, Bellow could be savage. In his last novel, "Ravelstein" (2000), Bellow essentially outed his late colleague Allan Bloom (celebrated and reviled for his 1987 conservative best-seller, "The Closing of the American Mind") as gay

and suggested that Bloom had died of AIDS (debatable, according to Leader, who airs dissenting views). That "Ravelstein" was published as fiction complicates the analysis, even if it doesn't fully mitigate the apparent betrayal.

Such thinly veiled fictions pose temptations and traps for the biographer, especially one, like Leader, trained in literary criticism. Leader expends considerable effort identifying the real-life counterparts to Bellow's characters and explicating how the two diverge. In Volume I, for which living sources were less readily available, he may have relied too heavily on the fiction to fill in Bellow's early years. Elsewhere, though, he is at pains to point out the pitfalls of such an approach.

Even granting its biographical fecundity, Leader's deep-dive literary criticism interrupts and weighs down his otherwise fast-paced narrative. Meticulous and larded with quotes, it is less compelling than the firsthand testimony of those who lived with, loved and sometimes hated Bellow.

Leader, who began the project in 2007, says he met the writer only once, at a 1972 Cambridge, Mass., garden party. Unlike previous biographers (Ruth Miller, Mark Harris and, particularly, Atlas), he was never able to interview him. But he benefited from untrammeled access to Bellow's papers, his three surviving wives (Glassman and Bellow's first wife, Anita, were dead), many of his girlfriends, and all four Bellow children.

Their emotional recollections render Volume II — even more so than Volume I — "painfully intimate," in Philip Roth's words. With Bellow's widow, Janis, as a primary source, Leader is able to re-create Bellow's final years and even final days with extraordinary precision and tenderness. (Despite my horror at Bellow's treatment of women, I had tears in my eyes as he collapsed into decrepitude and Janis stayed loyally, lovingly, by his side.)

Having done his best to underline Bellow's humanity, Leader finesses the question he posed at the start of the enterprise. After all, Bellow could be both a man — a good one — and a jerk, depending on the situation. "(I)t is the fiction, not the life, that is most admirable, honorable, and truthful," Leader concludes, and presumably the fiction that will endure. So, too, will this revelatory biography.

Julia M. Klein is a cultural reporter and critic in Philadelphia.

## Crime fiction roundup

BY LLOYD SACHS  
Chicago Tribune

**"Tear It Down" by Nick Petrie, Putnam, 384 pages, \$26**

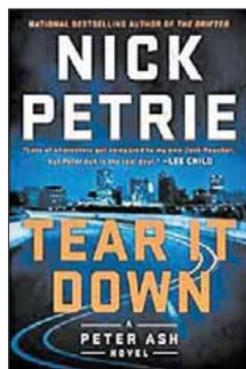
Peter Ash, Milwaukee novelist Nick Petrie's wide-roaming, problem-solving war veteran, has been compared to Lee Child's Jack Reacher so frequently that it feels necessary to state: No, Ash is not the equal of Child's mysterious hero in terms of style or originality. Who is? But thanks to his own distinctive traits, Ash is still a highly enjoyable character. "Tear It Down," the fourth installment in the series, takes the ex-Marine to Memphis, where he goes to help Wanda, a photojournalist who, like him, deals with post-traumatic stress from her time in various war zones. She is being harassed by anonymous callers, culminating with someone driving a dump truck into her living room. Ash, targeted himself after he attempts to repair

the old brick house, quickly learns the powerful gang leader King Robbie is behind the violent campaign. Though there are some good action scenes in "Tear It Down," Petrie's overall restraint and devotion to character are what set the novel apart. His best new creation is Eli, a skinny teenager under King Robbie's thumb to whom Ash takes a liking, even after the kid pulls a gun on him and steals his vintage Chevy pickup truck. One good reason: He's a prodigious blues guitarist whose future must be protected.

**"As Long as We Both Shall Live" by JoAnn Chaney, Flatiron, 336 pages, \$27.99**

"If you try to kill your wife without a plan, you will fail," reads the opening line of up-and-comer JoAnn Chaney's second novel, "As Long as We Both Shall Live." In these pages, love and marriage go together like a horse and

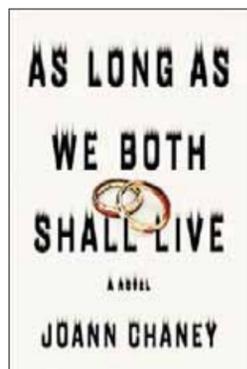
carriage with a rattlesnake ready to strike from underneath. The marrieds are Matt and Marie Evans of Denver, whose relationship takes a shocking turn when Marie goes sailing off a cliff in Rocky Mountain National Park while her husband is relieving himself in the bushes. This happens 23 years after Matt's first wife, Janice, was brutally beaten and set on fire in their bedroom in Madison, Wis. — while Matt and his full bladder were in the bathroom. To divulge anything more would require serial spoiler alerts. Let's just say this twisty, noir-soaked book, which will appeal to fans of Megan Abbott and Laura Lippman (not to mention James M. Cain), makes a cutting statement about the plight of even the most feminist wives, too often "trapped like a desperate animal in a cage. You could call it Stockholm Syndrome, or you could call it marriage." Though the back-and-forth



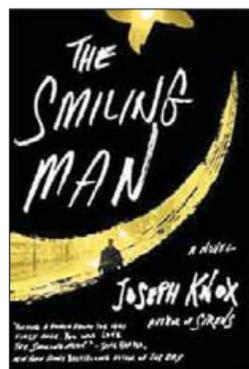
structure can be awkward, there's never a point in which Chaney doesn't have you in the palm of her hand — not that it's a place you're ever sure you want to be.

**"The Smiling Man" by Joseph Knox, Crown, 400 pages, \$26**

Manchester, England, is the setting of "The Smiling Man," the second novel to feature the troubled young police detective Aidan Waits. As usual, he's been ruffling top brass, this time by insisting on going after a politically connected right-wing TV commentator for



sexually harassing a teenage girl. Of greater concern is the unidentifiable body found in a shuttered old Victorian hotel, the Palace, his filed down teeth locked into a rictus grin. Did the murder have something to do with the owners, a recently separated couple who have publicly squabbled over attempts to sell the monstrosity? Waits, who has been demoted to the graveyard shift for stealing drugs from the evidence room, isn't entirely unhappy about working in the middle of the night. But as his defenses against traumatic



childhood memories weakened as a result of his going off drugs, he's all too aware of the possibilities of losing himself completely in the job. Gazing at a sickly looking male nurse in a hospital, he muses, "I wondered if he'd begun working here as a healthy person and then slowly absorbed the aura of madness and death surrounding him." The more he infuriates his superiors, the more he maintains his sanity.

Lloyd Sachs, a freelancer, writes regularly about crime fiction for the Tribune.

## THE BIBLIORACLE

## Learn from a good limerick

BY JOHN WARNER  
Chicago Tribune

There once was a woman named Bindy who comes from the city that's windy ... Bindy Bitterman, a Chicago-area woman in her 80s, recently emailed me to ask what I thought of limericks. I am a fan, as is Bitterman, who subsequently sent me a smattering of the limericks she writes for children. It's a collection she hopes will one day interest a publisher, and one that took me back to my own childhood when limericks were a staple of my learning how to write.

Hopefully, we're all familiar with the form, but here's a quick refresher: Each stanza of a limerick has five lines. The first, second and fifth lines rhyme and are generally written in an anapestic meter of unstressed then stressed syllables: ba DUM, ba ba DUM, ba ba DUM.

There once was a man from Nantucket ... One of my school limericks has been preserved for the ages in my fifth-grade writing portfolio, inexplicably preserved by mother Biblioracle.

Once there was a man named Joe Who had a girlfriend named Flo They went to a game Where Joe picked up a dame And that was the end of Flo Clearly not my best work, but it illustrates something young people should be learning about writing — namely, that there is a music to prose, and developing an ear for that music is part of a well-rounded reader's (and writer's) abilities. My stretch for "dame," a word I don't think I'd used before (or since) is me trying to solve a writing problem, and solving writing problems is how we learn to write.

Bitterman turned to the limerick after 48 years of marriage, raising four kids, assisting with her husband's custom jewelry business and running an antique store. A onetime English major at Northwestern and lover of doggerel verse of all types, after her retirement and her husband's death several years ago, she was "fixed up on a date" with a man who was a member of The Society of the Fifth Line, an all-male group dedicated to limericks that stretch into R- and even X-rated territory.

Bitterman was more interested in writing for children and has found great pleasure in solving the problem of writing a good limerick. She's inspired by something that "tickles" her and then goes searching for rhymes, the sillier the better. Bitterman works at a higher degree of limerick difficulty, crafting three related five-line stanzas for each poem.

I'm wondering if limericks are the fountain of youth. In addition to the delightful Bindy Bitterman, consider Larry Eisen-



TERRENCE ANTONIO JAMES/CHICAGO TRIBUNE

Bindy Bitterman, 87, has a passion for writing limericks.

berg, recently eulogized in The New York Times after dying at age 99, who was best known for posting comments on news articles written in the form of limericks. Eisenberg had posted more than 13,000 comments to The Times since 2008.

If you're confused about how a limerick should look and sound, Bitterman will show us the way.

## How to read — and maybe write — a limerick

By Bindy Bitterman

There was a young lady named Pearl Who lived all her life in a whirl She would go out for sports

In her tee shirt and shorts And the audience cried, "Atta girl!" Now, read this next verse just like that: Your voice should be lilting, not flat. The middle, you see, Could rhyme a, b, c, d, But the last line? Sat, rat, fat or bat! What's hard is to do a good rhyme (Tho you can do something silly, like I'm!) If you stick to the patter That makes it all matter You're a limerick writer, big time!

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

Twitter @biblioracle

## Book recommendations from The Biblioracle

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

1. "Autumn" by Karl Ove Knausgaard
  2. "True Grit" by Charles Portis
  3. "An Absolutely Remarkable Thing" by Hank Green
  4. "The Last Equation of Isaac Severy: A Novel in Clues" by Nova Jacobs
  5. "Tyrant: Shakespeare on Politics" by Stephen Greenblatt — Mike S., Kansas City, Mo.
- My finely tuned Biblioraciling instincts tell me that Mike will enjoy "36 Arguments for the Existence of God: A Work of Fiction" by Rebecca Newberger Goldstein.

1. "The Fog Seller" by Don Daglow
  2. "The Rooster Bar" by John Grisham
  3. "The President Is Missing" by Bill Clinton and James Patterson
  4. "Little Fires Everywhere" by Celeste Ng
  5. "Killers of the Flower Moon: The Osage Murders and the Birth of the FBI" by David Grann — Don A., Plainfield, Ill.
- I think Don is ready for some Megan Abbott. It's impossible to go wrong, but I'll suggest he start with "The Fever."

1. "The Goldfinch" by Donna Tartt
2. "The Birth of Venus" by Sarah Dunant
3. "The Particular Sadness of Lemon Cake" by Aimee Bender
4. "Matterhorn: A Novel of the Vietnam War" by Karl Marlantes
5. "Stiff: The Curious Lives of Human Cadavers" by Mary Roach — Sherry L., Frankfort, Ill.

In her email to me, Sherry had very kind things to say about my book-recommending acumen, which I'd like to say does nothing to sway my decision to make a recommendation — except it totally sways my decision. I think Sherry may enjoy Elizabeth McCracken's "The Giant's House."

## Get a reading from the Biblioracle

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

**Chicago Tribune**

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by John Patrick Shanley

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Anderson's Bookshop in Naperville welcomes author Liam Callanan with the new paperback edition of his bestselling novel, *Paris by the Book*. This event is free and open to the public. To join the booksigning line, please purchase the author's featured book at Anderson's Bookshop.

**TOM WATSON**  
Stick Dog Gets the Tacos  
Monday, January 28 at 7 pm  
Anderson's Bookshop  
123 W. Jefferson Ave. Naperville  
630-355-2665  
[www.andersonsbookshop.com](http://www.andersonsbookshop.com)

Anderson's Bookshop in Naperville welcomes back favorite children's author Tom Watson with his fun new children's title, *Stick Dog Gets the Tacos*. This event is free and open to the public. To join the booksigning line, please purchase the author's featured book at Anderson's Bookshop.

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—Barbara Kingsolver

**Chicago Tribune**

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# CJP doubles down on 'Immigrant Stories'



**HOWARD REICH**  
On Music

After President Donald Trump signed an executive order banning refugees from predominantly Muslim countries, in 2017, Chicago trumpeter-bandleader Orbert Davis went to work.

His Facebook protest quickly drew robust responses from fellow musicians and prompted him to create "Chicago Immigrant Stories," a series of cross-cultural musical workshops culminating in a massive concert last June at the Pritzker Pavilion in Millennium Park. Chicago-based musicians of Chinese, West African and South Asian heritage collaborated with Davis' Chicago Jazz Philharmonic in a majestic evening designed to bring people together, rather than tear them apart.

In what feels like a gesture of defiance amid the current acrimony over Trump's proposed southern border wall, Davis and friends have decided to create a follow-up edition of "Chicago Immigrant Stories." This time, Davis will collaborate with Greek musicians and others at the National Hellenic Museum, in Greektown, on Jan. 24; and with Mexican musicians and others at the National Museum of Mexican Art, in Pilsen, on Feb. 21. Then, just as he did after last year's preliminary sessions, Davis will bring all these musicians together for a culminating, boundaries-defying concert, which he hopes again to stage at the Pritzker Pavilion in Millennium Park.

Why return to the theme of immigration?

Davis responds with a rhetoric question of his own.



TERRENCE ANTONIO JAMES/TRIBUNE FILE

Orbert Davis leads the Chicago Jazz Philharmonic in the world premiere of "Chicago Immigrant Stories" last June in Millennium Park.

Can we really say that we're in better shape this year than we were last year?" he asks.

"Life doesn't end with the communities we focused on last year. This concept should be taken all over the world, so people can understand what democracy really is, and what diplomacy is all about."

In essence, Davis is tying the identity of the much-admired CJP to the topic of immigration and, perhaps more broadly, to the way in which we regard those who look and sound different than ourselves. In so doing, he's following what musical giants before him have done: addressing social justice through jazz. Just as clarinetist Benny Goodman defied the racism of his day by integrating his bands in the 1930s, and just as singer-songwriter Abbey Lincoln joined with drummer Max Roach and Chicago singer-songwriter Oscar Brown, Jr. in 1960 to protest racism anew with their "We Insist! Freedom Now Suite," so Davis and friends are making a statement.

"If we build a wall, we have no

need for the Statue of Liberty," says Davis. "We've had walls before. We've had an African-American/white wall. Jews/American walls. Chinese/American walls. There was a time when we put these walls up in our mind and said we only want people that look like us."

Whether music can tear down these walls is open to debate, but Davis and his CJP colleagues believe last year's experiment was promising. Beyond the estimated 7,000 people who crowded Millennium Park for the first "Chicago Immigrant Stories," the event made inroads in linking communities, according to the CJP. The organization polled attendees at the sessions leading up to the Millennium Park concert, the data showing that 40 percent of the audience was new to CJP, 61 percent shared an ethnic identity with the concert's artists and 59 percent attended the venue for the first time.

"I feel we really just scratched the surface on what the impact could possibly be," says CJP executive director Birdie Soti.

"Just given how many immi-

grant communities and immigrant musicians that are in our city that contribute to so much of our artistic fabric and vitality, this series certainly could go one for years or decades to come.

"Last year, when we were doing the series, it came out of the Muslim ban," adds Soti. "Certainly, in today's day and age, this issue continues to expand in so many ways that have not been foreseen."

In another indication of the resonance that the CJP has found for this issue, financial support has been wide, says Soti. Last year, funding came from the Caerus Foundation, Chicago Community Trust, Reva and David Logan Foundation and the Seabury Foundation, plus various community partners. This year, the Reva and David Logan Foundation has returned, and ComEd's "Powering the Arts" program has backed the venture, as well, while Soti and colleagues continue to pursue additional financial support.

"From a fundraising standpoint, it has been a very compelling project to pitch to potential funders, as we start to see a greater interest and need for things (linking) art and social justice," says Soti. "The social justice area is an opportunity that CJP has, as an organization, to explore deeper."

"We're laying all this out as a free series. We feel it's important to be offered free and open to the general public and open to as many audiences as possible, so we're leaning heavily on the funding community for it."

At the very least, judging by last summer's concert, the convergence of musical cultures stands to yield an opus that sounds like nothing else we've heard. During last June's world premiere, "Chicago Immigrant Stories" took listeners deep into musical idioms

unfamiliar to many of us.

In the opening "Fantasy on Journey to Gusu" movement, Chinese and African-American idioms intertwined via ethereal phrases from Kerry Leung's bamboo flute and the CJP's swing undertow. In the "Raga to Raga Journey" movement, Hitesh Mater Nayak's vocal chant, Kalyan Pathak's intricate hand percussion, Howard Levy's blues-drenched harmonica riffs and the CJP's surging orchestral accompaniment demolished walls separating music of India and America.

"We sought to unify Chicago, and I know of no other way than through music," says Davis. "Not just the music of one particular community, but multiple communities."

For this year's venture, he adds, "We want our audience to learn more about Mexico than they ever knew before, to strip their minds of the stereotypes and strip their minds of the vile things that were said."

"If 'Immigrant Stories' is a defining saga of CJP, I'd be happy with that."

As for the future, "I will do it again," says Davis. "I will do it every year, if needed."

The second "Chicago Immigrant Stories" series will launch with sessions featuring saxophonist Athanasios Zervas and others, 6:30 p.m. Jan. 24 at the National Hellenic Museum, 333 S. Halsted St.; Juan Dies and Victor Pichardo, of Sones de Mexico, and others, 6:30 p.m. Feb. 21 at the National Museum of Mexican Art, 1852 W. 19th St.; admission is free; for details, visit [www.chicagोजazzphilharmonic.org](http://www.chicagोजazzphilharmonic.org).

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# Launched in 1956, 'The Price is Right' endures

BY KAREN HELLER  
The Washington Post

LOS ANGELES — Does Amie Yaniak know the price of a chili-red Mini Cooper? Oh, no, it appears she does not.

"I don't know what I'm doing! I have no idea how much that car is worth!" says Yaniak, a music therapist/vocal coach/health and wellness coach/tableside guacamole maker. (Hey, it's LA.)

On this particular morning, standing next to imperturbable host Drew Carey, it matters not one bit, because the relentlessly ebullient Yaniak was plucked to be a contestant on "The Price Is Right," America's most popular and longest-running daytime game show, launched in 1956, relaunched on CBS in 1972 and dedicated to contestants guessing the price of almost everything without ever going a penny over.

"The Price Is Right," after all, is one of the few game shows in which the audience pitches in suggesting prices and competition among contestants evaporates. In the sherbet-on-hallucinogens studio, stalled somewhere in the early 1970s, the audience howls competing prices so emphatically that Yaniak, 41, can't figure out what price to suggest.

"What? Say, what?" She is onstage at the Bob Barker Studio, named for the former host of 35 years (who's now 95), because she dreamed that this would happen, but also because she exhales exclamation marks, the ideal temperament for a "Price" contestant.

Who knew such joy could be derived from guessing the price of a can of Progresso chicken noodle soup? (\$2.69) For more than 5 million daily viewers, "The Price Is Right" is their happy hour. The show's success is anchored on delivering two American dreams simultaneously: face time on national television and scoring gobs of stuff for doing next to nothing. Whether it's through episodes or online forums, in line for a taping or at the live touring show, ardent fans relish the fantasy that knowing the price of ordinary goods can deliver wealth and untold splendor.

"We are ingrained in the American culture," says Rachel Reynolds, the doyenne of the show's five models, celebrating her 16th year of sporting skimpy attire while gesturing toward cars and outdoor furniture sets. "It has gotten so many people through a rough time."

Contestant Kyland Young, 27, a Los Angeles marketing manager, watches because his grandmother watches. It's an heirloom program, passed down through generations. "Every time you were home from school, it was on," Young says. "It was on all the time."



JENNA SCHOENFELD/FOR THE WASHINGTON POST

Amie Yaniak, of Encino, Calif., reacts to getting one of two spots in the Showcase Showdown during a taping of "The Price Is Right," the most popular and longest-running daytime game show on American TV.

It's on all the time in plenty of places. Homegrown versions air in 42 countries and territories, including Morocco, Nigeria and Pakistan.

Change is tectonic on "The Price Is Right." Asked what's different since she joined the show, Reynolds pauses. "We used to give away grandfather clocks." Now the show highlights Louboutins, Jimmy Choos and, during Dream Car Week, a Maserati.

Sure, there are 77 games, special weeks and fresh models (the latest, former Ravens wide receiver Devin Goda, spends this episode largely shirtless). But so many other features are legacy: the theme song; the Manila price tag name stickers; the tagline "Come on down!" exhorting by dapper announcer George Gray, the show's fourth.

"It's the comfort food of television. It's mashed potatoes," director Adam Sandler says. (Not that one, although that Sandler memorably cast Barker in "Happy Gilmore.")

## It's the wheel!

Right past the craps tables and slots at MGM National Harbor outside Washington, D.C., is a stove-size version of the show's iconic Big Wheel (which weighs close to a ton and is a doozy to spin) and attracts far more attention than the cocktail waitresses in bodices sliced to their navels.

In 2004, the franchise spawned "The Price Is Right Live!" a wholly separate, touring road version offering 150 performances a year and, with a separate host, emcee and model, zero chance of meeting Carey.

Know what? Fans don't care! The four November performances at National Harbor's 3,000-

seat theater, with tickets from \$40 to \$167, basically sell out. When they roll out the Plinko board — a grid where contestants drop chips that land on printed dollar amounts that range from zip to holy moly — the audience reacts as though Lady Gaga has taken the stage.

Kristie and Mark Casey, with friends Teresa and Ryan Malisko, both of suburban Virginia, attend a show to celebrate their anniversaries.

"Anyone can win, and you can win a car. Even if you don't get picked, you're participating in the game," Teresa says. (Spoiler alert: They don't get picked.)

"It's so simple, everyone can do it," Kristie says. "It's not Jeopardy! And it's so much better than 'Wheel of Fortune.'"

On the television show, tickets are free, and all 300 audience members get interviewed as potential contestants. Many line up at dawn, almost six hours before taping at CBS Television City in LA's Fairfax neighborhood. In a covered porchlike area outside the studio with benches (and heat lamps for those frigid 60-degree mornings) are hopefuls from across the nation and several countries, ranging in age from 18 to great-grandparent, including more people of color than will be seen on other programs during an entire season.

If "Jeopardy" projects a studious mien, drawing contestants who ace standardized tests and dress for court appearances, "The Price Is Right" is its opposite. Contestants are extroverts, denizens of community theater, folks who appear lit while sober. They're attired in "Price" casual — bedazzled T-shirts, jeans, sneakers. Every show is a late-summer barbecue. These people come to play.

## An 'everyman' host

The first time CBS brass asked Carey to replace Barker, he said no. His sitcom had ended after nine seasons. He was "kind of retired," pursuing acting lessons, hoping for small movie roles.

CBS asked again. "What's your favorite thing to do?" an executive inquired. "I really like leaving big tips for people," he said — \$100 for a bottle of water, more for a pricey meal.

On this show, the suit said, "you get to do that every day by giving away prizes."

The thought occurred to Carey, "This is a chance to make soccer-team money." As in buying-a-soccer-team money. His initial salary, Variety reported, was high seven figures. That was 12 years of showcases ago. Carey, 60, is now a minority owner of the Seattle Sounders.

## The central mystery

How are contestants selected? The man responsible is co-producer Stan Blits, arguably the show's most important employee. On staff for four decades, Blits is the musical director (yes, there is one), "car strategist" and, with an associate producer, the interviewer of an estimated 53,000 potential contestants every year.

While the show tapes weeks in advance, it performs like live television. There are breaks, but contestants don't get do-overs. Contestants need to be the life of the party, to bring a level of stage presence that matches or exceeds that of the audience.

Before each taping, outside the studio, Blits lines up a group of 25 would-be contestants at a time, and then interviews each one for a minute or less, while perched in a director's chair.

"Performing is the worst thing you can do for me," he says. He asks a few questions, nothing taxing. Where are you from? What's your favorite game?

For each episode, nine will make it, reflecting a diversity of age, race and gender, but all human Roman candles, able to animate the show.

After he finishes with questions, the interview isn't over. Blits glances back at potential contestants to see if they "can sustain the excitement" when he moves down the line.

He's looking for someone like Yaniak, the tableside guacamole maker. She catches his attention immediately — and every time he looks back at her, she mimes mashing those avocados.

"Stop? Stop? Stop?" Yaniak asks 300 strangers where she should stop the gauge during the Range Game so that it lands within \$150 of the list price.

"I'm praying and hoping that someone has a car dealership and tells me the price," Yaniak says.

Well, it's \$23,250 — and she wins that chili-red Mini Cooper. Plus a 65-inch television and a Blu-ray player, which the show hands out like nachos.

"What? What? What?" she screams, jumping, palms pressed to her face.

But she's not done. Yaniak advances to the showcase, where two contestants bid on separate prize packages. Hers includes five days in New York, Dior shoes, a necklace, a wallet, a pair of sunglasses, a clutch.

Oh, and another car: A toothpaste-green Ford Fiesta.

Again, Yaniak hasn't a clue. "Thirty-seven thousand! No, \$34,000!" the audience yells. She stands onstage squinting, straining, hoping to hear her mother's suggestion. Finally, she hears her: "Thirty-three thousand!"

Yaniak wins the \$36,513 showcase. Her total haul for a few spirited minutes onstage: \$62,263.14.

"I've been going through a rough time. This is such a blessing," she says later. "Financially, this couldn't happen at a better time."

Except her mother has a heart attack. During the taping, although it isn't clear at the time. After the show, they go straight to the hospital. Surgery is successful.

Which Yaniak views as providence. Nothing deflates her euphoria. "A blessing in disguise, because my mother was supposed to leave the next day. Imagine if it had happened on the plane," she says.

"The Price Is Right," she believes, delivered a gift far greater than her winnings.

"Those people in the audience were really rooting for me. It was like a little family," she says.

## WATCH THIS: SUNDAY



Pete Holmes

**“Crashing”** (9 p.m., 11:35 p.m., 1 a.m., HBO): Fresh off a successful college comedy tour, Pete (Pete Holmes) returns to the New York club scene feeling more confident and reinvigorated as this quasi-autobiographical sitcom returns for Season 3. While the show’s original title stands, happily its main character no longer is having to rely on the kindness of friends who let him crash on their couch. In the season premiere, “Jaboukie,” Pete’s trying to pay his newfound success forward by taking promising comic Jaboukie Young-White under his wing.

**“Deadly Match”** (7 p.m., 11:01 p.m., Lifetime): College business major Trina (Alyssa Lynch) launches a unique dating website, Let’s Date, to finance her tuition. The site is a huge success, but Trina is shocked to discover why: It’s being used as a prostitution hub. She immediately takes the site down, but when one of her former users turns up dead, she scours the deactivated Let’s Date in search of clues.

**“Shark Tank”** (8 p.m., ABC): In tonight’s new episode, an entrepreneur from Willis, Texas, pitches her design for a cosmetics bag that lies flat, allowing easy access to contents. A group from California proposes an online boutique subscription shave club catering exclusively to women. Designs for functional cat furniture that is both durable and easy to clean are pitched by a team from Colorado and California, while a mother from Palo Alto, Calif., introduces her play dresses for mothers who have young children. Also: an update on Pet Plate, a pet food delivery service.

**“Ruby Herring Mysteries”** (8 p.m., HMM): “Silent Witness” is the subtitle of this new original movie — which looks an awful lot like a backdoor pilot for a new mystery franchise — starring Taylor Cole (“The Originals”) as TV consumer reporter Ruby Herring, who is attending her sister’s wedding when a family friend drowns under suspicious circumstances. Encouraged by her dad (Shawn Christian), a celebrated crime reporter, Ruby embarks on her own investigation.

**“Black Monday”** (9 p.m., 11:30 p.m., 1 a.m., Showtime): This scathing new comedy series wrings laughter out of bleak events as it revisits Oct. 19, 1987, when Wall Street suffered the worst stock market crash in its history. At its core, the show is a chronicle of how a brash group of outsiders wound up tanking the world’s largest financial system after taking on the blue-blood members of this old-boys club. Don Cheadle, Andrew Rannells and Regina Hall head the solid ensemble.

**“Seeking Sister Wife”** (9 p.m., 1 a.m., TLC): This unscripted series, which examines the challenges and rewards of either starting or expanding a plural marriage, opens Season 2 with a premiere called “It’s Time to Start Seeking Again!” which finds both Ashley and Dimitri Snowden and Jeff, Vanessa and Sharis Alldredge courting a new sister wife. Elsewhere, young newlyweds Colton, Tami and Sophie Winder remain on the down-low with their plural marriage, while Paige and Bernie McGee seek their first sister wife.

**“High Maintenance”** (9:30 p.m., 11 p.m., 1:30 a.m., HBO): Relax, you don’t have a contact high: This amiable, character-driven comedy series has indeed moved from its original Friday berth to a new Sunday time period as it launches Season 3. In the premiere, “M\*A\*S\*H,” some upsetting news awaits The Guy (series co-creator Ben Sinclair) as he returns to the city after time away in his newly acquired recreational vehicle, but he also makes an interesting new connection.

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## SUNDAY EVENING, JAN. 20

		MOVIES							
		PM	7:00	7:30	8:00	8:30	9:00	9:30	10:00
BROADCAST	CBS	2	† (5:30) NFL Football: New England Patriots at Kansas City Chiefs. (N) (Live) © HD				Magnum P.I.: “Winner Takes All.” (N) © HD		News (N) †
	NBC	5	† (6) Minions (PG, '15) **	Voices of Sandra Bullock.		Dateline NBC © HD			NBC 5 News at 10pm (N)
	ABC	7	America’s Funniest Home Videos © HD			Shark Tank (N) © HD	(9:01) Shark Tank © HD		News at 10pm (N) †
	WGN	9	The Goldbergs	The Goldbergs	blackish: “Old Digger.”	blackish © HD	Weekend News (N)	Instant Replay (N) ©	Chicago’s Best
	Antenna	9.2	Two Dads	Two Dads	Growing	Growing	Johnny Carson ©		
	This TV	9.3	In the Heat of the Night		In the Heat of the Night		In the Heat of the Night		Heat/Night †
	PBS	11	Victoria on Masterpiece © HD		Victoria on Masterpiece (N) © HD		Victoria & Albert: The Wedding (N) © HD		Check, Please!
	The U	26.1	Broke Girl	Broke Girl	Engagement	Engagement	Broke Girl	Broke Girl	Seinfeld ©
	MeTV	26.3	Columbo: “Murder Can Be Hazardous to Your Health.”				Touch by an Angel ©		Ngt. Gallery
	H&I	26.4	Star Trek ©		Star Trek: Next		Star Trek: Deep Space 9		Star Trek †
Bounce	26.5	† (5:30) Lean on Me **		Just Cause (R, '95) **	Sean Connery, Laurence Fishburne.				
FOX	32	The Simpsons © HD	Bob’s Burgers ©	Family Guy ©	The Cool Kids © HD	Fox 32 News at Nine Sunday		Fox Chicago Final Word †	
Ion	38	NCIS: Los Angeles © HD		Private Eyes © HD		NCIS: Los Angeles © HD		NCIS: LA †	
Telem	44	† (6) Parker (R, '13) ** ©		La voz (N) ©				Noticiero	
CW	50	Supergirl (N) © HD		Charmed (N) © HD		Big Bang	Big Bang	Mod Fam	
UniMas	60	† Sherlock Holmes: A Game of Shadows		Rambo (NR, '08) **	Sylvester Stallone.			Training †	
WJYS	62	Ever Increasing Faith		Truth of God		Pol-News		Van Impe (N)	
Univ	66	Mira quien baila All Stars (N)				Crónicas: Historias (N)		Noticias (N)	
CABLE	AE		Men in Black (PG-13, '97) ***	Tommy Lee Jones. ©		(9:01) Men in Black II (’02) ** © †			
	AMC		† (5) The Matrix (’99) ***	The Matrix Reloaded (R, '03) ***	Keanu Reeves. © †				
	ANIM		Crikey! It’s the Irwins (N)	Animals (N)   Animals (N)		Crikey! It’s the Irwins ©		Lone Star †	
	BBCA		† (4) The Green Mile ***	The Green Mile (R, '99) ***	Tom Hanks, David Morse. © †				
	BET		(7:02) Snakes on a Plane (R, '06) **	Samuel L. Jackson.		Martin ©		Martin © †	
	BIGTEN		† (6:30) College Hockey: Notre Dame at Wisconsin. (N)			Basketball	BIG Basketball & Beyond		
	BRAVO		Housewives-Atlanta (N)	Temptation Island (N)		Housewives-Atlanta	Watch (N)		
	CLTV		News at 7	News (N)	News at 8	News (N)	SportsFeed ©		News †
	CNBC		Shark Tank ©		Deal or No Deal ©		Deal or No Deal ©		The Profit †
	CNN		CNN Newsroom (N)		American Style (N) ©		American Style (N) ©		Style †
	COM		† (6:35) Dirty Grandpa (R, '16) * Robert De Niro. ©				Talladega Nights: Ricky Bobby †		
	DISC		Alaska (N)	Last Frontier (N)		The Last Alaskans (N) ©	Homestead		
	DISN		† Hotel Transilvania	Bizaardvark	Coop	Andi Mack	Star Wars	Bunk’d ©	Bizaardvark
	E!		Total Bellas ©		Total Bellas (N) ©		Nightly (N)	Total Bellas ©	
	ESPN		† HS Basketball (N)		UFC Top (N)   SportCtr (N)		NFL PrimeTime (N) ©		SportCtr (N)
	ESPN2		Golf (N)	UFC Event		2019 Australian Open Tennis: Round of 16. (N) (Live) © †			
	FNC		Watters’ World ©		The Next Revolution (N)		Life, Liberty & Levin (N)		Watters †
	FOOD		Guy’s Grocery Games		Worst Cooks (N)		Beat Bobby	Beat Bobby	Beat Bobby
	FREE		† (6:30) Moana (PG, '16) ***	Auli’i Cravalho © (SAP)			The Lion King (G, '94) *** © (SAP) †		
	FX		Jason Bourne (PG-13, '16) **	Matt Damon, Tommy Lee Jones. ©			Jason Bourne (’16) ** †		
	HALL		Winterfest Movie Countdown ©				Winterfest Movie Countdown © †		
	HGTV		Beach (N)	Beach (N)	Bahamas (N)	Bahamas (N)	Island (N)	Island (N)	Pool †
	HIST		American Pickers: Bonus Buys: “Small Business, Big Picks.” (N) © †						
	HLN		Death Row Stories ©		Death Row Stories ©		Death Row Stories ©		Death Row †
	IFC		Full Metal Jacket (R, '87) ***	Matthew Modine, Adam Baldwin. ©			Full Metal Jacket *** †		
	LIFE		Deadly Match (NR, '19)	Alyssa Lynch, Mitch Ainley. ©			Escaping the Madhouse †		
	MSNBC		Kasie DC (N) ©		Headliners (N) ©		Hope & Fury: MLK †		
	MTV		Ridiculous.	Ridiculous.	Ridiculous.	Ridiculous.	Ridiculous.	Ridiculous.	Ridiculous.
	NBCSCH		Snowboarding (Tape)		Bensinger	Poker (N)	Heartland Poker Tour (N)		Poker (N) †
	NICK		Alvin and the Chipmunks (PG, '07) **	Jason Lee. ©			The Office	The Office	Friends ©
OVATION		† (6) The Negotiator (R, '98) ***	Samuel L. Jackson.			Heat (R, '95) ***	Al Pacino. †		
OWN		Police Women of Broward		Police Women of Broward		Police Women of Broward		Police †	
OXY		Snapped ©		Mark of a Killer		Serial Killer With Piers		John-Truth †	
PARMT		We’re the Millers (R, '13) **	Jennifer Aniston, Jason Sudeikis. ©			Dumb & Dumber *** †			
SYFY		The Lost World: Jurassic Park (PG-13, '97) **	Jeff Goldblum. ©			Jurassic †			
TBS		Doctor Strange (PG-13, '16) ***	Benedict Cumberbatch. ©			Doctor Strange (’16) *** †			
TCM		All That Heaven Allows (NR, '55) ***		(8:45) Giant (G, '56) ****	Elizabeth Taylor. © †				
TLC		Sister Wives: “Meri, on Her Own...” (Season Premiere) (N)		Seeking Sister Wife (Season Premiere) (N)		Dr. Pimple			
TLN		Living-Edge	Manna Fest	In Grace	Turning Point ©	Insights		Let Think	
TNT		The Accountant (R, '16) **	Ben Affleck, Anna Kendrick. ©			The Sum of All Fears †			
TOON		Home Movie   H. Birdman		Mike Tyson	Burgers	Amer. Dad	Family Guy	Family Guy	
TRAV		My Haunted House ©		Fear the Woods (Season Premiere) (N) ©		Haunted Case Files (N)		Haunted †	
TVL		Raymond	Raymond	Raymond	Raymond	Two Men	Two Men	King	
USA		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Mod Fam	
VH1		Love & Hip Hop Miami		Love & Hip Hop Miami		Black Ink Crew: Chicago		Cartel Crew	
WE		Law & Order: “Ambitious.”		Law & Order ©		Law & Order: “Refuge.”		Law †	
WGN America		Last Man	Last Man	Last Man	Last Man	Last Man	Last Man	Last Man	
PREMIUM	HBO		† (6:05) Geostorm (’17) *		True Detective (N) ©	Crashing	High (Season) True Det †		
	HBO2		True Detective ©		He’s Just Not That Into You (PG-13, '09) **		Inherent †		
	MAX		American Animals (R, '18) ***	Barry Keoghan.		Getaway (PG-13, '13) * Ethan Hawke.			
	SHO		SMILF ©	SMILF ©	Shameless (N) ©		Black Mon	SMILF	Shameless †
	STARZ		Outlander (N) ©		Counterpart (N) ©		(9:01) Outlander ©		Counter †
	STZENC		† (6:10) The Other Guys		The Hunt for Red October (PG, '90) ***	Sean Connery. ©			



MOVIEPASS FILMS

Eero Milonoff, left, and Eva Melander each spent three hours in the makeup chair to transform into trolls for the movie “Border.”

## Behind the scenes of ‘Border’: A troll is born

Metamorphosis from actor to fantasy creature is an artful process

BY CRISTY LYTAL

Los Angeles Times

In the Swedish film “Border,” trolls don’t lurk under bridges or in magical kingdoms but pass as humans in our everyday world. For makeup and hairstyling team Goran Lundstrom and Pamela Goldammer, this nexus between fantasy and reality presented an intriguing challenge.

“That’s a unique aspect of this,” said Lundstrom, who crafted the prosthetics that Goldammer applied to lead actors Eva Melander and Eero Milonoff on set. Each actor’s transformation required three hours in the makeup chair.

“What fascinated me the most was the combination of a fantasy creature and a real person,” Goldammer said.

Melander stars as Tina, a

talented border guard who can smell the guilt of smugglers. Her nose never fails her — until confronted by a strange yet familiar man named Vore (Milonoff), who reveals her true nature.

The following is an edited transcript of a conversation with Lundstrom and Goldammer.

**Q: Did you have visual inspirations for your trolls?**

Lundstrom: I found this British actor called Eddie Marsan, who’s got a really interesting face. I did (a test makeup) where I basically took a lot of features from Marsan and put it on Eva. And then I decided that I wanted to change the nose, because it didn’t really fit her face; it changed her face too much into someone else. So I brought the nose back to her length and

just made a different type of nose. But the chin is based on Eero’s chin, I wanted to bring something from him onto her.

**Q: How did you make the actors look distinct as individuals, yet of the same “species”?**

Lundstrom: Eva and Eero have completely different proportions, so you don’t really have to be that worried about getting them to look too similar. But what I did was I made sure they had different noses, for sure. And also, Eva’s features are much softer. And with Eero, he’s a much more sinister character in general, so we could take him a little bit further. And I noticed that he actually used the sculpted features and made them even more exaggerated.

Goldammer: I wonder if he really spent time in the mirror working out different expressions. Because in the beginning, when I was applying the makeup on my

own, Eero had to be done either before Eva, and then wait for the next three hours in this makeup, or we would apply the prosthetics on him, then we’d do Eva (and Eero would have to finish his process after that). So then either way, he had three hours (to wait with his makeup at least partially on) where he would then go back in the hotel room or in his apartment, and he would just hang out. So I’m really curious because the moment his makeup and the paint was finished, he’d just get up and he would have changed his expression, have this cheeky twinkle in his eyes. It was really fantastic, and it was very creepy at times.

**Q: Did you do anything with their teeth?**

Lundstrom: Both of them had dentures. (Director Ali Abbasi) wanted them to be asymmetrical in general. So Eva’s eyelids are a little bit different. She has

a little bit thicker eyelid on one side, so she looks a little bit asymmetrical in her eyes. But for her mouth, I sculpted the teeth in a way so if they closed their mouths, it wouldn’t be a straight mouth anymore. It would be crooked.

**Q: What’s your technical process for crafting prosthetics?**

Lundstrom: So basically, I have to do a face cast of the person first. And we did that in silicone. We sculpt on a positive copy of that face cast in an oil-based clay that we use. She’s got nine pieces. Once it’s sculpted, we make molds and we cast silicone pieces out of the molds; most of it was silicone, but we also did some gelatin pieces for it, because it just behaves differently. There’s a crinkling effect you can get with silicone, where you get little wrinkles that are really annoying. So that’s why I went back to gelatin.

**Q: Are there any drawbacks to using gelatin?**

Lundstrom: In this case, we have the cold, because gelatin gets really stiff.

Goldammer: Most of the time we were outside, and it was cold at that time of the year. And there was one scene where they are swimming in the water together. So for these days, I asked Goran to make some silicone prosthetics. They look exactly the same, but they just don’t react to water. Or when we were outside for the sex scene where they were very little dressed, and it was a very cold day, you could feel how the gelatin got just a bit tougher. And I placed hand warmers on the cheeks, and it was just enough to bring them back. We didn’t have any problems. But I mean, for them, it was a pretty tough shoot, because they had to be in very cold water, running naked through a forest, shooting outside in very little clothes.

# Accessible

Continued from Page 1

ity Daniel shares with his mom. “The arts are part of the soul,” she said. “We try to expose Daniel to as many experiences that we possibly can and see what he likes. Anything you do to ultimately further the comfort of people with autism, you’re going to further the comfort of everyone, so I think it’s a wonderful thing that theaters are now becoming sensitive to.”

These kinds of tours are one spoke in a wheel of services to make art accessible to patrons with disabilities within Chicago’s theater community. Mobility issues? Wheelchair accessibility. Hard of hearing? American Sign Language-interpreted performances, complimentary assistive hearing devices, and performances with open-captioning are all available. Are you a patron with low vision? There are Playbills in Braille, large print and audio formats at the ready. Sensory-friendly performances are for those who may be sensitive to certain experiences such as bright lights or loud noises.

Many city theaters provide services to make it possible for people of different abilities to enjoy a performance, including Lookingglass, Goodman, Chicago Shakespeare, Second City, TimeLine and Victory Gardens, the latter of which has 25 years of access services and artistic programming under its belt.

“I have to give a shout-out to Chicago’s theater community right now,” Hatfield said. “There’s like 40 theater companies of all scales who are offering this programming and not just the big theaters – tons of storefront theaters who are doing this – all these tiny little spaces are offering a really sophisticated level of programming and that is the best part of Chicago.”

## Ready to help

David Chu’s company, c2, specializes in live performance captioning for patrons with hearing loss in theaters nationwide. C2 does about 700 performances a year. He and his staff pay attention to where the cues are on stage, where all the stops are, and pause when the actor pauses to deliver line-by-line captioning. Chicago theaters can partner with c2 to make their shows more accessible. Steppenwolf and the Chicago Cultural Accessibility Consortium (CCAC), a nonprofit devoted to accessibility of cultural spaces, offer accessibility equipment on loan to Chicago-area cultural organizations. Hatfield, a member of the CCAC steering committee, said many theaters coordinate with one another to make sure everyone gets to use the equipment for their patrons.

“To the theaters’ credit, the presence of captioning in Chicago theater is now commonplace,” Chu said. “You’re at a point as a patron, you have to choose between theaters some-



ABEL URIBE/CHICAGO TRIBUNE PHOTOS

Touch tour consultant Elijah Eiler, right, has Jose Dominguez, from left, Kay Kron and Jay Kelly touch and smell materials while using blinders at the start of a rehearsal of “X Marks the Spot,” a new inclusive sensory play.



Brett Shishkoff, left, and others in the audience walk the set of “The Curious Incident of the Dog in the Night-Time” while Bridget Melton, not pictured, describes each object.

times because there are too many accessible shows being offered. And that’s something wonderful to say.”

Mike Ervin, playwright and disability advocate, shares the sentiment.

“Any time someone comes along and wants to join in the party, there’s the CCAC and Steppenwolf and people that will cooperate, lend equipment, lend technical advice – do a lot of things that will help,” he said. “I don’t think there’s any excuse for anyone to not do anything at all.”

The robustness of Chicago’s accessibility in theatrical venues began with the Access Project at the Remains Theatre in 1992. When that theater shuttered, Victory Gardens Theater took over the project in 1995. Many now consider Victory Gardens outreach effort to involve people with disabilities in all aspects of theater to be the standard. Ervin, Access Project coordinator at Victory Gardens, said he used to be concerned that he and his then Access Project co-director Sandy Shinner were doing a good job, but accessibility was not catching on; now that’s not an issue.

“It’s a part of what theaters do, as much as what they budget and plan for

with sound, lighting and costumes and everything else,” said the Printers Row resident. “I can say that there was a time when we were way, way ahead of everybody else and I’m happy to say that’s not the case anymore.”

But Ervin added that doesn’t mean improvements can’t be made – improvements that are shared by the disability community with those working at area institutions. A recent CCAC meeting with members of the disability community revealed shortcomings by local institutions – such as:

- More people with disabilities in leadership positions at institutions (advisory boards, steering committees, board membership).
- Training for front-of-house and box office staff on helping those with disabilities.
- The placement of placards and seating throughout cultural spaces can matter depending on one’s disability.
- Details about nearby public transportation and on-site accessibility (elevators and stairs) on websites are recommended, as are virtual or video tours of the interior space.
- Details about caption board placement prior to a

performance.

Hatfield would like to see more productions incorporate the caption display into the actual set design. He would also like to see caption on demand – where accessibility is less a scheduled thing with a few performances out of dozens.

“We’re telling these people that this is your only chance to see a play and while it might be communicatively and physically accessible, as far as scheduling goes, people got lives,” he said.

“The end goal is to make money,” said Grishma Shah, an artist with a left prosthetic arm. “You’re missing out on an opportunity for really cool people to come pay see your things. So on your website, write down in large print: we provide Braille. We have an awesome accessible entrance. And it’s really an entrance and not near the garbage can where we put a ramp down. That doesn’t make one feel welcome.”

Ervin would like to see more programming for people with disabilities – programming like the Crip Slam, the Access Project’s performance series featuring work by artists with and without disabilities celebrating disability culture. Through Victory Gardens’ Access Project and the Directors Inclusion Initiative, people with disabilities are being included in all aspects of theater.

“We said, how can we make the experience accessible not just offstage but onstage; how can we make stages more accessible, make people more aware of casting people with disabil-

ities, how can we do programming that attracts folks with disabilities too?” Ervin, who has muscular dystrophy, said. “A lot of theaters are doing services and some are doing artistic stuff too, but there aren’t too many doing both and I think that’s also important. We’ve gotten to the point where we acknowledge in many ways that disabled folks like everybody else deserve to watch the show and now we have to get to the point where we also acknowledge that they also deserve to be part of the show – they have something important to say and let’s do everything we can to make that happen too.”

## ‘X Marks the Spot’

If you were to describe a scene in a play to a person with low or impaired vision, how would you go about it?

If you’re a part of the staff and crew working on Chicago Children’s Theatre upcoming production, “X Marks the Spot,” you would provide a tactile map that audience members (ages 8 and up) can run their hands over to get a sense of place for the upcoming narrative – roads with houses, green grassy hills, a sandy beach and the cool waters of Lake Michigan are all represented. Sheets scented with lavender, the sounds of wings flapping, and young patrons get to taste what colors (i.e. a rainbow) would taste like.

A dark room with white lights are the only illumination. Kids are at tables with sensory items offered throughout each scene to guide them along the story’s path. Actors hold center stage with their movements, but it’s the sounds that they make that draw the attention to these theater-goers. Conceptually, as different things are revealed on the stage, they will also be localized on the tables with the aid of a staff member, children next to their parents.

The setting is an interactive experience with sounds and voices, and touchable and scented props – one where Jacqueline Russell, artistic director and founder of the Chicago Children’s Theatre, envisioned after years of conducting touch tours.

“That became my favorite time to come to the theater – during the touch tours,” she recalls. “As a theater maker, I wanted to do more with this population because they were so interested in detail and I

had never experienced that kind of openness and different way of experiencing theater. So I started thinking, wouldn’t it be really cool if we could make a piece of theater where a touch tour is not just something that happens before the show – but gets woven into the theater experience, that everyone is included in it and we’re all sharing that experience.”

The play is based on the children’s novel “Five Children and It” by E. Nesbit where siblings are transplanted from Chicago to Michigan with their mom and the adventures that follow thanks to “it” – a sand fairy that grants wishes. Melody is a sibling and a central character who is visually impaired. During rehearsals, sound (by Paris Dozier) and description factored heavily to feed the imagination. Audience members were encouraged to use their other four senses to experience EST, “Extra Sensory Theatre,” in an attempt to give children insight into what it is like to encounter the world as a person who is blind or low vision.

“Disabled people get these cool access opportunities, but it’s usually before the show and you need to make an appointment. A lot of people are embarrassed about that because it makes them feel ‘othered,’” said Andy Slater, a sound artist with retinitis pigmentosa and consultant on the “X” project. “But what’s really cool about this is it’s a story about a blind character that isn’t this stereotypical blind person – the character Melody isn’t walking into props, she’s not using her cane all the time, she’s written to have some vision and that’s much more realistic than the hypothetical kind of Mr. Magoo bumping into all kinds of stuff. So with giving that presentation of that character and that disability, it’s really doing a service to understanding that not all blind people are totally blind.”

“Even as a little kid I never experienced something like this,” said Jose Dominguez, a visually impaired freshman at DePaul University. “It was an experience where I got to use my imagination and that’s what a lot of visually impaired and blind kids have to do – use our imaginations.”

Russell is hopeful that more people will get into similar theater work for different populations.

“This must be a way in which Chicago leads the country, I think we have every bit of potential to be the city that other theatrical cities look towards to,” said actress Amanda De LaGuardia, who was rehearsing the “X” role of Melody. “If we are trying to create a space for people with disabilities in our audience, I think it’s equally if not more important to create space for actors with disabilities to be able to perform.”

“X Marks the Spot” begins performances Jan. 26 at Chicago Children’s Theatre’s The Station, 100 S. Racine Ave.; tickets are \$35 at [chicagochildrenstheatre.org](http://chicagochildrenstheatre.org).

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# CHICAGOLAND THEATRE DIRECTORY

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## ASK AMY

By AMY DICKINSON | askamy@amydickinson.com | @askamy

### In-laws try to bond with son's family

**Dear Amy:** My wife and I are struggling with how to handle our relationship with our new daughter-in-law. No matter what, it seems impossible to draw her into the fold of our family and to shower her with love and affection.

She is moody and often cold and indifferent. She and my son live a couple of hours away in a major city, and both of them have big jobs that keep them busy.

Unfortunately, we are forced to compete for their time with her parents, who live much closer to them. This really hurts us because we now have a 1-year-old grandchild. Even though we have sought to alternate holidays, she and her mother always have some excuse as to why they can't come to our home. We have to wait until the day after. We are not asked to offer child care advice.

We are constantly angry and hurt over her passive-aggression. She was wonderful with us before they got married, but all that seems to be in the past. We have a close relationship with our only son, who tries to make everyone happy. His high-paying job is demanding and stressful. We worry about confronting this, adding to his stress, and possibly losing them both.

— Desperate in the Burbs

**Dear Desperate:** I'm going to offer a different perspective. Your daughter-in-law is relatively new to your life. She has a new baby, a demanding job, a husband with a demanding job and parents nearby. She is dealing with a lot. And she has in-laws who are "constantly angry and hurt." You are casting yourselves as demanding and disappointed. She may sense your anger and turn away because she doesn't know how to please you.

Try being kindly and cooperative in-laws and grandparents. Rather than insist that they visit you, maybe travel to their home once or twice a month for the day. Offer five or six hours of free time on a weekend for the parents to do errands or go out together. Or hang with the family for an afternoon and get to know them.

Think of this as a process that will happen in stages. Try to relax as it does.

**Dear Amy:** We have just survived another holiday season with our little nightmare of a nephew, "Boo." He and his folks live in another part of the country and we all

travel to spend a week at our ancestral home over the holidays.

Boo is 6. His parents are wonderful people. Boo's dad travels extensively for work and his mom has decided to "homeschool" him. I'm not sure what this consists of, because although he is very bright and spirited, Boo doesn't know how to play with other kids, can't share, take turns, sit still for meals or do a puzzle.

My wife and I (and other family members) are all pretty seasoned parents. We love this kid but dread seeing him. We do see some marginal improvement between visits but struggle when he is running roughshod over others. Any suggestions?

— Uncle

**Dear Uncle:** The way you describe "Boo's" behavior, his challenges are all related to behaving in a "pro-social" way. Kindergarten would definitely help. But his parents are taking the tougher path.

When you see him, invite him on a kid-friendly outing (hopefully without his folks). Pick an activity that does NOT include bright lights, loud music, or too much adjacent action. Take him on a short hike or go sledding or to a child-friendly gym. Correct him if he is aggressive, redirect him, and show calm and consistent adult behavior. Make a point of relating: "Boo did really well at first, but then he pushed his cousin. Our kids went through this stage ... do you want some suggestions?" Even during brief visits, you could influence "Boo" and his folks.

**Dear Amy:** I was surprised by your response to "Rap-attacked Dad." He was horrified by his teen son's choice in music. Honestly, I expected another narrow, knee-jerk Amy response. But in this case, you stood up for the teen. I loved your answer. Color me shocked.

— Pleasantly Surprised

**Dear Surprised:** Thank you. My mother's long-ago embrace of Jethro Tull inspired me to understand that cultural literacy is enhanced when generations listen together — and talk about what they are hearing.

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Send what's on your mind to [lifemandtravel@chicagotribune.com](mailto:lifemandtravel@chicagotribune.com)

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# BALANCING ACT

By HEIDI STEVENS | [hstevens@chicagotribune.com](mailto:hstevens@chicagotribune.com) | @heidistevens13

## Take on Parkey draws derision, praise

Last week I wrote a column thanking Cody Parkey for teaching my kids the lessons I really want them to learn from sports. My daughter is a gymnast, and my son plays flag football and baseball, and neither of them is likely to become an NFL kicker. They're even less likely to become NFL kickers with their team's Super Bowl chances hanging in the balance as they tee up for a 43-yard field goal attempt. They are very likely, however, to need the skills that watching sports and playing sports can teach them: Finish what you start, even when it stops being fun. Don't gloat. Cheer on your teammates, even when (especially when) they perform better than you. Learn from your mistakes. Try not to keep making the same ones. Life marches on, even after crushing disappointments. "Don't let the wins go to your head or the losses go to your heart," as one of my daughter's debate tournament judges once said. For that stuff? Parkey's failed kick was perfect. And for that, I'm grateful. And I said as much. A lot of you wrote to tell me you're glad I'm not raising your kids.



BRIAN CASSELLA/CHICAGO TRIBUNE

Chicago Bears kicker Cody Parkey leaves the field after the Bears' loss in an NFC wild card playoff game.

Several of you pointed out that the only thing Cody Parkey can teach my kids about sports is how to be lousy at them. Many of you found my column to be an emblem of a participation-trophy culture that's making our kids soft and entitled. (For the record, and this will surprise exactly no one, I don't mind participation trophies. They don't replace the feelings of accomplishment and exhilaration that come from winning, but they're a testament to the fact that consistently showing up also serves you well in life.) A lot of Twitter found the column, in the words of one reader, "indefensible." "So you would want your son to point to bad luck when he has a bad day at work?" one reader tweeted. "And to need that bad

day & all eyes on him to start committing to doing all he can to improve, despite being paid handsomely???" On the other hand, dozens of youth organizations — from Proactive Coaching to Positive Coaching Alliance to River City Youth Football and Cheer League in Richmond, Va., to Phoenixville Youth Lacrosse in Phoenixville, Pa., to On Pointe Dance Studio Too in Riverside, Calif., to Twinsburg Baseball League in Twinsburg, Ohio, to East Manatee Bulldogs Youth Football & Cheer in Bradenton, Fla. — shared the column on their Facebook pages with notes encouraging parents and coaches and players to take the words to heart. Many of you wrote to tell me you read the column aloud to

your kids. For a columnist — this one, anyway — it doesn't get much better than hearing people shared your words with their kids. Which leaves us where, exactly, as we prepare to move on (I hope) from the Cody Parkey Chronicles? Some people agreed with my take, others didn't. Big deal. I guess what I'd like us to think about is what our kids are taking away from all of this. Again, I'm viewing this whole thing through the lens of a parent and a lifestyles columnist — not a sports writer, not an NFL recruiter, not even an avid Bears fan, really. But I think it's worthwhile for all of us to consider how confusing it might be to kids who are lucky enough to grow up surrounded by positive coaches and

supportive parents and trusted mentors who remind them character counts at least as much as winning, but who watch a broader culture that taunts and tears apart athletes who lose, that turns a blind eye to ball deflating and domestic violence as long as the W's keep coming, that tolerates just about anything other than losing. Seems confusing to me, anyway, and I'm four decades into this life. Maybe that's the next conversation to launch with our kids, after (if) the Cody Parkey dust settles. Join the Heidi Stevens' Balancing Act Facebook group, where she hosts live chats every Wednesday at noon.

## A new year and a new section

Find stories about the way we live our lives

Welcome to the new Life + Travel section. Each week, you'll find a dynamic, modern cover highlighting the week's best stories in Lifestyles, Travel, Style, Home and Relationships. Inside, you'll find a colorful section filled with the stories and columns that bring you back week after week, including Ask Amy, Heidi Stevens, Rick Steves, Miss Manners, Answer Angel and Candid Candace. We've created a section designed to help you navigate your life. Whether you are planning a vacation, decorating your home or trying to understand that game your kids are obsessed with, we've got you covered. We're also rearranging things a bit to put stories and sections together in a more intuitive way. Our Books coverage moves to its previous home in the Sunday A&E section. The weekly best-seller list can be found in Saturday A&E and online at [chicagotribune.com/books](http://chicagotribune.com/books).

Recipes and drink coverage can be found in print Wednesdays in the Food & Dining section, and any day of the week at [chicagotribune.com/dining](http://chicagotribune.com/dining). We're making A&E easier for you to find inside the Sunday paper, and we're tucking Puzzle Island behind the Comics section. You'll still be able to pull it out and work on all your favorite puzzles at your leisure. We hope you'll enjoy all of these improvements to our Sunday product and visit us at [chicagotribune.com](http://chicagotribune.com) for more each day. Thank you for reading. — Amy Carr, director of content/life + culture [acarr@chicagotribune.com](mailto:acarr@chicagotribune.com)

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## THE KIDS

HOW TO KEEP THEM BUSY THIS WEEK

## Art meets science in events honoring King

BY WEB BEHRENS  
Chicago Tribune

## Monday

## 'WHAT DOES IT MEAN, DR. KING?'

Bigotry and discrimination can be difficult to talk about with little ones, but the Chicago Children's Museum provides a framework for it. In honor of MLK Day, this interactive show explains the civil rights movement through the stories of Martin Luther King Jr., Rosa Parks and Ruby Bridges. Less than 30 minutes long and geared for kids 4 and up, this original production happens three times today. Afterward, audience members can write a letter to Dr. King about what they learned. Performances at 11 a.m. and 2 and 3 p.m. (the museum itself is open 10 a.m.-5 p.m.) at CCM, 700 E. Grand Ave. \$15 for general museum admission; no extra charge for the show. [tinyurl.com/yd2qvn4u](http://tinyurl.com/yd2qvn4u)

## 'THE MLK PROJECT: THE FIGHT FOR CIVIL RIGHTS'

This provocative one-woman show traces the evolution of Alaya, a student who begins studying the civil rights movement. Developed by Writers Theatre, "The MLK Project" weaves together poetry, hip-hop and multimedia elements with real interviews with historical figures. You can catch it gratis Monday as part of the Chicago History Museum's MLK Day observations (or at Writers Theatre's Glencoe home on Feb. 2). Chicago History Museum's family-friendly commemorative day runs 10 a.m.-3 p.m. at 1601 N. Clark St. Free for all Illinois residents. [tinyurl.com/yav9zfyd](http://tinyurl.com/yav9zfyd)

## BLACK CREATIVITY FAMILY DAY

Art meets science during MSI's annual "Black Creativity" festival, which kicks off with free admission for Illinois residents on MLK Day. Drop into the Innovation Studio for a half-hour-long workshops designed to fuel passion in STEM careers. But art isn't overlooked: The "Black Creativity Juried Art Exhibition" showcases more than 100 works of art created by African-Americans, running through Feb. 24. Families are also encouraged to lend their creativity to a collaborative art piece. At the Museum of Science and Industry, 5700 S. Lake Shore Drive. General admission is free for Illinois residents on MLK Day, plus Mon-



J.B. SPECTOR/MUSEUM OF SCIENCE &amp; INDUSTRY

## TOP PICKS

Monday, Jan. 21  
'BLACK CREATIVITY'  
FAMILY DAY

Sunday, Jan. 27  
FAMILY CLASS: LOCO  
FOR COCOA



CHICAGO BOTANIC GARDEN

days through Thursdays through Feb. 28 (excepting Presidents Day, Feb. 18). [tinyurl.com/y97oeqz5](http://tinyurl.com/y97oeqz5)

## Wednesday

## CHICAGO INTERNATIONAL PUPPET THEATER FESTIVAL

The biennial Chicago International Puppet Theater Festival enters its second and final week, filled with amazing puppetry from around the world playing in venues around the city. A family highlight is France's Compagnie Non Nova, which turns the ubiquitous disposable plastic bag into an object of wonder in the all-ages "L'apres-midi d'un foehn Version 1," running Wednesday through Sunday;

tickets are \$26. Looking to save money? The free Festival Neighborhood Tour features two shows created by artists from Puerto Rico and Italy. [chicago.puppetfest.org/](http://chicago.puppetfest.org/)

## Thursday

## NATIONAL GEOGRAPHIC LIVE: 'PINK BOOTS AND A MACHETE'

Hey, junior explorers! Would you like to learn about overseas adventures from the woman who discovered the world's smallest primate in Madagascar? National Geographic's fun and educational "Live" series brings scientists and amazing video footage to Roosevelt University's Auditorium Theatre in the South

Loop. Primatologist Mireya Mayor takes the stage at 7 p.m. Thursday at the Auditorium Theatre, Ida B. Wells Drive. \$52-\$64 for single tickets; series subscriptions cost \$68-\$86 and include the May 7 NatGeo Live event "Point of No Return." [tinyurl.com/y8vepoha](http://tinyurl.com/y8vepoha)

## Saturday

## HUSKY HEROES

The good news: By attending this celebration of Siberian huskies, you'll not only learn about the lives of these sled dogs, you'll also witness cool demos of sled-pulling and skijoring (pulling a person on skis). The bad news: When you get home to your dog, you'll start to wonder how the heck she got so lazy! Interested in adopting? You can find out more about that, too. Huskies love winter, which means this entire event happens outdoors, so dress for the weather. 11 a.m.-4 p.m. Saturday and Sunday at Morton Arboretum, 4100 Illinois Route 53, Lisle. \$15, \$10 for kids 2-17; free parking. [tinyurl.com/h6pxpngx](http://tinyurl.com/h6pxpngx)

## MAKER LAB'S FAMILY DROP-IN DAY

The Harold Washington Library's Maker Lab is one of the city's great hidden resources, a space that offers access to (and workshops about) 3D printers, design software and more. The catch: It's typically reserved for teens and adults. But at this Saturday drop-in session, families are invited to use the laser cutter to custom-make a sticker. 2-4 p.m. at Harold Washington Library (third floor), 400 S. State St. Free. [tinyurl.com/ydagj95p](http://tinyurl.com/ydagj95p)

## Sunday

## FAMILY CLASS: LOCO FOR COCOA

How on earth does bitter fruit produce such delicious desserts? Find out today at the Botanic Garden's family class devoted to the cacao bean. Together, grown-ups and children ages 4-10 learn about the plant, taste different kinds of chocolate, then dip treats into fondue. All together now: Yummm! For kids 4-10 with an adult; advance registration recommended. 9:30-11 a.m. or 1-2:30 p.m. Sunday at Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe. \$24 per child, adults free (limit of two kids per adult). [tinyurl.com/ybxe4v65](http://tinyurl.com/ybxe4v65)

Web Behrens is a freelance reporter.

## Teen born with half a heart living out her ballet dreams

BY ALISON BOWEN  
Chicago Tribune

When Naomi Babcock was born, doctors told her mother that half of her tiny heart was missing.

She was born with hypoplastic left heart syndrome, a congenital heart defect that means the left side of her heart never developed.

Her mother remembers being told she had three options for her daughter — a heart transplant, several open-heart surgeries or to take her baby home and let her pass away.

They opted for the surgeries. "The odds were really horrible, and they told us she would only live to be about 12 years old," Kelly Babcock said.

By the time she was 2½, Naomi had undergone three major surgeries.

Now 17, she is adept at an intensive sport requiring strength and dedication — ballet.

"I just really like the style and the gracefulness and just being on stage," said Naomi, who grew up in Indiana but now lives in Rochester, N.Y., where she trains at Western New York Ballet. She returned to the Midwest this month to compete in the regional semifinals for the Youth America Grand Prix — what spokesman Jack Meyer calls the "American Idol" of ballet.

Her ballet school received first place in the ensemble division, Meyer said.

The competition at Dominican University Performing Arts Center in River Forest ran Jan. 10-12 and included hundreds of competitors. Winners will continue to finals in New York, where they will compete in front of an international panel of judges and be considered for ballet

scholarships.

Naomi takes several medications to stabilize and strengthen her heart but said otherwise her condition does not require modifications to her training. The surgeries years ago essentially helped the right half of her heart do all the work, her mother said.

"Everything works twice as hard," Kelly Babcock said. "It's kind of remarkable how your body just compensates."

She enrolled Naomi in ballet as a toddler. "I wanted her to be able to do something normal," Babcock said, but that did not require a lot of cardiovascular work. "She loved it."

Naomi performed in her first "Nutcracker" at 7 and hasn't looked back. Both mom and daughter are convinced ballet has helped keep her heart strong; stress tests show it performing as well as a normal one, they said.

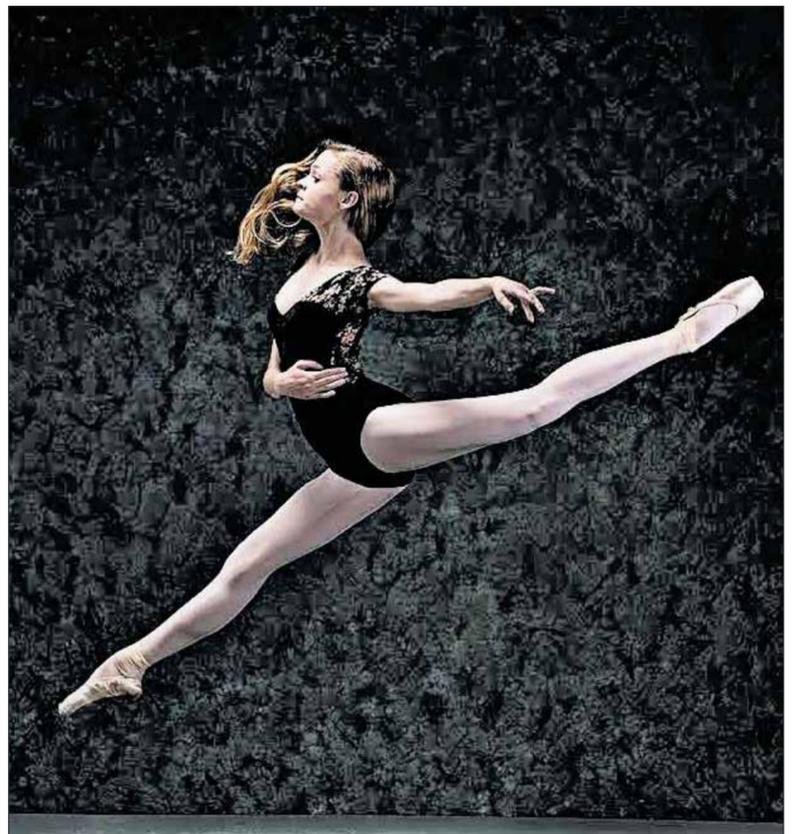
Naomi's heart can skip and race sometimes, so there are moments when she must breathe or slow down. If training involves running, she cannot participate.

And she might need a heart transplant someday. Her mother said her long-term prognosis is unknown; after all, doctors did not expect her to live this long.

Looking forward, Naomi hopes to join a ballet company, perhaps internationally; she likes London's Royal Ballet and the Paris Opera Ballet and also has her eye on the Houston Ballet.

"I really hope to become the first professional dancer with my heart condition," she said.

Before she competes, she practices her performance, prays and listens to music. Despite her having a large, visible scar



GENE SCHIAVONE PHOTO

Naomi Babcock, 17, was born with the left half of her heart missing. She underwent three major surgeries before she was 3 years old. Now she is competing in ballet.

on her chest, people rarely ask questions that could lead to conversations about her condition, she said. She wouldn't mind if they did.

"I think some people don't want to ask people about scars, because they think

about it as something personal," she said. "I think of my scars as battle scars. It's like pride. I went through this, and I made it."

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Twitter @byalisonbowen

## SOCIAL GRACES

## When is it OK to speak up about sick birthday boy?

BY CHRISTEN A. JOHNSON  
Chicago Tribune

**Q: The birthday boy has a cold. How do you tell his parents it's not a good idea for him to blow out the candles on the cake that other kids are about to eat?**

A: Critics can so easily be defensive around "criticisms" of their child. To protect against this, offer a positive suggestion and empathy.

If there's one thing most parents want, it's for others to understand what they're going through. Offering empathy — or seeing and feeling things as they may — shows that you care.

Saying something like, "Jimmy is sick, so he really shouldn't be blowing out the candles — all the other kids will get sick too," not only states the obvious but will come off as a criticism of the child's illness and the parents.

Help the parents implement your suggestion. Say: "What a bummer that little Jimmy is sick on his birthday! That's so hard on him and you! I've been thinking about how to help you with his cake so he can still enjoy blowing out the candles without the other kids getting sick too. Maybe we cut a nice, big slice to put the candles on and he can blow that out? The other kids can still enjoy cake without catching his cold. What do you think?"

— Christina G. Hibbert, host of "Motherhood" podcast

A: How am I supposed to scientifically tell parents that if their kid has a cold, the virus in the child's nose could easily be transferred to the food that the other kids are about to eat? This will significantly increase the likelihood that those kids will get the viral infection, since it is transferred in water droplets transmitted via exhaling.

Knowing children, they likely will not be judicious in the physical contact of touching their nose, the other children at the party and subsequently the surfaces around the party area, which will then transfer the viral infection. So maybe the



GETTY

cake doesn't matter? Who knows. — Jack Gilbert, co-author of "Dirt Is Good: The Advantage of Germs for Your Child's Developing Immune System"

[chrjohnson@chicagotribune.com](mailto:chrjohnson@chicagotribune.com)



ANTONIO PEREZ/CHICAGO TRIBUNE

Missy Lavender, an older adult who uses websites and apps for dating, turned to a dating coach and matchmaker to help her navigate the sites.

# Seniors turn to online dating

## Older singles learn to navigate apps, websites, family concerns

BY ALISON BOWEN  
Chicago Tribune

The first time Missy Lavender logged onto a dating website, it was for a “nanosecond.”

“It was overwhelming,” she said.

After that first foray into online dating, she later turned to a dating coach and matchmaker, who helped sort potential dates and navigate the sites. The experience of Lavender, whose age is, she prefers to say, “older than 50,” shows how the landscape of online dating can be challenging or intimidating to older singles.

People who work with older adults say they are turning more to apps and websites. Match has its own dating site and app for people over 50, called OurTime. Chicago is the second-fastest growing city, after Houston, said Match spokesperson Lauren DeFord, and the third most active city, a ranking of time users spend on the app or site.

As with many people, the sheer number of options and matches can overwhelm. But unlike many younger users, some older adults come to online dating with less computer experience or phone savvy.

As outreach manager of the White Oak Library District, with Illinois branches in Crest Hill, Lockport and Romeoville, part of Tina Williams’ job is to pay attention to patrons’ needs. So when she recently fielded questions from seniors on how to set up dating accounts, she thought the topic might be worth a workshop.

“I get a lot of questions about, ‘How do we meet and mingle? Am I too old to be dating?’ Dating’s so different now,” Williams said.

### Learning the basics

Her workshop proved so popular it’s now a monthly affair, with changing topics like dating after a spouse’s death and online safety, during which participants talked about catfishing, when someone pretends to be someone he or she is not.

“It’s the same risk that someone who is younger is facing, because you don’t know who these people are, you don’t know if they’re really safe,” said Stephen Scheinthal, an osteopathic geriatric psychiatrist and chair of Rowan University School of Osteopathic Medicine’s department of

psychiatry in Stratford, N.J.

Making sure people understand the basics about online dating — from safety to setting up an account — is key, said Courtney Hedderman, associate director of advocacy and outreach at AARP Illinois. She often talks to people in their 50s, 60s and 70s about dating.

She and Williams talk through many of the same issues anyone might encounter — navigating the awkwardness of a first date, what kind of chemistry is important, introducing someone to family and friends.

Hedderman also tells people that the senior population is at greater risk for HIV, which many might not know. According to the Centers for Disease Control and Prevention, nearly half of people in the U.S. with diagnosed HIV are age 50 or older. Although new diagnoses are declining among this age group, in 2016 around 1 in 6 new HIV diagnoses were in this group.

“They don’t think, at the age of 65, they need to worry about sexually transmitted diseases, but they do,” Hedderman said. She hands out AARP-branded condoms.

Lavender said it seemed obvious to try online dating: “It made sense to me, because every man I know is continually on their computer.”

First, she logged onto Match. “It was a lot of people, and it felt very invasive, and I think I wasn’t ready for that,” she said.

“You’ve got three categories — never married, divorced or widowed,” Bela Gandhi, founder of the Smart Dating Academy, says of her clients, many over 50. “Each of them comes with their own set of challenges,” she said.

“What we do in this process for them is teach them how to navigate it, but most importantly, how to identify partners that are going to make them happy.”

Then Gandhi helped Lavender sort through potential dates’ profiles, select photos and advise on interactions.

Online dating has been encouraging and eye-opening, Lavender said. “Contrary to what I thought was happening with the fields narrowing, there are a lot of men out there who are single and available,” she said.

### Meeting the family

Lavender’s family has been supportive of her dating, but not everyone is in that situation. For many older adults, family dynamics are a big part of navigating dating. They might wonder when and whether to invite a person to meet children and grandchildren.

Scheinthal has advised many different family members, including adult children concerned by dating parents. His advice? “The child has to be supportive of their parent, and if they can’t be supportive, I think there’s a bigger problem going on.”

He pointed out that children should want their parents to be happy. “You have to be supportive of your parent, just as you want your parent to be supportive of you,” he said.

That said, he understands that family members might have concerns about safety. But try to steer clear of suspicious phrasing like, “How’d you meet them? What do you know about this person?”

Watching a parent date can be hard for children still grieving another parent. “There are families who can’t see their loved one with anyone but the person who passed away,” Scheinthal said. “That’s in some ways maybe sad, or maybe very challenging, for the person who’s alone now.”

He suggested children and even grandchildren consider, “You’re moving on with your life. Don’t you want them to be moving on with theirs?”

Hedderman’s father-in-law passed away 20 years ago, but still, the idea of his widow dating might seem too soon to some family members. “They just

couldn’t imagine her with someone else,” she said.

To make conversations about dating go smoothly, experts advise not telling family members immediately.

“Try and have a few dates before you say something to your family,” Williams said.

Consider what you share with whom. Do you already let your daughter in on every detail in your life? If so, perhaps it’s OK to share with her more quickly. But otherwise, most people advise waiting until you’ve gone on a few dates before bringing it up.

“There’s a fine line,” Scheinthal said. “You don’t want your kids validating or rejecting each and every relationship.”

And when you do introduce someone, focus on the positives. “If you’re bringing someone over for dinner, or it’s time to meet the kids, that’s the time to talk about the positive aspects of this person and how this person makes you feel,” he said.

Lavender said that even as she peruses dates online, she remains old-fashioned in some ways. Before meeting a date in person, she makes sure to have a phone conversation first. And she does not do “text dating.”

“If you want to ask me out, call and ask me out,” she said.

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# 10,000 daily steps helped me reach goals

By **AMY BIZZARRI**  
Chicago Tribune

One year ago, I stepped onto a scale only to discover that my weight had crept up to an all-time high. It was clear that 2018 would have to be my year to get with the program — a fitness program — that I could stick with for the rest of my life.

It was time to take some serious steps toward wellness.

Not only was I overweight, but my energy levels had dipped. I often felt sluggish and could barely squeeze into my favorite pair of jeans. At 5 feet 6 inches, I weighed in at 165, which, according to the National Institutes of Health, meant that I had toppled into the “overweight” category, with a BMI of 26.6.

I blamed my weight gain on my advancing age — I’m 45 — and my increasingly sedentary lifestyle. I’m also a breast cancer survivor; I’ll be on Tamoxifen, an anti-cancer drug that many report causes weight gain, for many years to come.

My busy life has no room for low energy levels. Because I’m a breast cancer survivor, it’s more important than ever that I keep my BMI in check: Research shows that regular physical activity reduces breast cancer risk and recurrence. The American Cancer Society recommends that adults get at least 150 minutes of moderate intensity activity each week.

I’m a huge fan of habit expert Gretchen Rubin, author of “The Four Tendencies.” Rubin believes that everyone falls into one of four categories — upholders, questioners, obligers and rebels — and that once you determine your tendency, you can figure out better habit-forming strategies.

I’m a classic rebel, which means I tend to resist outer expectations



BOONCHAI WEDMAKAWAND/GETTY

and work best when I feel ownership over my choices. Demand that I cut out sugar, and I’ll make a bee-line to Candyality. Suggest that I spend an hour on an elliptical, and I’ll head for the sofa instead, worried that I might die of boredom.

Because I’m a rebel with a good cause, however, I worked to figure out a path toward wellness that worked for me.

I decided to follow the advice of Hippocrates, who considered walking “man’s best medicine.” The June 2018 edition of the British Journal of Sports Medicine focused entirely on walking, highlighting the fact that the health benefits of regular, brisk walking go beyond helping maintain a healthy weight; energy levels and mood are lifted as an added bonus.

The average American takes 5,117 steps per day. Ten thousand steps — approximately 5 miles per day — seemed a realistic goal for me.

It took a couple of weeks to find my walking groove. I parked my car farther from the school where I teach. Midday, I made a point of stepping outside on my break, for a short walk to my favorite coffee shop. When I needed to pick something up from the grocery store, I walked instead of hopping in my car. On weekends, I planned family activities that included outdoor walks. My dog was thrilled to be taken on a long evening walk.

These small lifestyle changes allowed me to squeeze in exercise throughout the day. It took about a month to notice the

twofold benefits of my newfangled walking routine. My weight began slowly and safely dropping. I felt more focused and calmer as I settled in to bed in the evening; more energetic and eager to seize the day when my alarm clock rang at 6 a.m.

My only investment: \$25, the cost of my fitness tracker. Apart from about 10 days when I was traveling or sick or otherwise unable to focus on my steps, I walked 10,000 steps daily in 2018.

Setting up my very own walking fitness routine empowered me: This was an exercise program I could stick with for years to come.

I rang in 2019 at a healthy 145 pounds. I feel better than ever.

Marla Feingold, board certified clinical nutrition-

ist at WholeHealth Chicago, underscores the importance of researching a realistic plan that works for you, when it comes to making lifestyle changes toward wellness: “Make sure your goals are clear, written down and reasonable. Remember that changes take time. Give yourself time to prepare, plan, implement, and check and balance your progress. Everyone goes at their own pace.”

No matter the rain, sleet or snow; when properly dressed for the weather, I learned to savor the seasons: the fall leaves crunching at my feet, a fresh blanket of pure white snow. I’ve encountered and befriended new neighbors along the way. My kids join in on many of my walks, too, and I so value the screen-free, one-on-

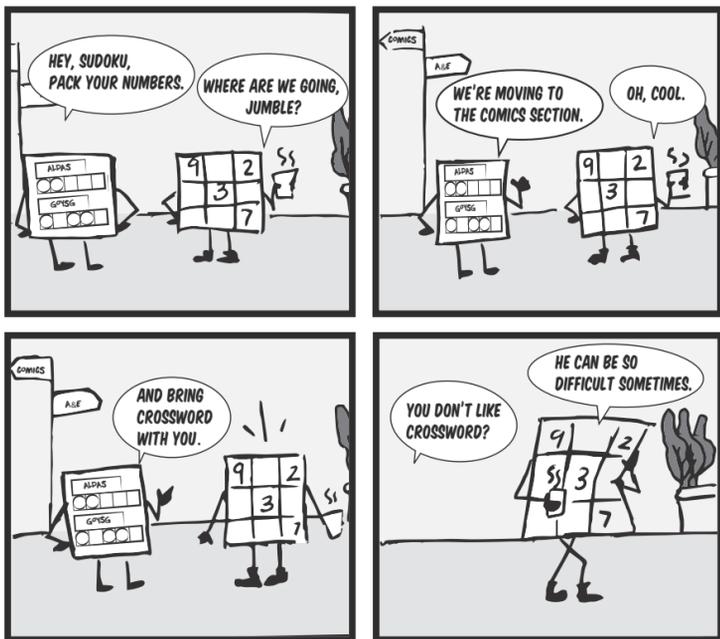
one talk time.

Walking worked for me because it’s not just a safe, effective form of exercise. It’s also enjoyable. West suburban certified personal fitness trainer Nick Perri reminds his clients that it’s important to find a fitness routine that fits into daily life ... for the rest of your life.

“Fitness is a lifestyle. You must embrace it as such. You must stay consistent, regardless of what life throws at you. When things aren’t going your way or life has seemingly got you down, exercise is one of the best things you can do for yourself. The times you want to stop the most are the times you should keep going. It’s all about self-care.”

Amy Bizzarri is a freelance writer.

## Chicago Tribune



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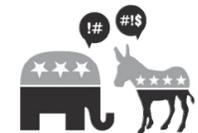
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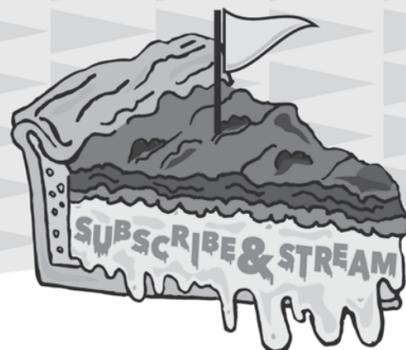
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# Travel

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A Viking cruise ship passes by Seven Sisters Waterfall in Norway.

VIKING



## RIDING THE WAVE

Why now is the best time to book a cruise

By ELLEN UZELAC  
Chicago Tribune

Price creep is hitting cruise fares this year — yet value has never been better, as companies dangle perks like complimentary airfare, hefty shipboard credits and free land extensions in story-book spots like Monte Carlo, Istanbul and Barcelona.

Welcome to “wave season,” the cruise industry’s three-month version of Black Friday that starts the first of the year and runs through March.

As Carolyn Spencer Brown, editor-at-large for Cruise Critic, frames it: “There’s a big difference between great value and a great deal. Wave (season) is always about value, when the cruise lines come up with special packages and promotions. Maybe you want a balcony and didn’t think you could afford one? Now perhaps you can. There are drinks packages, free air, free Wi-Fi. You’re not going to get the cheapest fare, but you’ll get good bang for your buck.”

How’s this for bang? Scenic Luxury Cruises & Tours is offering free air or free four- to eight-day land extensions on many of its river itineraries. Windstar has knocked 30 to 40 percent off fares on its small ship cruises in Alaska, Canada and New England — and sweetened the deal with a \$1,000 per person shipboard credit.

Some MSC ocean cruises come with unlimited drinks, free Wi-Fi and a reduced deposit. Azamara Club Cruises is offering 50 percent off a second guest’s fare in a double occupancy cabin on select itineraries.

Then there’s Viking, whose small ship cruises were lauded by Cruise Critic recently as “Best Value for Money” in the ocean-going luxury category. Viking’s current discounts include a seven-night Cultural Cuba cruise, starting at \$2,999 per person on select departures with round-trip



WINDSTAR

Windstar has knocked 30 to 40 percent off fares on its small ship cruises in Alaska, Canada and New England.

airfare as low as \$199.

“This is a critical selling time for us; we will offer our best deal right now — and prices will go up,” says Ellen Bettridge, president and CEO of Uniworld, which is discounting many fares by as much as 30 percent. People who book a 2019 cruise during wave season on “The Magnificent Moselle & Rhine,” a new nine-night itinerary, will save up to \$1,860 per person.

“I don’t want someone to buy now and feel they could have waited and got a better deal,” she adds. “That’s just not our philosophy.”

As new ships launch and old ones undergo multimillion-dollar refurbishments, the real estate you’re booking is also adding value to the package with enhanced entertainment, cabin and dining choices.

And as Rhonda Weaver, an independent travel agent with

Expedia CruiseShipCenters near Seattle, points out: “There are more and more free things to do on the big ocean ships.” Making appearances onboard: zip lines, rock climbing walls, water parks, surf simulators, a laser tag course, a race car track, even a roller coaster.

“The things they think of, right? There are so many ships out there, and you’ve got to create something to stand out,” she says. “People want more for their money. They want to feel they’re getting something different.”

Many cruise lines are also introducing devices or smartphone apps that allow guests to track their kids, expedite check-in, book dinners or massages, or order a dirty martini for a 7 p.m. arrival in a lounge.

“It’s adding convenience and eliminating wait periods,” says Weaver. “In my mind, the biggest and best value for many people is

technology. And you know it’s only going to get better.”

Another item to consider as you price cruises: the destination. The western Caribbean, a Fort Lauderdale-to-Bahamas cruise and voyages from Los Angeles to the Mexican Riviera are historically inexpensive. As an example, Carnival recently offered a seven-night cruise from Los Angeles to Mexico for \$474 per person, or \$68 a person per night.

If you’re a solo traveler, there’s good news. Some ocean ships now feature solo cabins, and many of the river cruise lines will waive the single supplement fee from time to time. (Generally, single occupancy price is twice the per-person double occupancy rate.) Notably, Riviera River Cruises pioneered two seven-night solo itineraries in Europe last year, and demand was so great that it expanded its offering to four in 2019. New this year: a Rhine River cruise starting at \$3,109 per person and a Douro River cruise starting at \$2,599.

And hiding in plain sight: AARP has a robust members-only cruising website with year-round deals, typically 12 to 20 on offer each day. During wave season, an AARP member can receive up to \$1,000 in shipboard credits per cabin when booking through the AARP Travel Center Powered by Expedia. Roughly 4.5 million AARP members cruise each year.

Also good to know: If you book early, many cruise lines, if asked, will assign a special rate code, so that if the price goes down, the cruise line will match the difference with a shipboard credit. Register online for cruise price alerts from Cruise Critic to find out when a cruise you’ve flagged bumps down in price. And if there’s a cruise line you like, sign up for email alerts about last-minute deals.

When weighing the value of one cruise package against another,

figure out the per diem costs — taking into account that many of the mass market ships charge fees for things like shore excursions and drinks, while the river ships and luxury ships tend to be more all-inclusive.

And know your cruise style. “If you like nightlife and want to go out dancing, you probably wouldn’t pick Viking or Holland America,” says Cruise Critic’s Brown, who also recommends using a travel agent when booking a cruise.

“If you want intensive enrichment, shore excursions and time in port, you might prefer Azamara over Carnival,” she adds. “I’ve read a lot of ship reviews by passengers who didn’t like anything. It’s because they were on the wrong ship.”

As for that price creep, cruise fares are rising due to a robust economy and the increasing popularity of cruising.

“As someone who looks at prices daily, year over year, I see a creep,” says Chuck Flagg, a Cruise Planners franchisee in Canton, Ga. He expects cruise prices to rise by an average of 10 percent in 2019.

The price hike isn’t confined to fares. Some lines are beginning to charge for room service, and many are pushing up their daily gratuities fee. Specialty restaurants generally have a cover charge, and it’s no longer unheard of to add a supplement for some a la carte items, like caviar, in “free” dining venues. And some ships assess a fee to use the spa facility, even if you book a treatment.

“I do think things are getting a little bit pricier, but it’s still an affordable vacation — just not as cheap as it was a few years ago,” says Tanner Callais, founder of the website Cruzely. “If you want to find a deal, it’s out there. You just have to hunt for it.”

Ellen Uzelac is a freelance writer.



GETTY

World’s best untouched beaches

See them all at [chicagotribune.com/moretravel](http://chicagotribune.com/moretravel)

## Plenty of ‘new’ in New York City this year

By BETH J. HARPAPZ  
Chicago Tribune

Planning a trip to New York? Get ready for new attractions like Vessel, a climbable structure that could become Manhattan’s answer to the Eiffel Tower; events like WorldPride; and exhibits celebrating Leonard Cohen and Frida Kahlo.

Vessel opens this spring in Hudson Yards, a new Manhattan neighborhood near the High Line. The honeycomb-like building has 2,500 steps. Also open-

ing at Hudson Yards: Mercado Little Spain, a food hall by chef Jose Andres, and The Shed, a cultural and performing arts center.

At JFK Airport, the TWA Hotel gives new life to Eero Saarinen’s TWA Flight Center. The site will offer 512 rooms, restaurants, a rooftop deck and museum.

In June, the city hosts the annual LGBT Pride festival, along with the annual LGBT Pride march, June 30. June also marks 50 years since the Stonewall Riots, which

sparked the gay rights movement. Related exhibits include the New-York Historical Society’s “Stonewall at 50” and Robert Mapplethorpe at the Guggenheim.

The Whitney Biennial runs May 17 to Sept. 22; the Jewish Museum opens a show about Leonard Cohen April 12; the Metropolitan Museum’s Costume Institute looks at “camp” in fashion in May; and the Museum of Modern Art expands its gallery space by 30 percent. The Brooklyn

Museum hosts the largest Frida Kahlo exhibit in the U.S. in 10 years, Feb. 8 to May 12.

For theater lovers, 2019 brings revivals of “Kiss Me, Kate” and “Oklahoma!”; a new Temptations jukebox musical; stage versions of “Beetlejuice,” “Moulin Rouge” and “Tootsie”; and new Broadway shows “Be More Chill” and “Hillary and Clinton,” with Laurie Metcalf and John Lithgow.

Beth J. Harpaz is a freelance writer.

# What's new for visitors to France in 2019



**RICK STEVES**  
Tribune Content Agency

France has a rich history, an impressive infrastructure and a tourism industry trying valiantly to cope with its big crowds. Travelers who plan ahead enjoy big rewards.

Paris' most famous landmark, the Eiffel Tower, has a new look. A glass wall now rings its base for security reasons, with one access point at each side, meaning you can no longer wander freely under the tower. Visitors should allow an extra 30 minutes to go through screening. Also, summit tickets for the top are no longer available on the second level of the tower; it's smart to buy them online in advance.

Paris continues to upgrade its many marvelous exhibits. The Cluny Museum, with its famous "The Lady and the Unicorn" tapestries, is undergoing a multiyear, room-by-room renovation. Expect some changes and room closures until at least 2020.

The Parisian transportation system is also getting some improvements. After a century of paper tickets for the Metro and buses, smartcards are slowly taking over, including the Navigo Easy Pass, which is better for travelers, as it can be shared and topped up.

At the Cathedral of Notre-Dame, timed-entry tickets are now required for the tower climb, even if you have a Paris Museum Pass. Reservations are available only on the same day (starting at 7:30 a.m.) on the JeFile app or at ticket machines on-site. Another Paris landmark, the towering and modern La Grande Arche de La Defense, has reopened, allowing visitors to take an elevator to the



DOMINIC ARIZONA BONUCCELLI/RICK STEVES' EUROPE

To get the best views on the Aguille du Midi gondola in the French Alps, try to be on board first thing in the morning.



RICK STEVES/RICK STEVES' EUROPE

After years of being covered in scaffolding, the Chateau d'Azay-le-Rideau has returned to its romantic glory.

top. While it's pricey, and there are better views elsewhere, just visiting the La Defense district gets you into a fascinating slice of Paris that most tourists miss.

A new trend in Paris dining is "bus restaurants." Diners listen to soft jazz as they glide along Paris' most famous boulevards on an elegant double-decker bus. For about the same price as

a dinner cruise in a boat on the Seine, you can dine for two hours with Paris rolling by outside your window ([www.bustronomie.com](http://www.bustronomie.com)).

Northwest of Paris, the towns of Normandy are getting ready to commemorate the 75th anniversary of the D-Day landings on June 6. Throngs of visitors will make this a difficult time to be there, and accommodations near the beaches are already booked up. Fortunately, in high season, guided tours in English will be offered for free (or very cheap) at the following key WWII stops: Arranches, Longues-sur-Mer, American Cemetery at Omaha Beach, Pointe du Hoc, Utah Beach Landing Museum and Juno Beach Centre.

I love France's high-speed rail system, and now it's better than ever. With the completion of a high-speed line to the city of Rennes, the trip from Paris

to the spectacular island monastery of Mont St-Michel now takes only three hours: about two hours on the train to Rennes and then an hour on a railway-run bus, which drops you right at the island's main gate.

There's also some good news for chateau lovers: Construction work is finally complete at the Loire Valley's Chateau d'Azay-le-Rideau, which is set on a romantic reflecting pond, with a fairy-tale facade and beautifully furnished rooms.

Like other popular destinations, France is dealing with the damaging effects of heavy tourism. In the Dordogne, the Grotte de Font-de-Gaume prehistoric cave — one of the only caves in France where you can see original drawings, not replicas — no longer accepts reservations, making it next to impossible to get in. Local guides may

have access to tickets — contact a guide at least six months in advance. As a much less frustrating and equally impressive alternative, consider the replica caves at Lascaux.

To the south in Nîmes, the Roman World Museum is finally open after a decadeslong wait. High-tech exhibits show off 5,000 artifacts in an eye-catching, state-of-the-art building next to the Roman arena. One of its strengths is its rich collection of Latin-inscribed stones and mosaics — some discovered when digging the museum's parking garage.

In the Alpine resort of Chamonix, the valley's most spectacular lift, the Aguille du Midi gondola, takes you to magnificent views at 12,602 feet — and each year its popularity seems to climb as well. To beat the crowds (and afternoon clouds), it's best to ride the lift early — no later than 8 a.m. (reservations are unnecessary if you arrive at the lift before 7:30).

And in happy news for small, family-run hotels and bed-and-breakfasts — and for savvy budget-conscious travelers — French hotels listed on third-party booking websites no longer have to match those prices on their own websites, allowing them to offer lower rates or special upgrades if you book direct.

Equipping yourself with good information — and using it — will save you time and money. And that leaves you more time and money to enjoy the many attractions — historic, scenic, edible and drinkable — that make France such a rewarding place to experience.

Rick Steves ([www.ricksteves.com](http://www.ricksteves.com)) writes *European travel guidebooks* and *hosts travel shows on public television and public radio*. Email him at [rick@ricksteves.com](mailto:rick@ricksteves.com) and follow his blog on Facebook.

## TRAVEL TROUBLESHOOTER

# Despite promises, flight reimbursement still MIA

BY CHRISTOPHER ELLIOTT  
King Features

I was supposed to fly from Orlando, Fla., to Cleveland on Frontier Airlines, but the airline canceled my flight.

The airline offered two options. I could either receive a full refund, plus \$500 in Frontier travel vouchers, or I could purchase a ticket on another airline. Or I could rent a car to reach my destination on my own.

Frontier promised to reimburse me up to a maximum of \$400 per person. I had to submit a copy of my receipt, along with emails, within 30 days of my original travel date to get reimbursed.

I went for option two. I booked a new flight on Spirit Airlines and submitted my receipts. It's been almost two months, and I haven't received my Frontier Airlines flight reimbursement. Can you help me?

—Audra Singer, Orlando, Fla.

A: Frontier should have paid you by now. So why hasn't it?

When the airline canceled your flight, it promised to cover your expenses to get to Cleveland. It gave you 30 days to submit the paperwork and said it would pay you within a month. Maybe it meant to say a month after the initial 30 days?

By the way, I like Frontier's program for handling flight cancellations. Most airlines offer two terrible choices: a full refund or a flight of its choosing. Frontier's cancellation recovery program is far more flexible and customer-friendly. But it takes a while to process the refund, which can be frustrating. (This isn't the only Frontier refund case I've advocated recently.)

Under federal regulations, if you made your purchase with a credit card, airlines must forward

a credit to your credit card company within seven business days after receiving a complete refund application. For purchases made with cash or checks, airlines must provide a refund within 20 business days.

Frontier appears to have flown past that point a long time ago. Here's the thing: The government only requires that airlines "forward" your credit to your card. It can take one to two billing cycles before the credit appears on your card. When it comes right down to it, Frontier still might have complied with the law.

Fortunately, you had the airline's refund promise in writing, and you kept great records. Archiving the airline's emails and retaining all of your emails to the airline is so important to a successful resolution. Many passengers thoughtlessly delete the emails they re-

ceive from an airline, but not you. Nice work!

You could have forwarded your request for a speedy flight reimbursement to one of the Frontier Airlines executive contacts I list on my consumer-advocacy site. I think the airline's managers would be interested in knowing when they don't meet their customers' expectations. But when I asked you about that, you said you'd tried and still weren't getting anywhere.

I contacted Frontier on your behalf. The airline sent you a check for the full amount of your flight reimbursement.

*Christopher Elliott is the ombudsman for the National Geographic Traveler magazine and the author of "How to Be the World's Smartest Traveler." You can read more travel tips on his blog, [elliott.org](http://elliott.org), or email him at [chris@elliott.org](mailto:chris@elliott.org).*

## CELEBRITY TRAVELER

# Feldman brothers embrace adventure

BY JAE-HA KIM  
Tribune Content Agency

The Feldman brothers are on a hunt for more than treasure. In their new Travel Channel series, "Lost Gold," Josh, 39, and Jesse, 44, seek to find forgotten gold mines and other pieces of history throughout America. The Arizona natives say that getting to see the world is a big perk of their job. "From my travels, I have learned to appreciate different cultures and to be open to new experiences," says Josh. "I believe where we are from influences who we are. I think this is a beautiful thing and it should be celebrated."

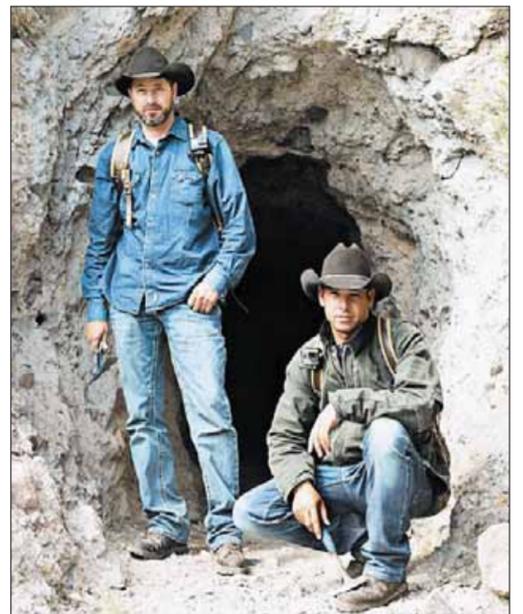
An edited version of our conversation follows.

**Q: What is your favorite vacation destination?**

**Jesse:** Iceland. It's alive with volcanic activity. You can visit Iceland and see how mountains are formed. It's the very beginning geologic stages of how gold later becomes deposited in rock. Most of Iceland is untouched by man and the people who live there have a great story of downright perseverance.

**Q: What untapped destination should people know about?**

**Jesse:** When I think about untapped destinations, I think of the public lands right here in the western United States. Land in the West is hardly populated. The bubble of a city makes you think that it is the sum total of your environment. That simply is not true and if you spend part of your lifetime in the wilderness exploring, it will give you an education



TRAVEL CHANNEL

Brothers Jesse, left, and Josh Feldman are on the hunt for abandoned gold mines in "Lost Gold."

beyond anything you can learn in a classroom.

**Josh:** Greenland is one of the most uniquely beautiful places I have ever visited. It's not super easy to get there, but it is well worth the effort. Once there, you will have opportunities to see nature at its finest. The Arctic is a mysterious place, full of secrets that can only be discovered and understood by living it yourself. It is not a vacation to Greenland. It is a journey of a lifetime.

**Q: What was the first trip you took as a child?**

**Josh:** The first big trip I remember was to Japan. I was about 12 years old and was more excited about flying on a plane than actually going to Japan. It's weird to think about nowadays, but back then people were allowed to smoke on airplanes for international flights, so the plane ride went from exciting to miserable very quickly. However, once I arrived in Japan, the trip became an eye-opening experience. It was the first time I was able to visit another culture and to understand that the world was much bigger than I could have

imagined. I will never forget the graciousness of the Japanese people and their time-honored traditions. Not only was it one of the best trips of my life, but it was also a milestone in my life.

**Jesse:** The first trip I remember well was to Downieville, California. My dad dredged the Yuba River for gold and I learned for the first time what I would be doing the rest of my life — looking for gold. I caught on to the adventure of it all very quickly.

**Q: What would be your dream trip?**

**Josh:** Start off in Australia where I would scuba dive on the Great Barrier Reef. I would then do a pack trip into the Outback on horseback for a few days. The trip would continue on to New Zealand, where I would hike across the wilderness exploring the wilds. From there, I would go to Antarctica on a ship. Just getting the chance to step foot in Antarctica would be a privilege in itself.

For more from the reporter, visit [www.jaehakim.com](http://www.jaehakim.com).



The B, a U by Uniworld river cruiser, ties up in Vernon, France, one of five ports on the Seine Experience cruise. From here, passengers visited Giverny and Monet's garden.

# River line redefined

Aboard the black swan of the Seine, discover a radical take on river cruising for millennials

STORY AND PHOTOS  
BY ANDREA SACHS  
The Washington Post

Boris, a U Host, stood before a group of river cruisers relaxing in the U Lounge, a gathering space seemingly designed by Alice's Wonderland of Furnishings. He wore all black, as if he had just rolled in from a night of chasing the White Rabbit around Paris. While he spoke, hands wrinkled with age and smooth with youth lifted glasses of riesling to their lips. Then arms slowly began to rise in response to his question.

"Who has been on a river cruise before?" he asked, as barges and sightseeing boats floated by on the Seine.

He glanced around the room at the strong showing.

"Forget everything you know," he commanded in his German accent.

Bring on the amnesia and maybe another glass of wine to soften the shock of the new.

In 2017, Uniworld, a major player in the boutique river cruising industry, unveiled U by Uniworld, the rebel kid who's shaking up the conventional family. Floating down such European waterways as the Seine, Danube and Rhine typically appeals to an older population who can afford the expensive price tag and tolerate the languid pace. Over the years, many river cruise lines have started to incorporate more physical activities, such as biking and yoga, but U is more a disrupter than a tweaker.

"U by Uniworld is attractive to people who want a cruise with less structure, feels less like a tour and has a more young-at-heart vibe," said Chris Gray Faust, managing editor at Cruise Critic. (Uniworld is not the only line branching out. Gray Faust said the Austrian company Amadeus River Cruises will introduce voyages with a similar bent in 2019.)

In the beginning, the company set an age bracket of 21 to 45. It has since abandoned the birth-year check but has kept its radical take on river cruising. For instance, instead of daily printouts of the itinerary, the crew communicates with guests via chats on WhatsApp. The U rate, which is significantly cheaper than traditional river cruise prices, includes two meals a day but no alcohol. (Beverage packages are available.) Brunch and all but one dinner are buffet-style, and the restaurant is open during reasonable times. (Meaning not-too-early bird.) No wardrobe change is required from day to night, unless you really want to be that guy in the tie. Most of the free activities involve exercising or imbibing, whereas the U Time excursions, which cost an additional fee, lean toward the historical and cultural.



Painters work on their technique during a workshop on impressionism — and wine — at the Ice Bar. It's one of several onboard activities available during the Seine Experience.



Passengers enjoy a barbecue while the B traverses the Seine River.

"We walk, we hike, we bike," said Boris, who led many of the treks and rides on the Seine Experience cruise in mid-October. "We are very sporty?"

What we weren't: all millennials.

Our boat was the black swan of the Seine. The double-decker vessel was painted the color of squid ink. The signage was Classic Silicon Valley: a purple neon "U" in a circle over the word "Uniworld"; "the B," which is the name of the ship; and the hashtag, #TravelforU. At night, a glowing red heart beat through a window. At check-in, I joined the WhatsApp group chat and didn't have to wait long to receive the

first message of the trip: a text from the bar team about the special cocktail of the day, the Limon Bubble.

The buffet worked like Tinder but for platonic. If you want to make a new friend, simply hang around the omelet or dessert table. That's how I met the Nova Scotians: Michelle and Jim, an Air Canada flight attendant and a retiring educator, respectively, and their travel companions, who were celebrating their 35th wedding anniversary. And the Minnesota grandmother, Alice, and her granddaughter, who turned 14 at Versailles. And most of the 40 passengers, really. We were such a small group — the ship can

accommodate 120 cruisers — that we soon became familiar with one another's favorite food groups and drinking habits.

After dinner on the second night, I struck up a conversation with Willem, the Dutch captain on the U's sister ship. Willem told me about his first full season on the A, which sails on the Rhine and Danube rivers. He said some itineraries were doing better than others, such as Amsterdam to Frankfurt. Uniworld had to cancel two trips from Amsterdam to Regensburg because of low attendance, which he attributed to younger cruisers' unfamiliarity with the port towns. I asked him if he thought the new brand would succeed. He said he hoped so. He had helped paint the former River Baroness black and did not care to spend the winter returning the vessel to its original white.

In addition to the shore excursions, the crew organized several diversions to keep the kids amused, if not necessarily out of trouble. For the mixology class, Polish bartender Andrew taught us how to make a Cosmopolitan, an Old-Fashioned and a nonalcoholic drink with cranberry, citrus and ginger beer.

"Shot, shot, shot," a Canadian chanted when it was time to pour the vodka into the martini glass.

The empties were cleared in time for the impressionism painting and wine workshop, which was held at the even-early-for-a-mimosa hour of 10:30 a.m. Each workspace contained brushes,

## U by Uniworld

The company offers cruises in six countries on four rivers: the Seine, Danube, Main and Rhine. The season runs April through October or December, depending on the itinerary. The seven-night Seine Experience, which sails round-trip from Paris and visits four ports, starts at \$1,699 per person double or for singles willing to be matched with a roommate of the same gender. For single accommodations, add \$500; 866-784-5755, ubyuniworld.com/us.

watercolor kits and a thick piece of paper. Several participants immediately chose their subjects; others waited for the wine to kick in.

Carmen was one of the first cruisers to complete her painting. She held up a Monet-like landscape and her fourth glass of wine.

"I am more of a wine drinker than a painter," the flight attendant from San Diego said.

Dancing was the primary after-hours activity. We had DJ Anger BeatsZZZ spinning tunes one night and a silent disco on another. Boris explained how the latter worked. Each headset contained three channels featuring different genres of music. Switch among pop, techno and Latin, and dance, dance, dance.

After five days of gliding from port to port, we were back in Paris, where we would remain for the remainder of the cruise. The risk of banging my head on a low bridge was gone. I could finally sleep outdoors, beneath the skies of the City of Light. The staff pitched the orange-and-black tents for us, tying them to an aft railing so we wouldn't blow away. In each one, they built a nest out of a sleeping pad, duvet, two pillows and a sleep sack. And then they left us alone.

After midnight, Michelle, Jim and I climbed the stairs to the top deck to go to bed. We each packed a few supplies. I brought an extra pillow, a fleece and a Thermos of tea; they carried up a box of wine.

I slept on the Seine side. Through my half-moon window, I could see the Eiffel Tower, which peered at me with glowing eyes. There were a few mild interruptions: a garbage truck dropped a large bag of glass bottles nearby and, when I attempted to make a bathroom run, I realized I had locked myself on the deck. Security came to the rescue, without a trace of a smirk.

In the morning, I heard Jim and Michelle head down for breakfast. About an hour later, I followed them. I walked through the lobby in my pajamas, perfectly acceptable attire for U and me.

NEWS TO USE

# A Frida Kahlo exhibit, more Midwest events

BY PHIL MARTY  
Chicago Tribune

Here are some of the more interesting events, deals, websites and other travel tidbits that have come across our desk recently:

■ The Forest Preserve District of Will County will host the “Frida Kahlo’s Garden” exhibition from Jan. 29 through March 16 at the Four Rivers Environmental Education Center in Channahon. Kahlo gained acclaim for her paintings and drawings created during the first half of the 20th century. The exhibit includes photos of Kahlo and her home and garden as well as reproductions of several paintings. [tinyurl.com/y6w5gt8y](http://tinyurl.com/y6w5gt8y)

■ Fish Creek, Wis., will be celebrating the 32nd edition of its Winter Festival Feb. 1-3. Among the activities will be sleigh rides and sledding, a Stumpf Fiddle Contest and a Cherry Pit Spit competition, live music, a chili cook-off and fireworks. [tinyurl.com/yedy6t1w](http://tinyurl.com/yedy6t1w)

■ Snow sculpting will be on the agenda for the Rockton Yeti Fest, Jan. 31-Feb. 3 in Rockton, Ill. There will also be dog sled mushing, sculpting demonstrations, ice skating, snow fort building and more. [tinyurl.com/ycmg8qfu](http://tinyurl.com/ycmg8qfu)

■ If you like your beer cold, head to St. Joseph, Mich., on Jan. 26 for the fourth annual outdoor Winter Beer Fest. There will be specialty brews from local and regional craft brewers, food and music. Tickets are limited, so advance purchase is advised. [tinyurl.com/y85on5q6](http://tinyurl.com/y85on5q6)

■ Every year, Woodstock celebrates its claim to fame as the filming site for the classic Bill Murray movie “Groundhog Day.” This year, the Groundhog Days festival will be celebrated Jan. 31-Feb. 3. On the opening day, Woodstock Willie, the costumed groundhog, will be on the balcony of the Woodstock Opera House and mingling with his fans. Other activities include screenings of the movie, carving of a wood groundhog, a walking tour of filming sites, a pub crawl and more. [www.woodstockgroundhog.org](http://www.woodstockgroundhog.org)

■ The Surf Ballroom in Clear Lake, Iowa, holds its 60th anniversary Winter Dance Party from Jan. 30 to Feb. 2. The Surf is where Buddy Holly, Ritchie Valens and the Big Bopper performed before the plane crash that killed them. Among groups that will perform are Jay and the Americans and Little Anthony and the Imperials. [winterdanceparty.surfballroom.com](http://winterdanceparty.surfballroom.com)



TONI FRISSELL/LIBRARY OF CONGRESS

Catch the “Frida Kahlo’s Garden” exhibition Jan. 29 through March 16 at the Four Rivers Environmental Education Center in Channahon.

■ Cirque Mechanics presents “42FT — A Menagerie of Mechanical Marvels” on Feb. 1 at the Mendel Center in Benton Harbor, Mich. The show features a circus ring with traditional circus acts that showcase a galloping mechanical metal horse, strongmen, acrobats and aerialists. [tinyurl.com/ycdovefk](http://tinyurl.com/ycdovefk)

■ Indiana’s seven state park inns have a two-for-one offer that runs

through Feb. 28. Stay two consecutive nights Sunday through Thursday and the second night is free. [tinyurl.com/y9s4raqp](http://tinyurl.com/y9s4raqp)

■ Hotel Week 2019 features deals on lodging at 15 hotels in the greater Madison, Wis., area. The promotion features \$75, \$100 and \$125 room rates Feb. 8-18. Early bookings are recommended. [tinyurl.com/ycd9kche](http://tinyurl.com/ycd9kche)

■ Sample beer, wine, cheese and

chocolate at the seventh annual Midwest Regional Beer, Wine, Cheese and Chocolate Festival on Feb. 2 at the Ozark Empire Fairgrounds & Event Center in Springfield, Mo. There will be tastings, seminars, cooking demonstrations and live music. There’s also a VIP Pairings Dinner the day before. Tickets are available online. [tinyurl.com/y7rogzcp](http://tinyurl.com/y7rogzcp)

■ More than 14,000 pet lovers typically show up for the Great Lakes Pet Expo, which will be Feb. 2 at the Wisconsin State Fair Park in West Allis. There will be lots of vendors of pet gear, exhibits by dog and cat rescue groups, live entertainment featuring animal acts, an educational reptile exhibit and more. Proceeds go to Wisconsin animal welfare organizations. [www.petexpomilwaukee.com](http://www.petexpomilwaukee.com)

■ The Michigan tourism folks list 11 outstanding outdoor skating rinks in their state at [tinyurl.com/y7akveon](http://tinyurl.com/y7akveon).

Deals and websites listed here have been checked for availability as of press time. Listings are not endorsements. Send tips at least a month in advance to [ChicagoTribTravel@gmail.com](mailto:ChicagoTribTravel@gmail.com).

Phil Marty is a freelancer.

GEOQUIZ ANSWER

**Hawaii.** Also called the Big Island, it is slightly more than 4,000 square miles.

# Ski until midnight with Friday special at Galena’s Chestnut Mountain

BY LORI RACKL  
Chicago Tribune

Night owls looking to save a few bucks on a Midwest ski deal might want to head for Chestnut Mountain Resort in Galena. In January and February, the slopes are open until midnight every Friday, when lift tickets are reduced to \$30 after 4 p.m. If you need to rent ski or snowboard equipment, you can throw that in for a total of \$50, including the lift ticket. That’s a savings of \$10 off typical night rates. The Fantastic Friday promotion is one of several specials being offered at Chestnut Moun-

tain, roughly 160 miles northwest of Chicago. Other deals include a Kids Stay & Ski Free package. Starting at \$99 a night, Sunday to Thursday, children under 13 can stay at the resort and ski free with two paying adults. The offer is good through Feb. 28, except the Martin Luther King Jr. and Presidents Day weekends. With terrain ranging from bunny hills to black diamonds, Chestnut Mountain is suitable for rookies and veterans, skiers and snowboarders. The property’s nearly 500-foot vertical drop meanders 3,500 feet through 19 runs. The resort’s ski center and hotel are perched on a bluff high

above the Mississippi River. The 100-room lodge, where winter rates start at \$99 during the week and \$199 on the weekend, has an indoor pool, sauna and several spots to eat and drink. Chestnut Mountain is also close to restaurants, bars and boutiques in historic Galena, where upcoming events include a Whiskey Weekend on Jan. 26, the Special Olympics Illinois Winter Games Feb. 5-7 and an annual Winter Carnival at Eagle Ridge Resort, on Feb. 15-17, featuring hot-air balloon glows at dusk, games, pony rides and more.



CHESTNUT MOUNTAIN RESORT

About 160 miles northwest of Chicago, Chestnut Mountain Resort has a nearly 500-foot vertical drop. There are 19 runs covering every skill level.

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## FORK IN THE ROAD

WHAT TO EAT WHEN YOU GET THERE



ERIK KELLAR/NATHANIEL REID BAKERY

Nathaniel Reid Bakery in Kirkwood is known for its offbeat flavors of macarons, including poppy flower and rose.

# BEYOND BUD

Daring brewers, Bosnian restaurants and creative chefs are fueling a culinary revolution in St. Louis

BY ELAINE GLUSAC  
Chicago Tribune

ST. LOUIS — When it comes to the culinary arts, St. Louis has a reputation as a Budweiser and toasted ravioli town.

Bud, of course, was famously headquartered here until InBev, the massive beverage company, took it global in 2008. And toasted ravioli are beloved Italian carb bombs.

Both remain ubiquitous around town, but they're increasingly joined by daring microbrew selections, Bosnian restaurants and waves of chefs who previously went to New York and Chicago to work and are returning home, fueling a culinary revolution that's feeding exploding tech communities, gentrifying neighborhoods and exploratory foodies.

"I've worked in 13 cities in the past 13 years, and I could stay here the rest of my life," says Michael Fricker, executive sous-chef at the new Cinder House restaurant downtown. The St. Louis newcomer lauds the city's variety of restaurants, the availability of local produce and camaraderie among chefs.

The following is your convention-busting guide to savoring St. Louis.

### Instead of Bud, try a Schlafly or a Side Project

Budweiser, still made in a handsome red-brick campus in the city's Souldard neighborhood, is a daunting macrobrewer to compete with. But a number of upstarts, some of whom trained at Bud, have expanded the suds scene in St. Lou. Among small players such as Civil Life Brewing and Urban Chestnut, the side hustle Side Project Brewing from Cory King — former brewer at Perennial Artisan Ales — specializes in barrel-aged beers.

The city's original craft brewery, Saint Louis Brewery, makers of Schlafly Beer, founded in 1991, pours a vast range of beer in a vintage 1901 taproom where founding brewer Stephen Hale works the brew kettles clad in his signature utility kilt.

"Schlafly fought the giant forever, so you have to respect that," says James Beard Award-winning celebrity chef Gerard Craft, owner of Cinder House and other restaurants.

### Instead of the Central West End, hit the Cortex District

Long a dining and entertainment hub east of Forest Park, the leafy Central West End remains foodie-friendly, site to the new seafood-and-rum rave Yellowbelly.



ANDREW TRINH/YELLOWBELLY

Central West End is home to the new seafood-and-rum rave Yellowbelly.

including the farm-to-table restaurant Vicia.

Chef Michael Gallina and his wife, Tara, worked at the prestigious Blue Hill at Stone Barns in New York, he as a chef, she as a service manager, before moving back to his hometown. They set up Vicia in a newly built, glass-walled corner spot, showcasing locally grown produce in dishes such as zucchini steak, farm egg with wheat berries and mini mushroom tacos using thinly sliced turnips in place of tortillas. It's earnest and refined, but not stuffy.

"We want to have fun," says one server, dropping the turnip taco dish. "The taco's an icebreaker."

### Move beyond Clayton to Maplewood or Kirkwood

St. Louis' peculiar growth pattern, limited to its original 1876 footprint when it separated from surrounding St. Louis County, means that what would be neighborhoods in other cities are often suburbs here. That's the case with Clayton, just west of the city limits, which has long been a restaurant hive and is still filled with gems like the breakfast spot Half & Half and chef Gerard Craft's Mediterranean Sardella.

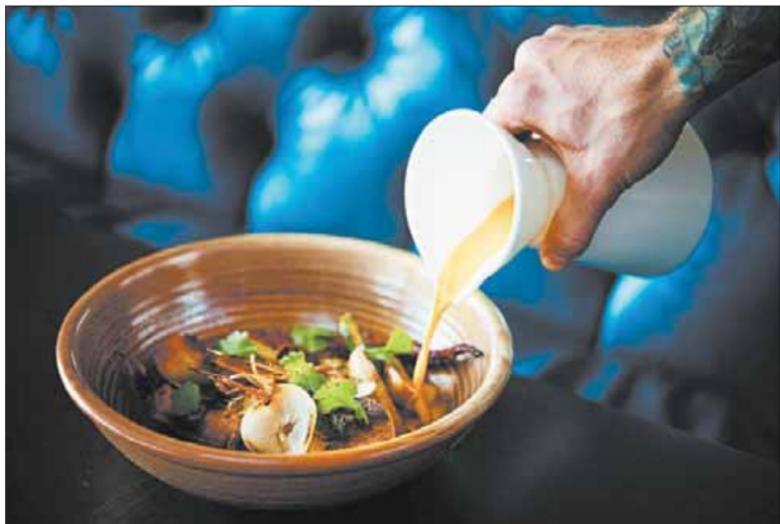
Among these dining-centric islands in greater St. Louis, don't miss Maplewood, south of Clayton and home to cute boutiques, Schlafly's Bottleworks plant and taproom, and Benevolent King, the new Israeli-Moroccan restaurant from Beard-nominated chef Ben Poremba, who also runs the trendy Latin restaurant Nixta and other eateries in town.

Manchester Road, part of former Route 66, threads through Maplewood and Kirkwood to the west, where acclaimed pastry chef Nathaniel Reid runs his 2-year-old



SPENCER PERNIKOFF/BALKAN TREAT BOX

A pide sandwich of flatbread with a spicy sauce called ajvar and runny kajmak cheese.



GREG RANNELLS/CINDER HOUSE

The moqueca seafood stew at Cinder House restaurant in St. Louis' Four Seasons Hotel.

eponymous bakery from a sunlit storefront. The Joel Robuchon alum and former Pastry Chef of the Year per the U.S. Pastry Competition chose Kirkwood for its sense of community, demonstrated by a stream of customers interrupting an interview to say hello.

"We take the lowly and elevate it," says Reid, who does everything from chocolate-dipped pound cake to delicate macarons and flaky pastries. "If you can make a turkey sandwich stand out, you're really doing something."

### Instead of Italian, try Bosnian

The Hill remains St. Louis' Italian stronghold, filled with classic restaurants. Now a more recent wave of Bosnian immigrants, who fled the Balkan wars of the '90s and concentrated in St. Louis, have introduced pide (like pita, but fluffier), cevapi (sausage) and doner (spit-roasted meat sandwiches) to the dining scene.

These are not foreign dishes to the line of lunch-grabbers in Midtown waiting to eat at the Bosnian food truck Balkan Treat Box, owned by Loryn Nalic and her Bosnian husband, Edo. He runs the window, bantering with regulars; she runs the wood-fired oven, visibly torching homemade flatbread topped with spicy red pepper sauce called ajvar, crumbly beef and creamy kajmak cheese.

As a chef, Loryn taught herself Balkan cooking by traveling in the former republics that made up Yugoslavia and hanging around restaurants until they would invite her into the kitchen.

"I would go to the markets and pick up

old ladies by saying, 'If I buy your groceries, can you take me home with you and show me what you're making,'" she says, laughing.

Coming soon: The couple is opening a bricks-and-mortar restaurant in Webster Groves, one of those inner-ring suburbs.

### Commute in reverse, and dine downtown

By day, the city's biggest attraction, Gateway Arch National Park, which was recently overhauled with a pedestrian-friendly new entrance and a thought-provoking museum devoted to the country's westward expansion, draws tourists downtown. But after 5, downtown can feel like the hole in the St. Louis doughnut: empty, as office workers head out for home.

A trickle of new residential and hotel developments signals a revival led, on the food front, by the new Cinder House at the Four Seasons Hotel St. Louis.

Craft's Cinder House is an ode to his childhood nanny from Brazil, featuring her recipe for addictive cheese bread as well as a South American pork and beef stew called feijoada and a seafood stew known as moqueca. The dining room, filled with samba music and groups of families and couples sharing dishes, frames views of the landmark arch. The iconic symbol of the city feels even closer on the seasonal terrace bar outdoors.

"We don't think of ourselves as a hotel restaurant," says chef Fricker, surveying the view. "We think of ourselves as a restaurant in a hotel."

Elaine Glusac is a freelance writer.

## HOME

MAKE YOUR SPACE

## COMMENTARY

## Roomba's more than just a clean-freak robot

BY STEPHANIE REYNOLDS  
Chicago Tribune

Roomba is making me a better person.

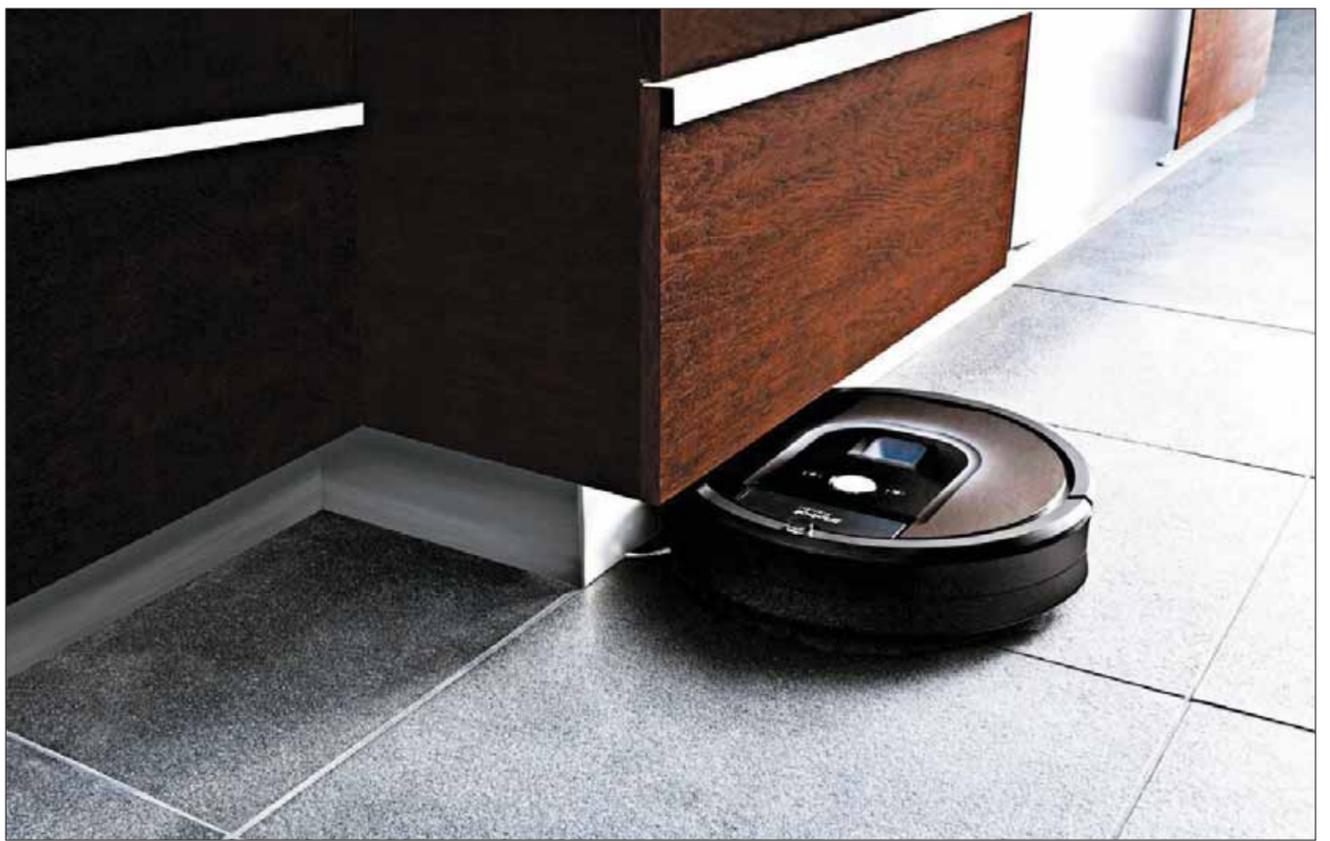
As far as Christmas presents go, the rotating, beeping robotic vacuum cleaner is — and I can't believe I'm saying this — right up there with the remote-controlled flying shark balloon of 2016.

I'll get a message from him on my phone while I'm at work (Roomba uses the pronouns he and him): "Roomba's bin is full" or "Roomba's left wheel is stuck." And I'll start thinking of solutions. *Maybe someone can go over and free him, poor guy. He's probably under the love seat.* It's a bit like having a new pet, or like R2-D2 is still getting used to your house.

The idea behind a robotic vacuum cleaner, I'm led to believe, is that you set it up and don't have to think about vacuuming anymore. Forget that. We've spent hours watching Roomba. He cleaned our 1,000-square-foot apartment on Christmas Day four times.

This is going to sound weird, but it's fascinating to watch how he maps a room, figures out a pattern and then deals with every obstacle — skirting cat food dishes, weaving around chair legs, freeing himself from under the dishes cabinet in the dining room. So many strategies: the wiggle left and right, the patient edging move, the 180-degree twirl. He may just be my role model for 2019.

Also, he has a Cliff Sensor. He'll zip straight for the stairs, stop cold, turn and edge around a bit looking busy, but then he'll head right back for the



ROOMBA

It's fascinating to watch how Roomba maps a room, figures out a pattern and then deals with every obstacle — skirting cat food dishes, weaving around chair legs, freeing himself from under the dining room cabinet. Oh, and the robotic vacuum cleaner also leaves your floors very clean.

stairs again and stop again. I want to yell, "Danger, Will Robinson!" — it's scary every time. But Roomba doesn't hesitate; he puts himself out there. Maybe Muhammad Ali said it best: "He who is not courageous enough to take risks will accomplish nothing in life."

On Christmas, my son set up Roomba to turn on at 9 a.m. seven days a week. (Scheduling chores and exercise works for me too!) My husband, Thom, and I went to the movies Saturday afternoon, and on the way out, in the elevator,

I was reading my messages (there's an app for your phone) and said out loud, "Oh, he's cleaning again." "Nick must've turned him on," Thom said. The other guy in the elevator asked, "What's going on?" He came over to look at my phone. We explained all about Roomba; I mean we raved all about Roomba.

Did I mention that Roomba cleans? Our apartment is very clean right now. The floors, I should say, they're very clean. But we've also tidied up a bunch of other things to make Roomba's life easier.

Electrical cords jumbled in a corner have been reorganized. Fraying rug fringe is being removed. Thom even took out the big, old vacuum to help Roomba a bit with the bathroom the first day.

But the second day, after spotting a couple of dog hairs, we opened the door to the bathroom and let Roomba in. He was under the bathtub in no time and started a very laborious new pattern, back and forth over the same spot. His Dirt Detect, I'm shocked to say, had found extra dirt under there.

Some people give a new name to their Roomba (just like a shelter pet, right?), but we stuck with Roomba; it fits, he responds to it. Well, he could respond to it if I had Google Assistant — maybe later. We talk to him, regardless. Is anthropomorphizing machines a good thing or bad? How close are we to the robot insurrection anyway?

Until Skynet actually does become self-aware, I'm pleased with Roomba's work ethic. He's so patient, so diligent, so detail-oriented. Thom calls him "our little soldier" in the voice of

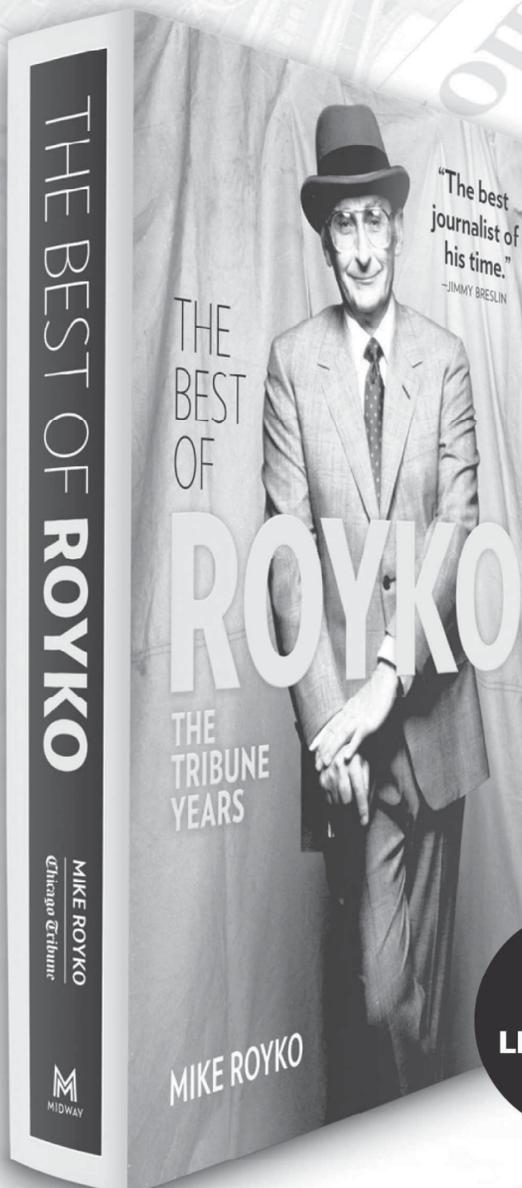
Frank Burns talking about Hot Lips in "M\*A\*S\*H."

Finally, Roomba is a master problem solver. He tries everything and rarely gives up. When he does concede defeat, however, he knows to ask for help. Which is just right: Do your best, but don't be afraid to reach out to your team, your support group.

And it reminds me, I'll have to end this now as I still need to figure out how to empty Roomba's bin without going home.

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Twitter @ssreyn

## MIKE ROYKO TELLS IT LIKE IT IS IN "THE BEST OF ROYKO"



"The Tribune Years" is a collection of over 175 columns written during his 14 years with the Chicago Tribune. Royko's colorful commentary and insightful humor touch on every aspect of Chicago life, from politicians corrupting the hot dog to senior citizen car thieves.

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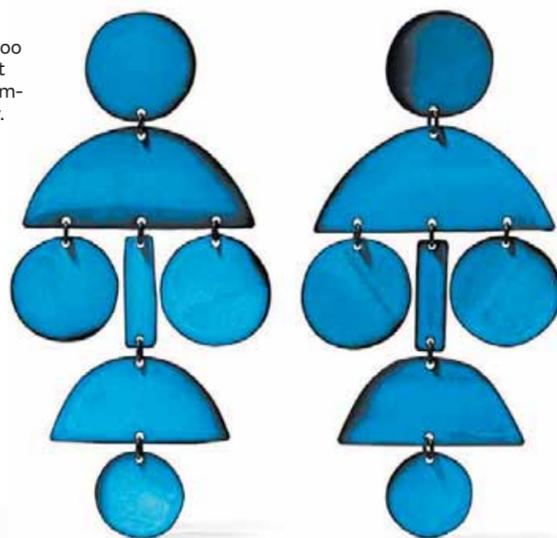
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NET-A-PORTER



ANNIE COSTELLO BROWN

Annie Costello Brown's blue Pom-pom earrings will look perfect with your beach hair. \$242, anniecostellobrown.com

# Escaping winter

Follow the sun — or just add a little summer to your wardrobe

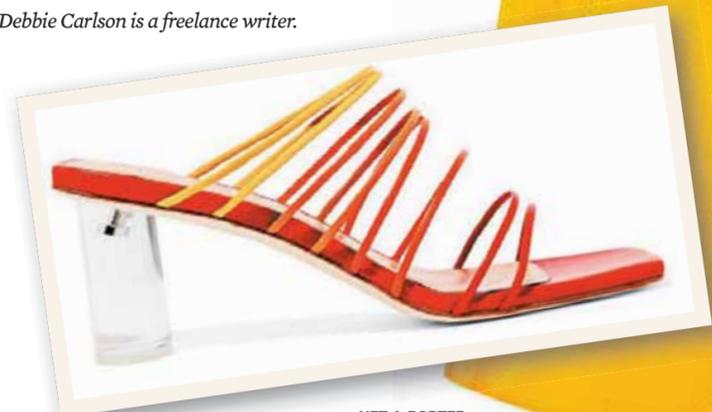
BY DEBBIE CARLSON  
Chicago Tribune

If you have a beach getaway planned or just need to feel warmer, cruise fashion can add a little summer to your winter.

These bright hues and natural materials are an instant mood lifter and bring a vacation vibe to wherever you are.

Get the look with something as delicate as Isabel Marant's bead and cowrie shell bracelet — it works in any setting, tropical or not. Want to replicate lazy beachcomber days and fun in the sun without slathering on the sunscreen? Carry Gucci's straw tote. Your co-workers may think you're jetting off for an island jaunt next weekend, but your secret's safe with us.

Debbie Carlson is a freelance writer.



NET-A-PORTER

Rejina Pyo's vibrant red, orange and yellow leather and Perspex sandals. \$545, net-a-porter.com



The Paradised airy mesh caftan is perfect to layer over your favorite bikini. \$82.50, net-a-porter.com

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AMAZON

Crash Baggage pre-dented carry-on luggage lets you travel worry-free. \$324, amazon.com



Gucci's straw tote oozes 1960s beach culture. \$1,290, Gucci

GUCCI

# Permanent makeup's dirty little secrets



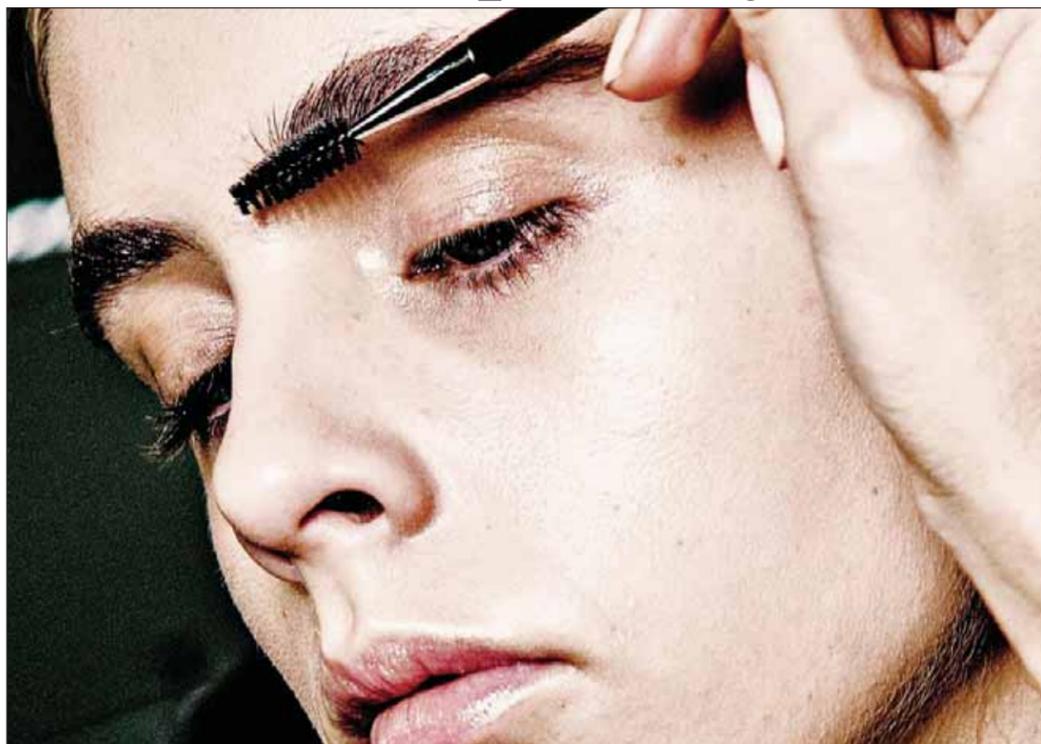
ELLEN WARREN  
Answer Angel

**Dear Answer Angel Ellen:** One topic I have not seen in your columns is "permanent makeup." About two years ago, I met a woman (40-ish) in the locker room who was raving about her tattoo-enriched eyebrows and recommended her technician, so I decided it would be a great solution for my thinning brows.

The technician did a beautiful job of matching color, but what I didn't know is that you have to go every year (it varies) to have them redone because they fade.

Mine have faded to a muted yellowish-coral, which I'm just learning how to disguise (partly with help from you and your readers). My hairstylist says she has tiny scars all around her mouth from having her lips done, and her mother now has faded fuchsia brows, so clearly I'm not alone. I would appreciate your thoughts on the matter sometime.  
— Terry S.

**Dear Terry:** I'm hoisting a giant red warning flag on the idea of permanent makeup. This can go so very wrong. As the dermatologist I consulted told me, fading is a definite hazard. And your coral eyebrows are just one example of that. Tattoo technicians who are doing the job, to state the obvious, have widely varied skill. It takes a real artist, whether applying a classic tattoo on your bicep or eyeliner on your face. And there's no soap-and-water solution that will wash off the mistake. Sure, it is tempting to never have to



ROSDIANA CIARAVOLO/GETTY 2018

Brush, pencil and primp your eyebrows, but think twice before you opt for tattooing them.

bother again with applying liner or eyebrow makeup, or even lipstick and blush. You asked for my thoughts: Personally, I wouldn't risk it.

**Dear Answer Angel Ellen:** Is it safe for me to be eating and drinking beauty products, as it seems this is now a thing. Can I be harmed?  
— Sally B.

**Dear Sally:** The idea of inner beauty — we're talking the *really* inner beauty of healthy eating (organic, vegetarian, vegan and more) — is gaining in popularity. But so are special products like powders and supplements. Just be aware that not everything is regulated. At minimum, your doctor needs to know not just the prescription medi-

cines you are taking, but also the beauty potions you are eating/drinking, as well as the vitamin tablets and nutritional supplements you ingest.

**Dear Answer Angel Ellen:** All the new sneaker-type shoes have the 1-inch white border that is impossible to keep looking snowy white after a few wearings. I tried bleach on a Q-tip (which bleaches the top of the shoe if not careful), Mr. Clean Magic Eraser and even white polish, which looks stupid. Any suggestions? I would like another pair but not if I'm going to walk around with dingy borders.  
— JMK

**Dear JMK:** Sneaker collectors (there are *many*) are fanatic on this topic and

drive themselves nuts over the smallest scuff. There's no shortage of internet and YouTube cleaning tutorials. Here are just a few suggestions to keep white bottom edges sparkling:  
■ Spray before wearing with a stain repellent available at sneaker shops like Champs, Finish Line and Foot Locker.  
■ Specialty sneaker cleaner from sneaker shops.  
■ Rub with warm (not hot) water and a damp cloth.  
■ Creamy white (not gel) toothpaste and a soft toothbrush.  
■ Baking soda and laundry detergent mixed in equal amounts, then scrub with a soft toothbrush.  
■ White eraser from an office or art supply store (but never a colored eraser).

■ It didn't work for you, but many experts swear by the Mr. Clean Magic Eraser from drug or grocery stores.  
■ Head & Shoulders shampoo applied with a toothbrush.  
■ Nail polish remover, but test on the sole first.

### Angelic readers 1

After I wrote about KFK's problem finding an organization to accept \$18,000 in unused cancer drugs after her husband passed away, I heard from Project C.U.R.E.'s operations director, Sandy Mueller, who wrote, "We do take some limited medication if still in package and in date. People are welcome to contact us for details at sandramueller@projectcure.org"

### Angelic readers 2

Many readers yelped at my advice to store guest linens with dryer sheets to keep them smelling fresh. The scent is murderous for those with allergies, scent sensitivity or asthma.

After a terrible overnight visiting friends in California, Janet says to always ask guests about fragrance sensitivity before they arrive and if they have one, to wash the sheets in fragrance-free detergent right before putting them on the bed. "Scented sheets will keep me awake at night," writes Peggy.

Others who hate the scent of dryer sheets: Kathy O., who sticks with an open box of baking soda, and Adrienne W., who makes a spray with lavender essential oil, applied after she makes the bed. Susie S. writes, "Here's the solution that works for me: I hang the sheets and pillow cases on hangers in the guest bedroom closet. I make sure there is at least 1 inch of space between them. I also put a small container of anti-desiccant and a container of basement odor eliminator in the closet. Both are easy to find on Amazon or at a home improvement store. And the need for space to hang the sheets is good motivation for cleaning the closet out."

Kathy H. and Jo Ann N. recommend a bar of Irish Spring soap (but not in direct contact with fabrics). Rosie L. prefers a bar of lavender soap.

### Now it's your turn

Send your questions, rants, tips, favorite finds — on style, shopping, makeup, fashion and beauty — to [answeringellen@gmail.com](mailto:answeringellen@gmail.com).

Ellen Warren is a freelance writer.

## STYLE

WHAT TO WEAR NOW

## SHOPPING CHICAGO

## New year, new you: 3 of city's best men's shops

By CHRIS LAMORTE  
Chicago Tribune

A good men's shop has a curious effect on a guy. It can make him feel like someone else.

Specifically, Steve McQueen. The actor and style icon remains the sartorial bar by which all men's shops must, by law, be measured. Even if you're more apt to rock the style of an A\$AP Rocky, Timothee Chalamet or a Beckham (Romeo, Brooklyn or David, take your pick). The best shops still evoke what gents like these do best: blend insouciant swagger with effortless elan, the classic with the contemporary, and the high with the low.

But men's shops that pass the McQueen test are increasingly riding off into the sunset — or at least into cyberspace. They're harder to find in the real world.

Fortunately, Chicago still has shops with style. Here are three of our favorites.

## Independence

It's all about the culture of craftsmanship at Independence, a shop that celebrates that moment in sartorial history when work clothes moved away from the actual work they were designed for, instead lending an air of everyday cool to everyone from the Beats to Brando.

The shop has been on Oak Street since opening in 2012, but this February it's scheduled to move to 924 W. Randolph St. in the Near West Side. You'll still find vintage-style Levi's alongside so-plain-they're-conspicuous T-shirts from Velva Sheen, a brand from 1932, which hipsters now love. Other heritage brands here include the likes of Filson and Dehen 1920, displayed side-by-side with new Japanese brands like orSlow and Kapital, inspired by the tradition of workmanship. An assortment of Craighill fob key rings, military-style blankets, sunglasses with vintage American Optical frames, and sophisticated pocket squares round out the inventory.

The central focus of this shop, however, is the shoes. The owner is George Vlagos, a cobbler's son,



Independence features vintage-style denim and handmade shoes.



Notre, based in the Near West Side, set up a pop-up shop at the Waldorf Astoria hotel.

who started Oak Street Bootmakers, the darling of shoe-leather obsessives. The shoes and boots are often constructed with Chicago's legendary Horween leather, and designed to last not just the season, but a lifetime.

*Independence, 47 E. Oak St., 312-675-2105, independence-chicago.com*

## Notre

At the intersection of high-end fashion and bleeding-edge streetwear, you'll find Chicago's

Notre. (You'll also occasionally find Kendrick Lamar, who did a pop-up shop selling his Damn merch last year at the Near West Side store.) Notre specializes in that special breed of highly covetable sneakers, managing to be among the exclusive few shops in the world that brands like Nike, Vans and Adidas trust to sell their most exclusive editions.

With a combination of well-curated stock, online savvy and special events (like an invite-only Grant Achatz pop-up dinner last summer), Notre has built its own

cultish international following. "We want to be that local boutique, but we're competing with bigger players. The Mr. Porter and Ssense of the world," says MJ Jaworowski, one of Notre's four owners. Beyond sneakers, you'll also find fashion-forward labels (Off-White, Thom Browne, Stone Island, Acne Studios, visvim, Maison Margiela, Comme des Garçons and Cav Empt).

The shop opened in Andersonville in 2014 before moving to the trendier climes of the West Loop in 2016. This winter it opened a

temporary pop-up shop at the ritzy Waldorf-Astoria hotel in the Gold Coast, while it put the finishing touches on an expansion of its Near West Side home, slated to open in February. It will go from 1,400 square feet to just under 5,000 square feet and will have distinct sneakers, streetwear, apothecary and publications areas.

*Notre, 118 N. Peoria St., 312-888-2248, notre-shop.com*

## George Greene

The first thing you need to know about George Greene: There is no George Greene. George was the dog of one of its three co-owners when the shop opened in 2001. Green was a favorite color. That extra "e" tacked on the end? Well, that's just a soupçon of panache. It's a story that perfectly illustrates this clubby little shop.

Filled with potted plants and comfy chairs, it looks like the apartment of a wealthy, eccentric (but meticulously dressed) uncle — recently returned from Europe with trunks full of goodies, no less. Located on the first floor of the same Oak Street walk-up as Independence, George Greene specializes in the made-to-measure finery you'd expect from these gentlemanly surroundings, including suits from Kiton and Zegna and sport coats from Boglioli.

For the offbeat-but-decidedly highbrow, you'll dig into ready-to-wear pieces from Thom Browne and others. Over the years, the shop's gone a little more street, now offering selections from design god Virgil Abloh's devoutly worshipped Off-White label. Among other best-sellers: Chrome Hearts, the LA-based brand that includes chunky sterling-silver jewelry favored by rockers, and British-born Belstaff, a vintage-but-resurgent motorcycle leather-goods purveyor with which young Hollywood is currently infatuated.

*George Greene, 49 E. Oak St., 312-654-2490, george-greene.com*

*Chris Lamorte is a freelance writer.*



George Greene offerings include made-to-measure suits, jewelry and motorcycle leather goods.

Chicago Tribune

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Lindsey Karavites



Thomas and Megan DiSanto



Emily Harris, from left, Jackie Klein, Raquel Gonzalez-Heredia and Lori Hutcherson

## CANDID CANDACE

BY CANDACE JORDAN



### Kandy Kane Ball collects toys for children in need

More than 700 guests attended the 16th annual Kandy Kane Ball at Joe's on Weed Street, helping fulfill the holiday dreams of underprivileged kids by collecting over 1,000 toys for distribution through Chicago Children's Charities. The Dec. 8 party with a purpose featured live entertainment from The Ron Burgundy's and DJ Matt Roan, light bites and a raffle.

Joe's was transformed into Santa's workshop with guests dressed for the season and toys in hand. Each attendee was required to bring a toy for admission, which was then loaded into a semitrailer outside. Inside, Santa greeted partygoers as the movie "Elf" played on large TVs.

A VIP area offered guests a respite from the jammed dance floor, where the band performed easy-listening hits from the '60s, '70s and '80s from artists such as Jimmy Buffet, Hall & Oates, Kenny Loggins and Paul Simon. A photo booth provided festive memories, and a raffle offered two winners a private, health-and-fitness Royal Caribbean cruise to the Bahamas (sponsored by Reebok).

The Rev. Michael Gabriel supervised the toy distribution at Holy Family Church on Dec. 14. Two of the event's founders, Mark Bell and Matt Unertl, along with Joe's owners Lauren and Ed Warm, were on hand to help out. Children and their families enjoyed a hearty breakfast buffet, face painting, games and photos with Santa.

"This is special because we have so many kids whose parents just can't afford toys. We give a little party, and no kid is left out. ... As long as there are children, there will always be a need for this type of giving," said Jerrilyn "Jerry" Young, a 64-year volunteer at the church. Plush toys were also dispatched to St. Anthony's Hospital.

To date, the Kandy Kane Ball has collected more than 16,000 toys for Chicago Children's Charities, which has brightened the holidays for kids in need for over 30 years.

*Freelance writer Candace Jordan is involved in many local organizations, including some whose events she covers.*

Twitter @CandidCandace

**MORE ONLINE:** Find more photos and video of this event at [www.chicagotribune.com/candidcandace](http://www.chicagotribune.com/candidcandace)

KRISTAN LIEB/PHOTOS FOR THE CHICAGO TRIBUNE



Jenny and Sean Polster, and Jiesi Zhao



Renny and Brooke Kurup



Lauren and Ed Warm



Erin Shields, the Rev. Michael Gabriel and David Keene



Mae Lindner, Fisayo Famoye and Chelsea Steffens



Andrew Landan and Jon Landan



Jill Newman, Thuy Truong, Chloe Ifergan and Laura Alexander

## When your supervisor wears a tuxedo to a business dinner



JUDITH MARTIN  
Miss Manners

**Dear Miss Manners:** I co-hosted a business function, an "appreciation dinner" for about 50 of our customers. The invitees wore traditional office attire, as did I. The invitations did not specify dress.

To my dismay, my male co-host arrived in a tuxedo. I know this was obviously improper, but as my co-host is also my superior, I had no idea how to handle the situation. While I realized he looked like a boob, my concern was what to say when asked by several guests, "Oh, am I underdressed? Is this black tie?"

In most instances, this was said with a laugh, so I didn't know if they were sharing the joke, or if they were truly uncomfortable in thinking that they had underdressed.

Is there something I could have said? I know my superior thought himself quite the dandy, so I know it will happen again next year. All I had to offer them was a rather lame, "You look just great! Can I get you something to drink?"

**Gentle reader:** Try as she will, Miss Manners can think of no way you can rescue someone who is determined to dress improperly: "Oh, it's just that his New Year's Eve party went on rather long and he didn't have time to change?"

So you were right not to address the matter, but to treat the guests' remarks as if they were serious and offer them some offhand reassurance and a change of focus.

**Dear Miss Manners:** Is there a rule of etiquette

about where a couple is seated in a taxicab? I think the couple should sit in the back. My gentleman friend believes he should sit in the front with the driver to give directions (despite GPS navigation and the fact that taxi drivers usually know where they are going).

I think it is discourteous to let me sit alone in the back while he chats with the driver. We are both elderly and somewhat stubborn in our beliefs. Your thoughts may help keep the peace.

**Gentle reader:** Your gentleman friend's place is in the back with you — not sitting on the driver's phone and unanswered mail in the front seat, not driving and not sitting on the hood, satisfying though the latter might be.

Miss Manners recognizes that not all taxi drivers are good navigators, and that the customer is allowed reasonable say in the route. But back-seat driving can be done from the back seat and, if done properly, with decent consideration for the professional feelings of the driver.

**Dear Miss Manners:** A good friend of many years is experiencing hard times; she has very little income and multiple major health problems that prevent her from working, and she has no family close by.

I invite her over for dinner every so often, as I enjoy cooking, and I try to find inexpensive or free things we can do together. I happen to work in social services and have referred her to several agencies that help her with various problems.

She often tries to repay me, which she really cannot afford — she even attempts to pay for the cost of ingredients when I cook dinner, which of course, I don't accept. She has gladly

done favors for me, such as looking after my pet and plants when I have traveled, which I appreciate very much and have told her so.

I would love to know how to keep her from spending money to "re-pay" me or to buy gifts for me. At the same time, I don't want to make her feel like Poor Pitiful Pearl either. I am far from wealthy but can afford to treat an old friend to a home-cooked meal or a movie every so often.

**Gentle reader:** Manners will take the blame for your not accepting cash gifts. When your friend attempts to pay for groceries, Miss Manners recommends acting scandalized: "Ask an old friend to pay for her dinner when I have invited her for the pleasure of her company? Never!"

The tone to be cultivated is humorous exaggeration. The humor will mask the embarrassment you are nevertheless trying to create to prevent a recurrence. Truly expensive gifts must be accepted with genuine pleasure, and a direct, firm but kindly request that she recognize that you prefer her company to unaffordable gifts. (Note that Miss Manners has intentionally constructed the previous sentence so as to imply that no one can afford the gift in question.) As this technique will be neither totally effective — nor totally free of embarrassment — on all sides, it should not be used for inexpensive, incidental gifts.

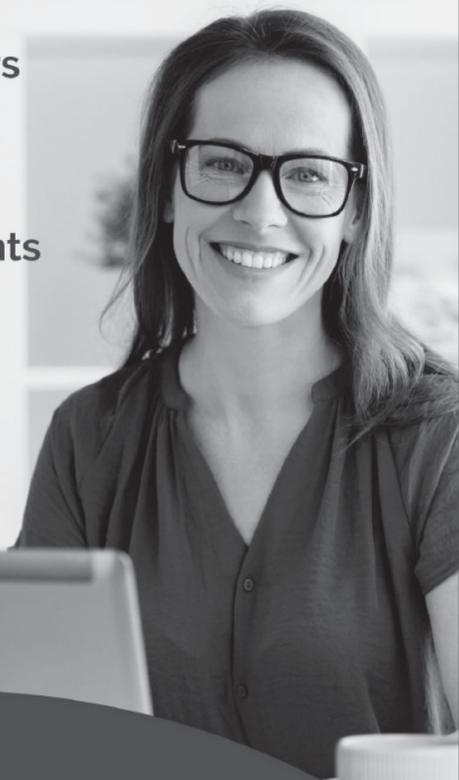
To send a question to the Miss Manners team of Judith Martin, Nicholas Ivor Martin and Jacobina Martin, go to [missmanners.com](http://missmanners.com) or write them c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106.

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Chicago Tribune

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# Chicago Tribune REAL ESTATE

Bungalows “come with unique features that aren’t found in a lot of homes. People like their true character.”

— Sarah Ware, Chicago Association of Realtors and Chicago Bungalow Association board member



CHICAGO BUNGALOW ASSOCIATION PHOTOS

Troy Bryant devoted time and energy to make the facade of his South Shore bungalow snazzier, and he won a Driehaus Award from the Chicago Bungalow Association for it.

## ‘These homes represented the American ideal’

Chicago bungalow owners cherish — and renovate — their historic houses

By DARCEL ROCKETT | Chicago Tribune

Troy Bryant knew things had to change when he saw the facade of his South Shore bungalow on a “We Buy Ugly Houses” commercial in April 2018. He watched the spot in the wee hours of the morning with his wife, DeLisa.

“I felt my heart almost drop to my knees,” he said. “I looked at her, and she was kind of awe-stricken. We were torn about: Should we laugh because it’s kind of funny? But then I looked at her and said, ‘Baby, it’s going to be all right.’ At that point, I needed to get things taken care of at a breakneck speed.”

Within a few months, Troy transformed his home’s exterior from “blah-galow” to “cowabungalow” — all for

under \$5,000. He removed the steel security door and created a framed, recessed entrance. Drywall and insulation were added, as well as a paint palette true to the bungalow aesthetic and a back-lit address placard. He also built and installed double driveway gates. Bryant’s work was recognized by the Chicago Bungalow Association, winning the organization’s 2018 Richard H. Driehaus Foundation Bungalow Award for exterior rehabilitation.

There are more than 80,000 bungalows in Chicago, making up nearly a third of the city’s single-family housing stock, according to CBA. And many owners are keen on preserving their



Bryant



Troy Bryant removed a steel security door when he renovated his bungalow, after seeing his house featured in a “We Buy Ugly Houses” television commercial.

historic, iconic architecture — a practice CBA supports as a resource to bungalow owners. The 18-year-old nonprofit offers free seminars on the history of bungalows, maintenance advice and referrals to craftsmen who

can help owners preserve, maintain and adapt their bungalows.

“(Bungalows) do have their share of people that follow them and the charac-

Turn to **Bungalow**, Page 7

## Knowing your limitations can avert DIY disasters



KENNETH R. HARNEY  
The Nation’s Housing

Do-it-yourself projects by homeowners are a multibillion-dollar growth area within the U.S. economy and the bread and butter of corporate giants like Lowe’s and Home Depot.

And for good reason: When done right, DIYs are great, saving

you money and time. They can even be fun and give you a sense of pride in what you’ve accomplished. But they can also be rolling disasters when they go off the rails.

David Pekel, president and CEO of Pekel Construction and Remodeling in Wauwatosa, Wis., has gotten frantic calls over the years from homeowners pleading for urgent help because their DIY job went seriously south. “We really need someone to come out to our house to save our marriage, right now!” yelled one panicked spouse whose partner had messed up a major repair.

In another case, an owner inadvertently connected the plumbing from a new bathroom to the home’s sump pump discharge in the basement. Uh-oh. The sump pump, designed to expel excess rainwater, was now connected directly to a toilet in an upstairs room. Flush! For as long as it could before getting clogged, it pumped raw sewage into the yard, creating a stinky and unhealthy mess.

Pekel, president of the 6,000-member National Association of the Remodeling Industry, better known as NARI, says Americans are constantly bombarded by

messages from big box retailers, cable TV shows and YouTube videos telling us, in effect, “Get off your butt, you can do it yourself. It’s not that hard. Just follow the directions.” Inevitably, in some cases the directions turn out to be not that simple and the job itself is beyond the training or capabilities of an ordinary homeowner. Nobody advertises that cold reality.

So how many DIY projects turn out to be disappointments? You can find videos and TV shows online that illustrate the perils, but now a new study of 2,000 homeowners who said

they’d had problems with their DIY efforts provides some hard numbers. It also offers insights about what types of fix-ups are most popular and which ones are most likely to fail or produce poor results.

Nearly two-thirds of participants in the survey said they had regrets about at least one of their projects. In a third of the cases, the job they did was botched badly enough that they had to call in a professional to redo their own work. Sponsored by Improvenet, an online referral net-

Turn to **Harney**, Page 3

SHOWSTOPPING  
NEWS

From one of the most influential theater critics in America.

Chicago’s own Chris Jones, covering theater news and reviews from Chicago to Broadway:

[chicagotribune.com/theaterloop](http://chicagotribune.com/theaterloop)

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WITH CHRIS JONES



\*VHT STUDIOS PHOTOS



**HOME OF THE WEEK**

# 2-bedroom home in Chicago's Prairie District: \$875,000

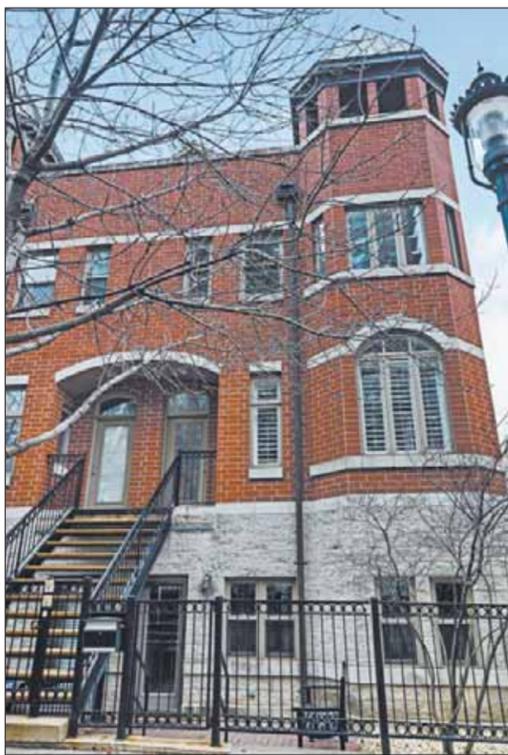
**ADDRESS:** 319 E. 18th St. in Chicago  
**ASKING PRICE:** \$875,000  
 Listed on Jan. 2, 2019

This spacious end unit is filled with natural light, completely renovated and features hardwood floors, plantation shutters and crown molding. The kitchen has white custom cabinetry, quartz countertops, a marble backsplash, large island, high-end, stainless steel appliances and pendant lighting. The dining area features a fireplace with marble surround. The lower level works as a den or office and has a full bath. The master bedroom boasts a contemporary bath with glass-enclosed rain shower and soaking tub. The top-floor media room provides more living space with a wet bar and access to the rooftop deck. An attached, two-car garage completes the home.  
 Agent: Nadine Ferrata of Compass, 312-971-2454

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

At press time, this home was still for sale.

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DREAMSTIME

Homeowners trying to sell on their own can often benefit from a real estate pro.

## 'As is' house buyer now seeks to split repair tab

BY ILYCE GLINK AND SAMUEL J. TAMKIN  
Tribune Content Agency

**Q: I'm in the process of selling my home fast to an investor. I chose this way of selling to avoid showing my home.**

**It's too expensive for me to maintain my home and I can no longer keep up with the bills. The investor had me meet him at my home several times so his crew could take measurements and plan for the renovation. As the closing date is approaching, he now says he will have to put new roof and air conditioning unit in the house, and he wants me to split cost with him. If I'm selling the home "as is" and taking a significant loss, I don't feel I should help pay for this. I'm ignorant to the selling process and would appreciate your advice.**

A: You shouldn't have to pay or split these costs with the buyer if you and the buyer made a deal. What we don't know is whether you've done your homework when it comes to selling your home. We would have hoped that you talked to several real estate brokers and had them

process with you and give you an evaluation of what they felt your home was worth.

On the one hand, this investor might be taking advantage of you and your situation. On the other, this investor might be your best bet to sell the home quickly even if you have to reduce the price of the home further.

We wonder if you're so in over your head that you might not be able to see the big picture and can't make an informed decision.

If the investor is giving you a great price for the home, then splitting some costs might still be the best deal even if the price you get would be lower than if you listed on the market, did work on the home and then had the home go through showings. But if you're not getting a good price, then the deal is going from bad to worse.

Try to take a step back and look objectively at whether the sale is a good, fair or bad deal for you. Then, decide whether splitting any expenses to get the deal closed is worthwhile. If the answer is no, then say no. If you just need to get out because you'll lose the house anyway, then say yes. But understand what the ramifications are if you let the

house go for even less money before you make your final decision.

This might be a good time to find someone to help.

You're pretty far down the path with this buyer, but if the deal falls through, you might wind up listing the home with a broker. We suspect there are some real estate brokers in your area who'd be willing to help. If you call them, they can sit down with you and give you some information about the market and your home's value. You can even offer to give them some flat amount of money to help you through the sale.

Another option is to hire a real estate attorney to help you from this point forward. Having someone by your side might save you quite a bit of money in the end and can help you negotiate with your buyer.

You've got nothing to lose by gathering more information, learning even more about the process, and getting someone to help you get your deal done.

*Ilyce Glink is the CEO of Best Money Moves and Samuel J. Tamkin is a real estate attorney. Contact them through the website ThinkGlink.com.*

## Capital projects on tap for 2019



PAMELA DITTMER MCKUEN  
Community Living

Community associations in the Chicago area are gearing up for their 2019 capital projects — and those projects are bigger than ever.

That's the word from industry pros who know their way around a construction zone. They shared with us the types of projects they are working on plus a few tips to make yours run smoothly.

Many of today's projects are related to a building's infrastructure and energy consumption. Among them are facade repair and restoration; roof, window, HVAC and plumbing pipe replacements; and elevator modernization.

On the rise are amenity enhancements like hallway and lobby makeovers with grand finishes and furnishings. Roof decks are upgraded, sometimes in conjunction with replacement of the entire roof.

"With the recent boom in high-rise construction and new apartment buildings and new condominiums," all these properties have incredible amenity spaces," said Ted Haralson, community association manager at Draper and Kramer Inc. in Chicago. "Older buildings are having to compete. Owners and board members who want to see their property values stay level or go up understand the need to improve their buildings."

"From the financing side, a lot of large-dollar



VISOOT UTHAIRAM / GETTY

Many of the big capital projects planned are related to infrastructure and energy-efficiency issues.

capital repair projects are coming in," said Anthony Dister, senior vice president at Wintrust Community Advantage in Barrington. "They are a lot larger than in prior years. That might be due to deferred maintenance by associations who are still catching up from the downturn in the economy."

Now for some advice:

**Get professional input early.** If you're doing repairs or restorations, a condition assessment will properly identify your building's deficiencies and how to rectify them. If you're thinking of transforming an unused storage area into a multimedia room with a performance stage, a feasibility study will tell you if the idea is possible and practical.

"A consultant who has done this kind of work can put together some preliminary numbers," said Terry McDonald, structural engineer and associate principal at Klein & Hoffman in Chicago. "Going full-board with documents and design work first can end up being a lot more expensive than you thought."

If you are wrapping several projects into one, say, balcony and facade restoration or new windows and tuckpointing, check with your attorney to see who pays for what, said Adam Sanders, project engineer and team leader at Elara Engineering in Hillside.

Depending on the governing documents, some costs might be the associa-

tion's responsibility and some might be individual owners' responsibility, he said.

**Plan on disruption.** Some projects are noisier, messier and more invasive than others, especially if they are indoors. Sometimes amenity spaces like party rooms and balconies are shut down for a period of time.

The biggest disruption is construction inside the units, such as when plumbing pipes are being replaced. Those pipes typically are behind bathroom and kitchen walls.

"The plumbing work isn't really the difficult part," Sanders said. "It's the accessing it and restoring the finishes. It becomes a lot of general contractor costs, which is as much or more than the plumbing cost."

**Communicate early and often.** Residents will be more understanding if they know what is going to happen and why, how long it will take and how much it will cost them. They appreciate status updates, both good and bad.

The pros recommend using every medium available to you because people receive information differently. Hold town hall meetings. Invite consultants and contractors to make presentations and answer questions. Broadcast meetings on closed-circuit TV. Schedule guided tours. Send first-class mail, email, text messages and hard-copy newsletters. Post updates on your website.

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### SAVINGS UPDATE

#### What is a mortgage broker, and should I use one?

If you've begun shopping for a new mortgage, you may be feeling daunted. With so many competing lenders and mortgage options, finding the best loan can easily overwhelm even the best of us.

Fortunately, you don't have to go it alone. Whether you want help making the best mortgage choice, or don't have time to manage the cumbersome back-and-forth process, or simply want to secure the very lowest rate possible, a mortgage broker may be the perfect professional to enlist.

Mortgage brokers serve as an intermediary between you and an ultimate lender. But before reaching a final selection, the broker does all the legwork of collecting your documents, checking your credit, income and employment, and applying for several loans on your behalf.

In addition to serving as a mortgage concierge, brokers also offer access to a wide variety of lenders and products. Because they typically have relationships with a

stable of lenders, and will also seek out any additional mortgage products that might well suit your needs, brokers can often lead you to a lower rate or better terms than you would have unearthed yourself.

And that's just the shopping and selection process. After choosing a lender, the mortgage broker also helps you complete the loan's underwriting and closing.

Of course, you're right to assume this service comes at a cost. Mortgage brokers are licensed and regulated professionals, and generally are paid by charging a loan origination fee. The typical fee is 1 percent of your loan amount, so closing on a \$250,000 mortgage would carry a \$2,500 mortgage broker's fee.

For that price, mortgage brokers can transform the entire home loan process from lengthy, time-consuming, and sometimes confusing to a much easier and efficient process that may additionally save you money over the life of your mortgage.



JAN STROMME / GETTY

## Know your limits, avoid DIY disasters

Harney, from Page 1

work for remodelers, the survey found that installing floor tiles ranks among the most popular DIY projects — 20 percent of the respondents said they had done it — but it was the number one "most regretted" project. Painting interior walls was by far the most common type of DIY (40 percent of owners had tried), but it ranked number 10 out of the 32 most regretted. Adding trees or shrubs to yards was by far the least regretted/most popular project, tried by one-fifth of the respondents and ranked next to last on the regrets scale.

One of every 12 consumers (8 percent) said they actually "caused damage to my home" as the result of their work. One in 16 (6 percent) revealed that they suffered some type of bodily injury in the process. More than half (55 percent) reported that things took longer than anticipated to complete, and 50 percent found it "physically harder" than they thought it would be. Seventeen percent said they spent more money than expected.

When DIY projects cost more than owners anticipated, the average overrun

pushed the final expense to nearly double their original estimate. When projects took longer than estimated, the average extra time they spent was nearly a day — 22 hours.

The study categorized the types of projects most likely to defy DIYers' expectations — sort of a "special caution needed" list. Here are the projects most likely to:

**Get you injured:** Installing a fireplace or windows or repairing a foundation.

**Cause damage to the house:** Replacing a ceiling, installing a roof or repairing a foundation.

**Exceed your technical expertise, thereby increasing the odds that things could go badly:** Installing anything electrical, installing a backslash or building furniture.

The message here isn't that you should avoid DIY. Rather you should take a sober look in advance at how your own technical and physical skills match up with what you have in mind. When the match doesn't look all that favorable, call in a pro.

harneycolumn@gmail.com

Rate Criteria: The rates and annual percentage rate (APR) are effective as of 01/15/19. All rates, fees and other information are subject to change without notice. RateSeeker, LLC, does not guarantee the accuracy of the information appearing above or the availability of rates and fees in this table. The institutions appearing in this table pay a fee to appear in this table. Annual percentage rates (APRs) are based on fully indexed rates for adjustable rate mortgages (ARMs). The APR on your specific loan may differ from the sample used. All rates are quoted on a minimum FICO score of 740. Conventional loans are based on loan amounts of \$165,000. Jumbo loans are based on loan amounts of \$484,351. Lock Days: 30-60. Points quoted include discount and/or origination. Payments do not include amounts for taxes and insurance. The APR may increase after consummation and may vary. FHA Mortgages include both UFMP and MIP fees based on a loan amount of \$165,000 with 5% down payment. Points quoted include discount and/or origination. Fees reflect charges relative to the APR. If your down payment is less than 20% of the home's value, you will be subject to private mortgage insurance, or PMI. VA Mortgages include funding fees based on a loan amount of \$165,000 with 5% down payment. If your down payment is less than 20% of the home's value, you will be subject to private mortgage insurance, or PMI. "Call for Rates" means actual rates were not available at press time. To access the NMLS Consumer Access website, please visit www.nmlsconsumeraccess.org. To appear in this table, call 773-320-8492.



VHT STUDIOS

A three-bedroom condo unit in Oak Park that actor John Mahoney had owned until his death last year sold for \$330,000.

**ELITE STREET**

# John Mahoney's Oak Park condo sells for \$330,000

By **BOB GOLDSBOROUGH**  
Chicago Tribune

A three-bedroom, 1,800-square-foot condominium unit in Oak Park that actor John Mahoney had owned until his death in February 2018 sold Jan. 2 for \$330,000.



Mahoney

Mahoney lived for decades in Oak Park, including long before he won the role as Martin Crane on the popular sitcom "Frasier," which aired from 1993 until 2004.

In 1989, Mahoney and a friend, Bernard Dowling, together paid \$125,000 for a condo in the building, built in 1929, that Dowling continues to live in and

own.

Then, in 2001, Mahoney alone paid \$275,000 for the three-bedroom unit that just sold for \$330,000.

Dowling was listed as the seller of that unit, because after Mahoney's death, Mahoney's estate decided that three-bedroom condo to Dowling.

Mahoney's former unit has three baths, hardwood floors, a decorative stone fireplace, crown moldings, picture moldings and in-unit laundry.

Dowling first listed the condo in June for \$375,000.

Listing agent Lois Harb, a longtime friend of Mahoney and also a building resident, did not respond to

a request for comment.

**Trucking tycoon Michael Tadin Sr. pays \$5.2M for condo in No. 9 Walton building:** Trucking tycoon Michael Tadin Sr., a longtime friend of former Mayor Richard M. Daley and a prominent Daley fundraiser, paid \$5.2 million in December for a 5,022-square-foot condominium unit on the eighth floor of the luxury tower at 9 W. Walton St. in Chicago.

Tadin's businesses, which include Marina Cartage and MAT Leasing, have received tens of millions of dollars in city contracts, some without bidding, and he was part of the city's Hired Truck program, which was halted in 2006 after city officials and trucking contractors were

indicted in massive bribe schemes that led to dozens of convictions. Though publicly low-profile, Tadin has owned high-profile residential real estate.

Through an Illinois limited liability company called LCM Investments LLC, Tadin purchased the eighth-floor unit at 9 W. Walton, which has more than 2,400 square feet of terrace space, four bedroom suites and a large library/media room. Since September, Tadin has had his four-bedroom, 8,600-square-foot vintage grey-stone-style mansion on the Gold Coast on the market for \$5.1 million.

**Founder of Winston Brands pays \$6.073M for condo in No. 9 Walton building:** Another unit in



VHT STUDIOS

Trucking tycoon Michael Tadin Sr. and Winston Brands owner Todd Lustbader both bought units at No. 9 Walton.



JDL DEVELOPMENT

A rendering of the pool at No. 9 Walton in Near North. The luxury building opened last year.

the luxury tower at 9 W. Walton St. has sold, this time to Todd Lustbader, the founder and owner of Elk Grove Village-based catalog and internet retailer Winston Brands. He recently paid \$6.073 million for a 26th-floor condominium unit.

Lustbader, who did not respond to a request for

comment, bought the 4,420-square-foot condo Dec. 20. Because he bought his unit directly from the building's developer, no details on its features were available.

*Bob Goldsborough is a freelance reporter.*

*ctc-realestate@chicagotribune.com*

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\*Type: SA Senior Apartments • RC Retirement Communities • AA Active Adults • AL Assisted Living

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# Owners cherish Chicago bungalows

Bungalow, from Page 1

ter that it has," said Chicago Association of Realtors and CBA board member Sarah Ware. "They come with unique features that aren't found in a lot of homes. People like their true character."

According to CBA, that character includes 1½ stories, plentiful windows, a low-pitched roof with an overhang, a face-brick front with stone trim, a side or noncentered front entrance and a full basement. They were built between 1910 and 1940.

"It's hard to think of many housing styles that have such a strong recognition factor," said Zurich Esposito, executive vice president of the American Institute of Architects. "To live in a bungalow is to really experience architecture firsthand. For the longest time, bungalows were sort of regarded as everyday, run-of-the-mill houses, and then we all sort of woke up and realized what we had here, and it was something great and something to be proud of."

Thirteen Chicago neighborhoods are recognized as "historic bungalow districts": Auburn Gresham, North Mayfair, West Chatham, South Shore, Brainerd, Portage Park, West Ridge, Talman West Ridge, Falconer, Rogers Park Manor, Wrightwood, South Park Manor and Schorsch Irving Park Gardens.

Ware, head of Ware Realty Group, has sold many bungalows on the South Side. With a price range from \$189,000 to \$250,000 in that part of the city, the style is good for those living alone, empty nesters, young families and first-time homebuyers, she said. Prices vary based on neighborhood, home and market conditions. Zillow results for brick bungalows in Portage Park on the North Side include homes from \$199,000 to \$599,000.



MIKE WILLIAMS PHOTO

When Mike and Karen Williams moved into their West Ridge bungalow in 1995, the fireplace was layered with over 10 coats of paint. They needed to improvise — using dental tools to extract paint from the deep channels.

Amy and Mike Adler recently purchased their first home in Portage Park. The married attorneys specifically sought out a bungalow of their own in Amy's family's neighborhood because of the style's practicality.

"These houses kind of fit our aesthetic and our character," said Mike, 29. "They're modest, but they also have a lot of interesting details. We like that little bit of artisanship that you get — they're not cookie cutter. The bungalows were built for the working man, so they're affordable for millennials like us who are saddled with tons of debt. They're practical and built to last. These homes are perfect for what we want, and the history appeals to us."

The Adlers won an honorable mention in the Driehaus Awards after finding (and ultimately restoring) a glass panel behind a plaster wall when they moved in.

"I do think these homes are really geared towards our generation," Mike said. "A lot of our formative lives are based on having a ton of

debt and living through the Great Recession, and we're a little more frugal and a little more practical, in a sense, and that's what these homes are for — they were built to be practical homes for people of modest means, working hard, and they hold up through the test of time. They're still good for that. That's what drew us in."

That practicality and affordability also attracted West Ridge residents Mike and Karen Williams. When the couple purchased their bungalow in 1995, Mike said, most people he knew were looking for more modern houses. But their love of vintage homes prevailed.

Over the course of 25 years, Mike has done all he can to bring discarded details back to life after years of changes that didn't align with the original look of the structure. Salvaging from neighborhood alleys often yielded results if he was looking for a certain fixture. The writer and publisher relied on other bungalow owners to share tips on renovations and finding contractors, as CBA

wasn't yet a resource.

"I think these homes represented the American ideal at the time — the best of Old World craft," Mike said. "You had the leaded glass all made by hand; you had these plaster walls shaped by hand, all this really beautiful millwork and built-ins. The homes that were built in the '40s and '50s, they didn't have the same kind of quality and substance, so I think when you kind of line them up in that way, you can really see how bungalows stand out."

Mike's work is featured this month in the Chicago Cultural Center's "Everyone's a Designer/Everyone's Design" exhibit — a traveling show dedicated to everyday Chicagoans and the homes they've made uniquely their own.

"As much as the skyscrapers in the Loop or the greystones along broad boulevards, the historic Chicago bungalows tell the history of this city," said Richard Driehaus, businessman, philanthropist and namesake of the CBA's annual awards. "It's a story of opportunity



CHICAGO BUNGALOW ASSOCIATION

Mike and Amy Adler restored a glass panel they found behind a plaster wall in their Portage Park bungalow.



CHICAGO BUNGALOW ASSOCIATION

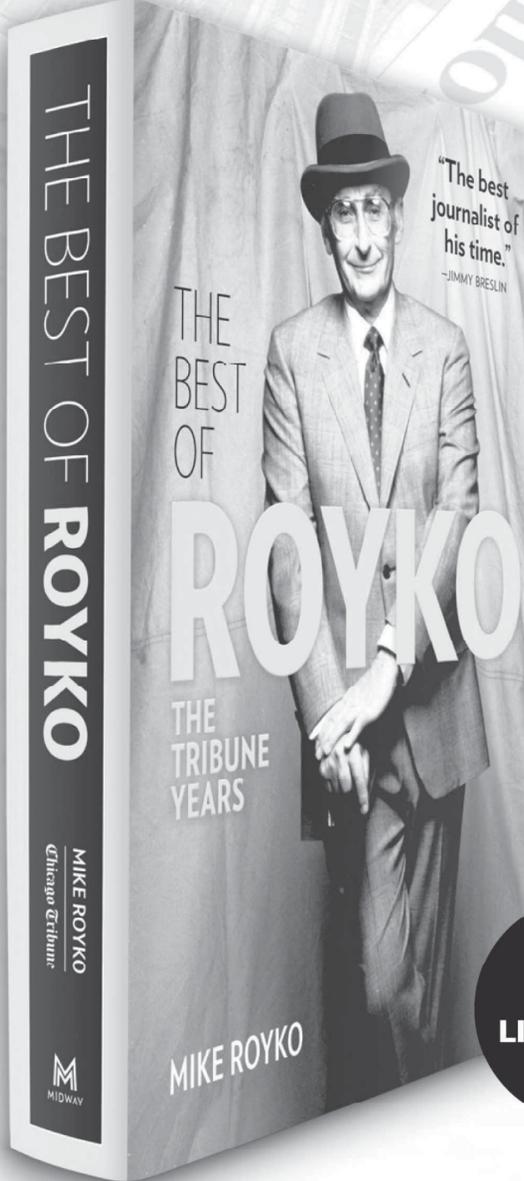
The Adlers, of Portage Park, sought out a bungalow for their first home because of the style's practicality.

and hard work leading to homeownership and the creation of strong, stable communities. That the historic bungalow continues to endure speaks to these lasting values amid

the inevitable cycles of change. Ultimately, it proves that place really does matter."

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<p><b>NEW LISTING</b></p> <p>1516 N Lake Shore \$9,000,000 10 bedrooms &amp; 5.2 baths CRYSTAL TRAN 312.944.8900</p>	<p>2107 N Kenmore Ave \$3,649,000 5 bedrooms &amp; 4.2 baths KEARA LAIRD BURKE 312.642.1400</p>	<p><b>NEW LISTING</b></p> <p>180 E Pearson St 4706 \$2,897,747 3 bedrooms &amp; 3 baths MICHAEL ROSENBLUM 312.944.8900</p>	<p>3540 N Ravenswood Ave \$2,699,000 6 bedrooms &amp; 6 baths MARTA KAZMIERCZAK 312.642.1400</p>	<p>1444 W Cuyler Ave \$2,595,000 6 bedrooms &amp; 4.3 baths ANNA COAKLEY 312.642.1400</p>	<p><b>OPEN SAT/SUN 10-12</b></p> <p>200 N Dearborn St 4700 \$2,495,000 3 bedrooms &amp; 3 baths SOPHIA KLOPAS 312.944.8900</p>	<p><b>NEW LISTING</b></p> <p>1040 N Lake Shore 12D \$2,479,000 3 bedrooms &amp; 4.1 baths MARGARET CARLSON 312.944.8900</p>
<p><b>NEW LISTING</b></p> <p>1328 N State Pkwy \$2,297,747 5 bedrooms &amp; 5 baths MICHAEL ROSENBLUM 312.944.8900</p>	<p>3926 N Greenview Ave \$2,199,000 6 bedrooms &amp; 6.2 baths TATIANA PERRY 312.642.1400</p>	<p><b>NEW PRICE</b></p> <p>2039 N Mohawk St \$2,175,000 4 Bedrooms, 3 Full Baths, 2 Half Baths JANET OWEN 312.944.8900</p>	<p>2734 N Magnolia Ave \$1,895,000 5 bedrooms &amp; 3.1 baths MICHAEL DROMMERHAUSEN 312.944.8900</p>	<p>2243 N Cleveland Ave \$1,549,000 4 bedrooms &amp; 4 baths JUDITH CLANCY CORY 312.944.8900</p>	<p>1827 W Erie \$1,499,000 5 bedrooms &amp; 3.2 baths IVONA KUTERMANKIEWICZ 312.642.1400</p>	<p>6633 N Keating Ave \$1,295,000 5 bedrooms &amp; 4.1 baths MARINA JACOBSON 847.510.5000</p>
<p><b>NEW LISTING</b></p> <p>60 E Monroe St 2002 \$1,225,000 3 bedrooms &amp; 2.1 baths EILEEN BRENNAN 312.944.8900</p>	<p>1142 W George St \$1,199,900 5 bedrooms &amp; 3.1 baths CINDY WILSON 312.642.1400</p>	<p>1706 W Erie \$1,199,000 5 bedrooms &amp; 3.1 baths IVONA KUTERMANKIEWICZ 312.642.1400</p>	<p><b>NEW LISTING</b></p> <p>1212 N Lake Shore 12AN \$1,149,000 3 Bedrooms, 2 Full Baths JANET OWEN 312.944.8900</p>	<p>1264 W Elmdale Ave \$1,100,000 3 bedrooms &amp; 3.1 baths STEPHEN NORTHEY 312.642.1400</p>	<p>1201 S Prairie 3502 \$1,060,000 2 bedrooms &amp; 2 baths YANFEI HU 312.944.8900</p>	<p>3400 N Lake Shore 8B \$1,019,000 3 bedrooms &amp; 3.1 baths BRENT J. ROSENPOWER 312.204.5000</p>

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<p><b>NEW LISTING</b></p> <p>3547 N Reta Ave 101 \$999,000 4 bedrooms &amp; 2.1 baths KELLY FONDOW 708.848.5550</p>	<p>147 W Maple St W \$999,000 2 bedrooms &amp; 2.1 baths JULIE CAPPS 312.642.1400</p>	<p>1872 N Clybourn Ave 607 \$899,000 2 bedrooms &amp; 2 baths TIMOTHY MERTZLUFFT 312.642.1400</p>	<p><b>OPEN SAT 12-1:30</b></p> <p>1304 N Hoyle Ave 1 \$875,000 3 bedrooms &amp; 2.1 baths SOPHIA KLOPAS 312.944.8900</p>	<p><b>NEW LISTING</b></p> <p>2650 N Bosworth Ave 1N \$829,000 3 bedrooms &amp; 2.1 baths DANIELLE DOWELL 312.642.1400</p>	<p><b>OPEN SAT 12-2/SUN 1-3</b></p> <p>814 W Hubbard St 5 \$800,000 4 bedrooms &amp; 2.1 baths SHAY HATA 312.642.1400</p>	<p><b>NEW LISTING</b></p> <p>154 W Hubbard St 202 \$797,747 2 bedrooms &amp; 2 baths MICHAEL ROSENBLUM 312.944.8900</p>	<p>600 N Fairbanks Ct 3402 \$765,000 2 bedrooms &amp; 2 baths FRANCESCA ROSE 312.642.1400</p>
<p>1122 N Dearborn St 18J \$750,000 3 bedrooms &amp; 2.1 baths HELEN APPLGATE 312.944.8900</p>	<p>1216 W Huron St 102 \$749,000 3 bedrooms &amp; 3 baths KAREN RANQUIST 312.642.1400</p>	<p><b>NEW LISTING</b></p> <p>55 W Delaware Pl 1021 \$740,000 2 bedrooms &amp; 2 baths DAVID ZWARYCZ 312.642.1400</p>	<p>3530 N Halsted PH \$729,000 3 bedrooms &amp; 2.0 baths MONIQUE PIERON 312.642.1400</p>	<p>5707 S Kenwood Ave 1-2 \$725,000 4 bedrooms &amp; 2 baths JEANNE SPURLOCK 312.944.8900</p>	<p>504 W Barry Ave 2W \$719,900 3 bedrooms &amp; 3 baths PEARCE LASHMETT 312.204.5000</p>	<p>175 E Delaware Pl 6611 \$710,900 3 bedrooms &amp; 2 baths MARGARET NAGEL 312.944.8900</p>	<p>819 N Bishop St 2 \$699,900 4 bedrooms &amp; 4 baths LUCY ANTANOVICH 312.642.1400</p>
<p><b>NEW LISTING</b></p> <p>1300 N Astor St 22A \$699,000 2 bedrooms &amp; 2 baths STEPHANIE BIEDERMAN 312.642.1400</p>	<p><b>NEW PRICE</b></p> <p>1550 N Lake Shore 16G \$699,000 2 bedrooms &amp; 2 baths SEMIRE KIRGIZ 312.944.8900</p>	<p>5465 S Ridgwood Ct \$699,000 4 bedrooms &amp; 3 baths BEKI DARIN 312.944.8900</p>	<p>2933 W Gregory St \$698,000 4 bedrooms &amp; 2.2 baths WILLIAM NAVARRE 312.944.8900</p>	<p><b>OPEN SUN 11-1</b></p> <p>1718 W Julian St 1S \$685,000 3 bedrooms &amp; 2.1 baths CATHRINE SCRATCH 312.642.1400</p>	<p><b>OPEN SAT 12-2</b></p> <p>240 E Illinois St 2704 \$685,000 2 bedrooms &amp; 2 baths CARLA &amp; JIM WALKER 312.944.8900</p>	<p>1112 E 48th St \$678,900 4 bedrooms &amp; 3 baths KIMBERLY CHASE-HARDING 312.944.8900</p>	<p><b>OPEN SAT 2-4/SUN 12-3</b></p> <p>4330 N California Ave 3C \$675,000 3 bedrooms &amp; 2 baths SOPHIA KLOPAS 312.944.8900</p>
<p>680 N Lake Shore 1622 \$640,000 2 bedrooms &amp; 2.1 baths MARLA NYBERG 312.944.8900</p>	<p><b>NEW LISTING</b></p> <p>850 W Lill Ave 2 \$639,000 2 bedrooms &amp; 2 baths SONYA LEA 312.642.1400</p>	<p>1520 N Sedgwick St 2B \$609,000 3 bedrooms &amp; 2 baths TODD SHISSLER 312.642.1400</p>	<p><b>NEW PRICE</b></p> <p>1515 N Astor St 21A \$600,000 3 bedrooms &amp; 2.1 baths CATHRINE SCRATCH 312.642.1400</p>	<p>237 E Delaware Pl 3C \$600,000 3 bedrooms &amp; 2 baths BETH ALLEN TIERNAN 312.944.8900</p>	<p>400 E Randolph 2213 \$600,000 2 bedrooms &amp; 2.0 baths SHELLEY AND WALTER STUNARD 312.540.9000</p>	<p><b>OPEN SUN 1-3</b></p> <p>2016 W Rice St 202 \$599,000 2 bedrooms &amp; 2 baths KAREN RANQUIST 312.642.1400</p>	<p>2352 W Winona St 3E \$599,000 3 bedrooms &amp; 2 baths KIMBERLY SAYDAK 312.642.1400</p>
<p><b>NEW LISTING</b></p> <p>1501 S Indiana Ave E \$595,000 2 bedrooms &amp; 2.1 baths LISA HUBER 312.944.8900</p>	<p>1717 S Prairie 2201 \$595,000 2 bedrooms &amp; 2 baths LISA HUBER 312.944.8900</p>	<p>1535 W Montana St 2 \$589,900 2 bedrooms &amp; 2 baths ANNA COAKLEY 312.642.1400</p>	<p>1708 N Orchard St A \$575,000 3 bedrooms &amp; 2.1 baths JOSEPH METZGER 312.642.1400</p>	<p><b>OPEN SAT 12-1:30</b></p> <p>1304 N Hoyle Ave 2 \$575,000 2 bedrooms &amp; 2 baths SOPHIA KLOPAS 312.944.8900</p>	<p>60 E Monroe St 4205 \$565,000 1 bedroom &amp; 1.1 baths EILEEN BRENNAN 312.944.8900</p>	<p>910 N Lake Shore 2219 \$565,000 2 bedrooms &amp; 2 baths PEGGY QUINN 312.944.8900</p>	<p>2640 W Grand \$549,900 3 bedrooms &amp; 3.1 baths DANIELLE DOWELL 312.642.1400</p>
<p><b>NEW LISTING</b></p> <p>3839 N Ashland 2 \$549,000 3 bedrooms &amp; 2 baths LAURA TOPP 312.642.1400</p>	<p><b>NEW LISTING</b></p> <p>6407 N Navajo Ave \$529,000 3 bedrooms &amp; 2.1 baths TOMAS SUMSKY 847.823.4144</p>	<p>4046 N Clark St J \$525,000 2 bedrooms &amp; 2.1 baths KATE BILL 312.642.1400</p>	<p>240 E Illinois St 3102 \$525,000 1 bedroom &amp; 1.1 baths SOPHIA KLOPAS 312.944.8900</p>	<p><b>NEW LISTING</b></p> <p>1310 N Ritchie 27A \$515,000 2 bedrooms &amp; 2.0 baths BEVERLY FISHMAN 312.642.1400</p>	<p>2711 N Wilton 2 \$514,999 2 bedrooms &amp; 2 baths JESSICA SMITH, ESQ. 312.642.1400</p>	<p><b>NEW PRICE</b></p> <p>1244 W Monroe St 3 \$509,900 2 bedrooms &amp; 2 baths KENNETH MARIER 312.944.8900</p>	<p>1440 N Lake Shore 19D \$499,000 2 bedrooms &amp; 2 baths GREGORY QUADRINI 312.944.8900</p>
<p><b>NEW LISTING</b></p> <p>505 N McClurg Ct 3906 \$489,000 1 bedroom &amp; 1 bath MICHAEL MAIER 312.944.8900</p>	<p>1525 S Sangamon St 805-P \$489,000 3 bedrooms &amp; 2 baths ARDEN BARANOWSKI 312.944.8900</p>	<p><b>NEW LISTING</b></p> <p>3200 N Lake Shore 507 \$485,000 3 bedrooms &amp; 2 baths TATIANA PERRY 312.642.1400</p>	<p>5751 W Eddy \$485,000 5 bedrooms &amp; 2 baths NIKI SYLLANTAVOS 312.944.8900</p>	<p><b>OPEN SAT 11-1</b></p> <p>3237 N Hoyle Ave 1 \$475,000 2 bedrooms &amp; 2 baths SHAY HATA 312.642.1400</p>	<p><b>OPEN SAT/SUN 12-2</b></p> <p>1620 W Augusta Blvd 1W \$475,000 3 bedrooms &amp; 2.1 baths SELENE NIZ 312.204.5000</p>	<p>175 E Delaware Pl 5609 \$469,900 1 bedroom &amp; 2 baths BRIAN MURPHY 312.944.8900</p>	<p>742 N Western 1N \$469,000 3 bedrooms &amp; 2.1 baths KAYLA GELSONINO 312.944.8900</p>
<p><b>NEW LISTING</b></p> <p>6738 N Talman Ave \$465,000 5 bedrooms &amp; 2.1 baths JAMES STREFF &amp; MIKE TYE 847.510.5000</p>	<p>3111 N Seminary Ave 3N \$464,000 2 bedrooms &amp; 2 baths STACI YESNER 312.642.1400</p>	<p><b>NEW LISTING</b></p> <p>2416 W Thomas St 1 \$459,000 3 bedrooms &amp; 2 baths JENNIFER NEWSOM 630.682.8222</p>	<p>505 N McClurg Ct 906 \$459,000 1 bedroom &amp; 1 bath MICHAEL MAIER 312.944.8900</p>	<p>1113 W Wrightwood Ave 2E \$449,900 3 bedrooms &amp; 1 bath LORA PERLMAN 312.944.8900</p>	<p><b>NEW PRICE</b></p> <p>5145 N Lovejoy Ave \$448,000 5 bedrooms &amp; 3.1 baths KRISTEN CAMPBELL 312.642.1400</p>	<p>2800 N Lake Shore 1301 \$447,500 2 bedrooms &amp; 2 baths WADE MARSHALL 312.944.8900</p>	<p>510 W Erie 1102 \$445,000 2 bedrooms &amp; 2 baths NANCY A. HEARON 312.642.1400</p>
<p>2550 W Logan 1R \$429,900 2 bedrooms &amp; 2.1 baths IVONA KUTERMANKIEWICZ 312.642.1400</p>	<p>175 E Delaware Pl 7101 \$429,000 2 bedrooms &amp; 2 baths GARY BERNSTEIN 312.944.8900</p>	<p>5555 N Sheridan 1511 \$425,000 3 bedrooms &amp; 3 baths KIM BIGGS 312.642.1400</p>	<p>175 E Delaware Pl 5519 \$425,000 1 bedroom &amp; 1 bath MARGARET NAGEL 312.944.8900</p>	<p><b>OPEN SUN 12-2</b></p> <p>6043 N Keeler Ave \$424,999 3 bedrooms &amp; 2.1 baths JILL BURGIN 847.492.9660</p>	<p>719 W Melrose St 2 \$419,000 2 bedrooms &amp; 2 baths SCOTT RIFE 312.642.1400</p>	<p>4170 N Marine Dr 17L \$409,000 3 bedrooms &amp; 2 baths DENNIS POTTS 312.944.8900</p>	<p>834 E 48th St \$399,999 3 bedrooms &amp; 2.1 baths EDIN NAJARRO 312.642.1400</p>





## 2019 Lexus ES 350

This midsize sedan offers a quiet, sophisticated ride in the Lexus way, but the technology hasn't kept up with the modern competition. **Page 3**



More Rides coverage throughout the week  
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# Chicago Tribune RIDES

# Back on the wagon

## In the crossover war on cars, an unlikely victor

BY KYLE STOCK  
Bloomberg

Stately, plump SUVs are running roughshod over the auto industry, crushing sedans, compacts and anything else that doesn't approximate a 5,000-pound turtle. And yet amid the carnage, the earnest, doughty station wagon has emerged unscathed.

In fact, it's picking up speed thanks to a crowd of new models. U.S. customers drove off in 212,000 brand-spanking-new station wagons last year, 29 percent more than they did five years earlier, according to new data from Edmunds.com. While the wagon is still the narrowest of niche products, that growth rate bests some of the industry's most popular machines, as well as the long tail of vehicle sizes and shapes that are fading fast.

"The winner in the death of the car is the station wagon," said Karl Brauer, executive publisher for Autotrader and Kelley Blue Book. "You've got the car on one end of the spectrum and the SUV on the other; the wagon sits right in between those two."

The modest sales increase belies a long-held narrative in the C-suites of Detroit and Stuttgart: Americans don't buy station wagons — at least not anymore. There's some truth to that: Even now, the low-slung family trickster accounts for less than 2 percent of the U.S. auto market.

But in the mad scramble to make and sell SUVs of all shapes and sizes, the sleepy old station wagon started to look like strategic white space. On paper, it's not as dramatically different from a so-called sport utility as it is in person. Relatively, a wagon can haul about as much cargo as an SUV and, being closer to the ground, handles better and is less prone to tip. Those arguments were essentially worthless five years ago, but today they make all the difference to the occa-

sional shopper reluctant to be the newest person on the block to conform with the crossover club.

Carmakers, realizing as much, ordered up a few. Volkswagen brought its new Golf SportWagen across the Atlantic in 2015. In the spring of the following year, Volvo rolled out its V90, a slick descendant of the boxy, yuppie tanks that made the brand famous in the 1980s. A month later, Buick pulled the cover off of the Regal TourX, a wagonized version of its mid-sized sedan. And in the summer of 2017, Jaguar pounced with its XF Sportbrake, just a few months before Porsche stretched the roofline on its Panamera, finally giving affluent motorists an alternative to wagons from Audi, BMW and Mercedes.

"There's a group of consumers who are greatly interested in the versatility and capability of an SUV, but they don't want to be seen as someone who just goes with the flow," said Buick marketing director Sam Russell.

"They are almost violently opposed to being mainstream," he said. To some extent, the wagon train is a self-fulfilling prophecy. Sure, Americans cooled on station wagons, but sales also swooned because companies stopped making them. It's the same feedback loop of confirmation bias that perpetually bedevils the car business. Recently, wagon sales have increased in part because there's more to choose from. Fancy that.

To be sure, it's still a modest comeback. The wagon momentum slowed slightly last year as the newness wore off of some machines. Starting this year, BMW will no longer offer a wagon version of its 3-series sedan in the U.S., a vehicle that's long been a paragon of the product. That will be welcome news to Porsche, Volvo and Jaguar, which just started its Sportbrake experiment.

Buick reckons it's already conquering some



ROBERT DUFFER/CHICAGO TRIBUNE

The 2018 Jaguar XF Sportbrake is powered by a 380-horsepower supercharged V-6 engine in all-wheel drive.



ROBERT DUFFER/CHICAGO TRIBUNE

The 2018 Porsche Panamera 4 E-Hybrid Sport Turismo is a plug-in hybrid sport wagon with a 16-mile range.



TROY HARVEY/BLOOMBERG

The Volvo V90 Cross Country wagon starts at \$51,450 and comes in four-wheel-drive and all-wheel-drive models.

BMW buyers. Half of the people buying the Regal are opting for the version with the big, boxy back end. But sales were a bit of an afterthought for Buick's product planners. The TourX was also a marketing exercise, a way to fight its stigma as a company that makes only long, soft sedans for seniors. It also was a tidy way to give Buick a boost in New England and the Pacific Northwest, two wealthy markets where it has historically underperformed.

"As long as you deliver on the styling, I think there will always be an opportunity for wagons," Russell said. "It's something different for consumers who are different."

Indeed, TourX sales have increased steadily in the 12 months it's been in dealerships. Critically, those who buy it are on average more affluent than people who opt for the Enclave, the largest and most expensive of Buick's SUVs.

They're better-educated, too.

Here are the 2019 models on the market (we're excluding the Subaru Outback and Toyota Prius V, though arguments can be made):

### Audi A4 Allroad Quattro

Base price: \$45,700  
Powertrain: 248-hp 2-liter turbo four with seven-speed automatic in AWD  
Mpg: 22 city, 30 highway, 25 comb. (2018)

### BMW 3 Series Sports Wagon

Base price: \$45,000  
Powertrain: 248-hp 2-liter turbo four with eight-speed automatic in AWD  
Mpg: 23 city, 33 mpg highway, 27 comb. (2018)

### Buick Regal Tour X

Base price: \$29,070  
Powertrain: 250-hp 2-liter turbo four with eight-speed automatic in AWD  
Mpg: 21 city, 29 highway, 24 comb.

### Jaguar XF Sportbrake

Base price: \$64,575  
Powertrain: 380-hp 3-liter supercharged V-6 with eight-speed automatic in AWD  
Mpg: 18 city, 25 highway, 21 comb.

### Mercedes-Benz E 450 Wagon

Base price: \$64,200  
Powertrain: 362-hp 3-liter biturbo V-6 with nine-speed automatic in AWD  
Mpg: 19 city, 25 highway, 21 comb.

### Mercedes-AMG E 63 S Wagon

Base price: \$106,950  
Powertrain: 603-hp 4-liter biturbo V8 with nine-speed automatic in AWD  
Mpg: 16 city, 22 highway, 18 comb.

### Porsche Panamera 4 Sport Turismo

(also available as plug-in hybrid)  
Base price: \$97,100  
Powertrain: 330-hp 3-liter turbo V-6 or 550-hp 4-liter twin-turbo V-8 with in AWD  
Mpg: n/a

### Volkswagen Golf Alltrack

Base price: \$26,895  
Powertrain: 168-hp 1.8-liter turbo four with six-speed manual in AWD

Mpg: 21 city, 30 highway, 24 comb. (2018)

### Volkswagen Golf Sportwagen

Base price: \$21,895  
Powertrain: 147-hp 2-liter turbo four with six-speed manual in FWD  
Mpg: 29 city, 37 highway, 32 comb.

### Volvo V60/V60 Cross Country

Base price: \$38,250/\$41,850  
Powertrain: 250-hp 2-liter turbo four in FWD or 316-hp 2-liter supercharged and turbocharged four in AWD; eight-speed automatic  
Mpg: 28 comb./25 comb.

### Volvo V90/V90 Cross Country

Base price: \$51,450/\$52,550  
Powertrain: 250-hp 2-liter turbo four in FWD or 316-hp 2-liter supercharged and turbocharged four in AWD; eight-speed automatic  
Mpg: 27 comb./24 comb.

Tribune autos editor Robert Duffer contributed.

## Hottest car color for 2019? 'Sahara' bronze

BY MARK PHELAN  
Detroit Free Press

DETROIT — If you're a fashion-forward car shopper, get ready to accessorize around bronze, coppery colors as automakers move away from the white, black, silver and gray shades that have dominated the market.

Sahara is the 2019 automotive color of the year, developed by Axalta, the largest supplier of automotive paint.

New technologies and

changing tastes in vehicles influenced the choice, along with a keen eye to trends in fashion and design, said Nancy Lockhart, Axalta's global color marketing manager. Axalta was DuPont's paint group before being spun off in 2013.

"Sahara works on all types of vehicles," Lockhart said recently at Axalta's automotive headquarters. "It looks good on large SUVs and trucks — vehicles as big as a Chevy Suburban or Ford F-150 — but also on a little Fiat."

Not every color does. Bright colors like pink and some greens may look fine on a compact or sporty car, but could be overpowering on larger vehicles.

It's unlikely any automaker will ever use Sahara's exact shade. The color serves more as a conversation starter when Axalta works with designers and takes color samples to automakers around the world.

The company will make Sahara available to aftermarket paint shops,

though. The color of the year has become a big deal in the five years since Axalta announced the first one. Some customers will call local paint shops as soon as the color is announced, asking to have it applied to their vehicle.

"It's a warm and sandy color that's timeless, with echoes of gold," Lockhart said. "It's reminiscent of orange without being orange."

Last year's color, called Starlite, was a gleaming white. White is the most



FORD MOTOR CO.

popular color for vehicles around the world, but Lockhart sees a trend toward brighter, more expressive colors.

"Sahara isn't one of the top colors in the world today, but it's trending in certain regions," Lockhart

said. Beiges and browns — the part of the spectrum that includes the warmer, gold-tinged Sahara — are increasingly popular in China, the world's largest vehicle market. More than 60 percent of vehicles sold in China today are white.



# Winter Drive Event



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ROBERT DUFFER/CHICAGO TRIBUNE 2018

The 2019 Lexus ES 350 in Ultra Lux trim gets longer, lower and wider.

## Sedan lost between old, new

BY ROBERT DUFFER  
Chicago Tribune

Has Lexus lost its way? This is the question I kept coming back to in the redesigned 2019 Lexus ES 350 midsize sedan. The seventh-generation ES 350 is a quiet, sophisticated ride in the Lexus way, but the technology hasn't kept up with the modern competition.

It has grown longer (2.6 inches), wider (1.8 inches) and a bit lower; the wheelbase has been stretched by 2 inches to give it a low and wide athletic stance. The giant trapezoidal grille looks good on this sedan, as does the LED light signature.

The more sporting profile is a direct challenge to avoid the fate of Buick late in the last century. The quiet cabin, familiar technology (read: outdated), muted mechanics and venerable reliability made these old faithfuls the chosen vehicle of older drivers. But Lexus knows older drivers don't buy as many new vehicles. In the last decade, Lexus has energized new buyers with more daring designs, sexier ad campaigns and an infusion of performance, from the gorgeous LC500 sports coupe to the F Sport packages offered now on seemingly every Lexus, from the tried and true RX350 crossover to the LS full-size sedan.

Lexus graces the ES with more performance, as well. The midsize sedan gets a modified suspension on a more rigid front-

### 2019 LEXUS ES350

Midsize sedan  
As tested:

**\$50,434**

(excluding \$1,025)

**Base price:** \$43,150

**Mpg:** 22 city, 33 highway, 26 comb.

**Engine:** 302 horsepower 3.5-liter V-6

**Transmission:** 8-speed automatic

**Competitive rank:** Tesla Model 3, Genesis G70, Cadillac CTS, Jaguar XE, Lexus ES350

wheel-drive chassis that both improves noise reduction and provides more responsive handling in the Ultra Luxury trim we tested. The new electric steering system is designed for more feedback, and the latest V-6 with the new eight-speed automatic transmission increases horsepower from 268 to 302, with torque rising to 267 pound-feet (up from 248).

It drives fine. It won't take your breath away but also won't leave ES buyers hungry for more. Additionally, fuel efficiency is up 2 mpg to 26 mpg combined despite a modest weight gain.

The problem with the ES 350, more than it being a sedan, is the competition. From the Mazda6 to the Jaguar XE and the Tesla Model 3 — the best-selling luxury car of 2018 — the

competitors do a better job of balancing refinement, performance and technology, which is the Achilles heel of Lexus.

The touchpad has gotten better, the available 12.3-inch display (\$3,000 as part of the navigation package) is clear, voice commands are reliable and the 7-inch display in the instrument cluster simplifies everything. All the modern conveniences are there, but are laid out in such a way that you don't want to use them.

Surely, owners will get used to it. But after a week with ES, my criticism of Lexus vehicles is still the same: It feels like "Pong" in a "Call of Duty" world.

Part of it is the mish-mash layout of classic square buttons, odd round buttons and the presence of a CD player.

Backup camera projection is excellent, as is map projection. Everything else is a headache. The display can be split into three panels, but navigating through those panels must be done with the touchpad. Pinch and pull mapping is a nice feature too.

Best set your audio preferences in the driveway. In our week with the vehicle, we weren't able to access a station list in any reasonable time frame. Apple CarPlay is available.

There's just too much going on in the cabin, a cacophony of multimedia eras, without any unifying or characteristic design sense.

[rduffer@chicagotribune.com](mailto:rduffer@chicagotribune.com)

## Do more driving to pass emissions test? Well, yes



BOB WEBER  
Motormouth

**Q: I have a 2007 Hyundai Entourage that failed the emissions test. I couldn't believe it as the minivan is regularly maintained. They told me I had to drive it more and then come back. I couldn't believe it, so that same day I went to another facility and the results were the same! After calling our dealer service department, he said the same thing: Just take it on the highway for a long drive. I had my daughter take it on a road trip and lo and behold, it passed. What gives? They're trying to control emissions but want us to drive and pollute more? I think it's nuts, what about you?**

— J.S., Chicago

**A:** It is not nuts, but simply nuts-and-bolts when it comes to emissions testing — especially if you had work done on your car. After some repairs, the engine control module (ECM) will monitor whether everything is in compliance. Some things need to be cleared by driving the vehicle until that happens. Driving the car in all modes — city, highway, stop-and-go, etc. — will clear the monitors. For instance, if you never drive on the highway, the monitors will never be cleared. Thank your daughter.

**Q: It looks like the starter ring gear on my 2004 Camry is going bad. Replacing the starter didn't help. Is there an easy way fix to this problem? Do I have to pull the motor out? Is this a**



ABEL URIBE/CHICAGO TRIBUNE

Cars await emissions testing at a station in Chicago.

**After some repairs, the engine control module needs to be cleared by driving the vehicle.**

**costly job? Is there a way to reposition the ring gear?**

— V.G., Skokie, Ill.

**A:** The ring gear is attached to the torque converter, which acts like a clutch between the transmission and engine. The starter gear engages the ring gear, which then spins the engine to get it running. In order to replace the ring gear, the transmission must be removed. In order to remove the transmission, which is attached to the engine, both parts must be removed as one. Yeah, it is going to cost you. The ring gear cannot be repositioned.

**Q: We bought a certified pre-owned 2016 Audi last April. During the summer most times when the air conditioner was turned on, it would smell like vinegar. I contacted the dealer and was told that the condensation catcher would need to be drained. They said it is not covered by the warranty and cost**

**about \$150. I am curious about this. I never had this problem in any of my previous cars. They might have had an odor at first, but never vinegar and not almost every time it was turned on. I also thought it might be the cabin filter, but now I am just confused and hoping you could help.**

— D.S., Morton Grove, Ill.

**A:** Condensation forms in the HVAC (heating-ventilation-air-conditioning) housing. There is a drain that allows the water to escape under the car. That is what you see on the ground when you park your car after running the air conditioner. If the drain is clogged, water builds up. In this dark, damp environment, microorganisms grow and make a stink. Bad stuff doesn't grow much in cold weather. A cabin air filter, especially one containing activated charcoal, may help, but the cure is to have the drain cleaned or repaired. By the way, if something was recently repaired using RTV silicone sealant, it emits a vinegar odor as it cures.

Send questions along with name and town to [Motormouth, Rides, Chicago Tribune, 160 N. Stetson Ave., Third Floor, Chicago, IL 60601 or motormouth.tribune@gmail.com](mailto:Motormouth, Rides, Chicago Tribune, 160 N. Stetson Ave., Third Floor, Chicago, IL 60601 or motormouth.tribune@gmail.com).

**CONTACT US**  
Robert Duffer, Rides editor  
[rduffer@chicagotribune.com](mailto:rduffer@chicagotribune.com)

Chicago Tribune

# New Car Dealer Directory

### audi

**Audi Exchange**  
2490 Skokie Valley Road  
Highland Park, IL 60035  
888-453-7195  
[www.audiexchange.com](http://www.audiexchange.com)

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### honda

**Muller Honda\***  
550 Skokie Valley Road,  
Highland Park  
847-831-4200  
[www.muller-honda.com](http://www.muller-honda.com)

**Schaumburg Honda Automobiles\***  
750 E. Golf Rd.  
847-88-Honda  
[www.schaumburghondaautos.com](http://www.schaumburghondaautos.com)

### jeep

**Sherman Dodge Jeep Chrysler Ram**  
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888-481-1777  
[ShermanTrib.com](http://ShermanTrib.com)

### mercedes

**Autohaus On Edens\***  
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Northbrook  
847-272-7900  
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**Mercedes-Benz Of St. Charles\***  
225 North Randall Road  
St. Charles, IL  
888-742-6095  
[www.mercedesbenzofstcharles.com](http://www.mercedesbenzofstcharles.com)

### mercedes

**Mercedes-Benz Of Westmont\***  
200 E. Ogden Ave.  
888-415-8182  
[www.mbofwestmont.com](http://www.mbofwestmont.com)

### mitsubishi

**Biggers Mitsubishi\***  
1325 E. Chicago St., Elgin  
888-612-8400  
[www.biggersmitsubishi.com](http://www.biggersmitsubishi.com)

**Schaumburg Mitsubishi\***  
660 E. Golf Road  
Schaumburg  
866-670-8000  
[www.schaumburgmitsubishi.com](http://www.schaumburgmitsubishi.com)

### nissan

**Arlington Nissan\***  
1100 W. Dundee Rd  
Arlington Heights, IL 60004  
847-590-6100  
[www.arlingtonnissan.com](http://www.arlingtonnissan.com)

### porsche

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2300 Skokie Valley Rd.  
Highland Park  
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847-266-7000  
[www.4porsche.com](http://www.4porsche.com)

### ram

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**Smart Center of St. Charles\***  
225 N. Randall Road  
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888-459-2190  
[st-charles.smartdealersites.com](http://st-charles.smartdealersites.com)

**To showcase your dealership contact Kevin O'Keefe at 219-793-5901**



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Chicago Tribune



**WINTER**  
SALES EVENT



New 2019 Ford **Explorer**

**\$259**

per mo. x 39 mos.

Plus tax, title, lic. & doc. fee to qualified buyers. Leases 10,500 miles per yr. See dealer for details. Exp. 1/31/19.

Stk#90026 \$3,900 DAS, \$0 Sec. Deposit

New 2018 Ford **F-150**

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OFF MSRP



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Plus tax, title, lic. & doc. fee to qualified buyers. F 1-50 is XLT 4WD. Savings from MSRP. MSRP may not be the actual price at which the vehicle is sold in the trade area. Leases 10,500 miles per yr. See dealer for details. Exp. 1/31/19.



GO BIG THIS WINTER

At Napleton Cadillac of Libertyville



MSRP \$43,595, STOCK # 2000N, MILEAGE 3045

2019  
CADILLAC  
XT5

LEASE  
FOR

**\$399**

PER MO.  
X 39 MOS.<sup>1</sup>

COURTESY  
TRANSPORTATION  
VEHICLE

\$1500 down due at inception includes first month's payment. No sec. dep. 10,000 miles per year. 25 per mi add'l.

<sup>1</sup>Leases plus tax, title lic. & doc. fee; to qualified buyers See dealer for all offer details. Exp. 1/31/19.

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OF LIBERTYVILLE

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Mon-Thurs 6:30am-6pm  
Fri 6:30am-5pm  
Sat 8am-4pm

**Winter Savings Are Here!**



**NEW 2019 HYUNDAI ELANTRA SE**

STK #HY4112, MSRP \$19,160

LEASE FOR **\$155** PER MO. OR **1.9% APR X 60** MOS. PLUS **\$750 REBATE**

\$2,874 due at lease signing

OR BUY FOR

**\$17,455**

\*Payments based on 36 mos. with 10,000 miles/year. All prices/ payments plus tax, title, license, and \$179.81 doc. fee. All factory rebates that are available to all qualified buyers are applied to pricing. 1st payment upfront with approved credit by HMFC.

Cash back and financing varies by model. Dealer will not honor pricing errors. See dealer for details. 1.9% APR x 60mos. = \$17.48 per thousand financed. Exp. 01/31/2019

**NEW 2019 HYUNDAI KONA AWD**

STK #HY4253, MSRP \$24,475

LEASE FOR **\$185** PER MO. OR **2.9% APR X 60** MOS.

\$3,670 due at lease signing

OR BUY FOR

**\$23,339**



\*Payments based on 36 mos. with 10,000 miles/year. All prices/ payments plus tax, title, license, and \$179.81 doc. fee. All factory rebates that are available to all qualified buyers are applied to pricing. 1st payment upfront with approved credit by HMFC.



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[www.NapletonHyundaiGlenview.com](http://www.NapletonHyundaiGlenview.com)

\*All prices/ payments plus tax, title, license, and \$175.94 doc fee. All factory rebates that are available to all qualified buyers are applied to pricing. Cash back and financing varies by model. Dealer will not honor pricing errors. See dealer for details. 0% APR X 48(60)(72) MOS. = \$20.83 (16.67)(14.71) per thousand financed. Expires 1/31/19.

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**NEW 2019 LINCOLN**

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VIN#3LN6L5C99KR602063

**MKZ**

LEASE FOR **\$369** PER MO X 36 MOS.

Due at signing \$3,250

All offers plus tax, title, license, & doc fee; to qualified buyers. \$0 sec. dep. Lincoln rebate applied. Must finance through Lincoln AFS at lease end for excess wear and/or mileage over 7500k per year. Expires 1/31/19.

**NEW 2019 LINCOLN**

Stk#2169  
VIN# 5LMCJ1C94KUL26527

**MKC**

LEASE FOR **\$319** PER MO X 36 MOS.

Due at signing \$3250

All offers plus tax, title, license, & doc fee; to qualified buyers. \$0 sec. dep. Lincoln rebate applied. Must finance through Lincoln AFS at lease end for excess wear and/or mileage over 7500k per year. Expires 1/31/19.



L I N C O L N



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GLENVIEW, IL 60025

SALES: 847.744.9801  
SERVICE: 847.906.2232

[www.napletonlincolnglenview.com](http://www.napletonlincolnglenview.com)

All offers plus tax, title, license, & doc fee; to qualified buyers. \$0 sec. dep. Lincoln rebate applied. Must finance through Lincoln AFS at lease end for excess wear and/or mileage over 7.5k miles per year. Savings from MSRP. MSRP may not be the actual price at which it is sold in your area. Offers end 1/31/19.

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2019 Acura  
**RDX**  
FWD

LEASE FOR:  
**\$374**  
PER MO. X 36 MOS.\*  
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2019 Acura  
**MDX**  
FWD

LEASE FOR:  
**\$398**  
PER MO. X 36 MOS.\*  
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THE NEW YEAR  
SALES EVENT**



2019 LINCOLN  
**MKZ** TURBOCHARGED

VIN: 3LN6L5A90KR604450  
STOCK #LDK1458

LEASE FOR  
**\$351** /MO  
FOR 24 MONTHS\*  
\$3,000 DUE AT SIGNING



2019 LINCOLN  
**MKC** AWD

VIN: 5LMCJ2C95KUL10018  
STOCK #LK8412

LEASE FOR  
**\$314** /MO  
FOR 24 MONTHS\*  
\$3,000 DUE AT SIGNING

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L I N C O L N

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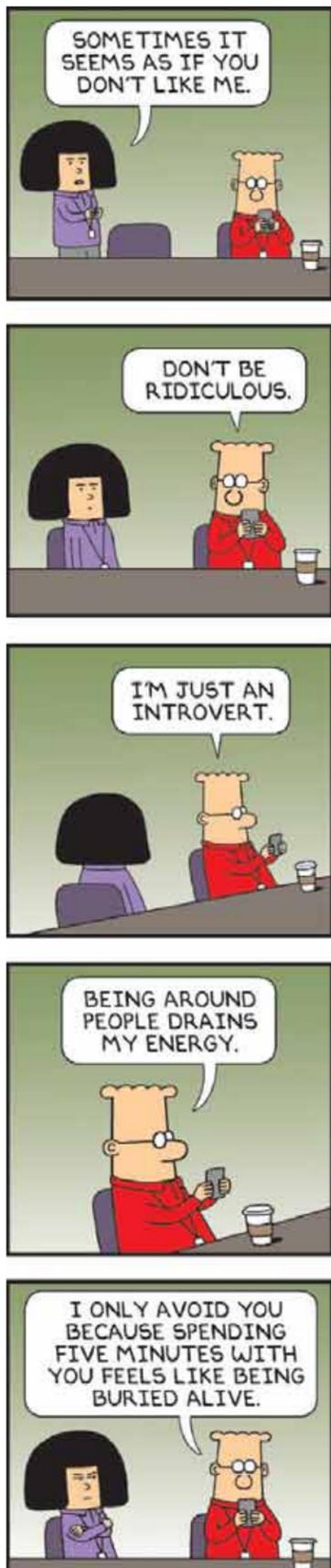
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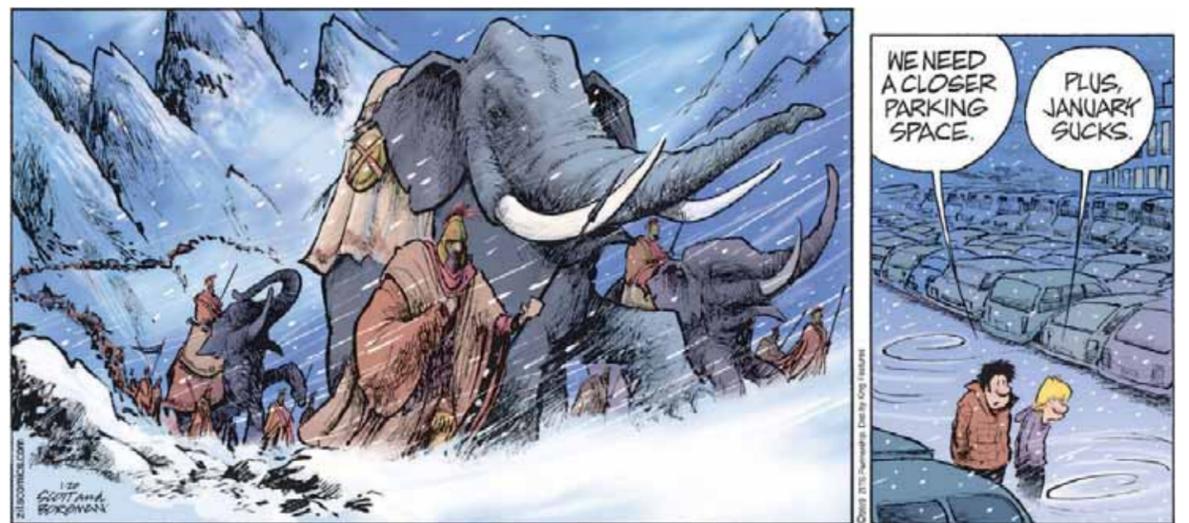
**Dilbert** By Scott Adams



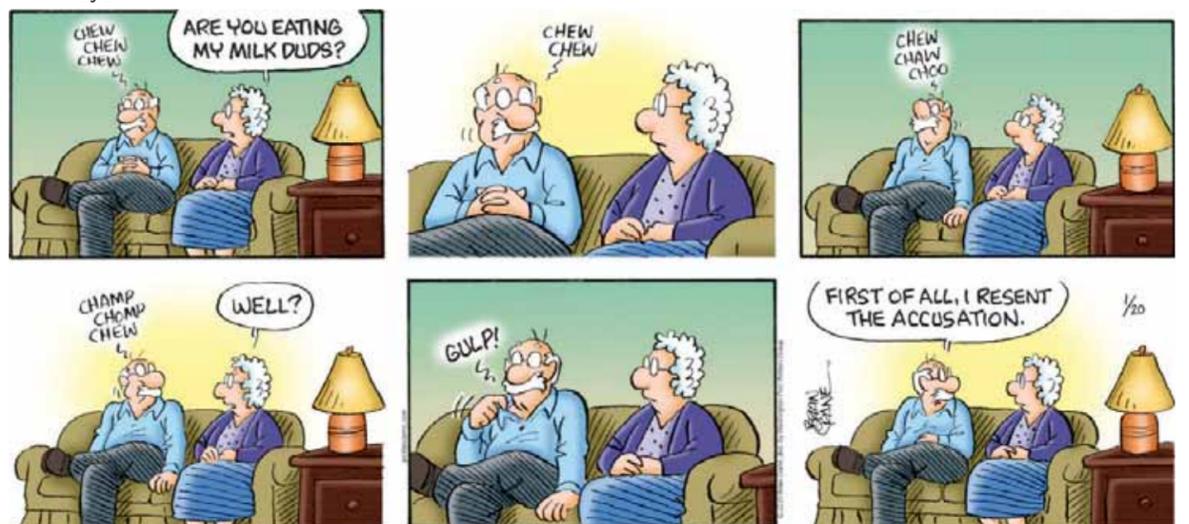
**Baby Blues** By Rick Kirkman and Jerry Scott



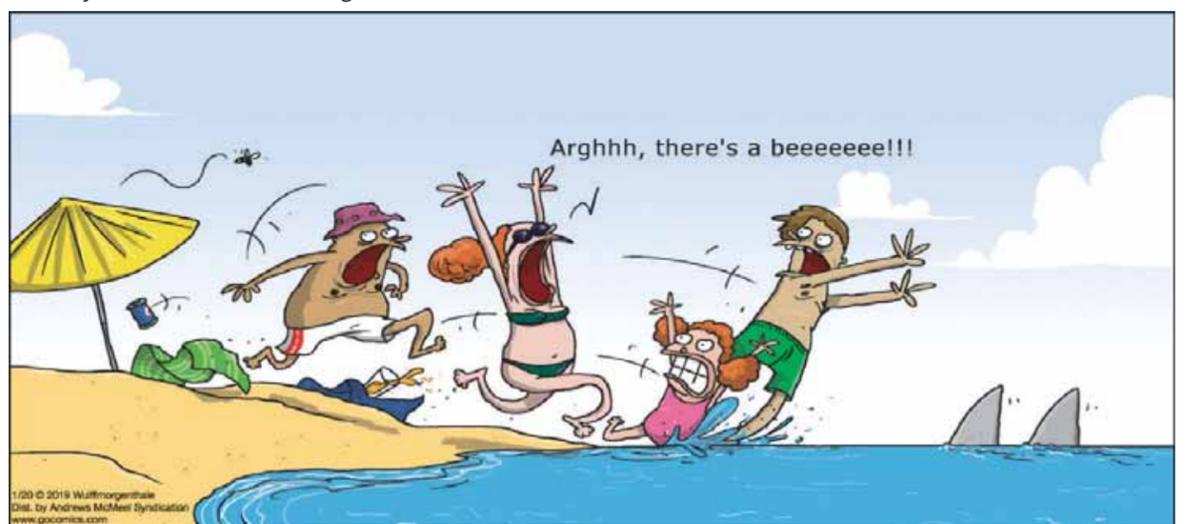
**Zits** By Jerry Scott and Jim Borgman



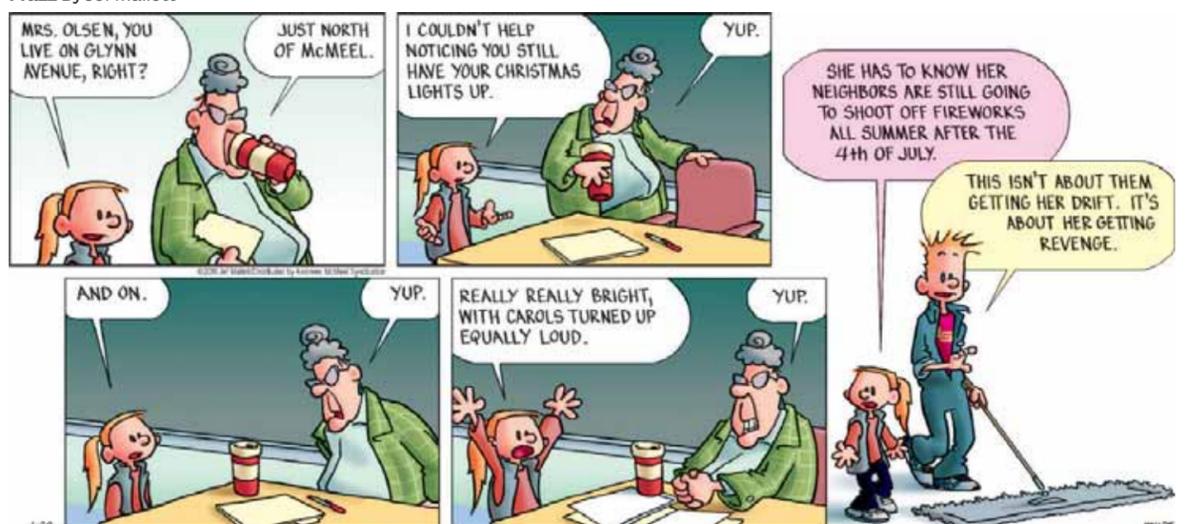
**Pickles** By Brian Crane



**WuMo** By Mikael Wulff and Anders Morgenthaler



**Frazz** By Jef Mallett



**SHOWSTOPPING NEWS**

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Chicago Tribune  
**the Theater Loop**  
WITH CHRIS JONES

# FOR BETTER FOR WORSE

By Lynn Johnston

# MISTER BOFFO

"LIVE EVERY DAY AS IF IT'S YOUR LAST SATURDAY NIGHT" -QUOTE UPDATE- AND HIS WONDER-DOG NEEDSMAN BY GEMARTIN

# BREWSTER ROCKIT

Space Guy! Tim Rickard

YEARS AGO, NASA SENT A PLAQUE WITH A PICTURE OF HUMANS ON IT INTO SPACE ON THE PIONEER PROBE. BUT THAT PICTURE MADE US LOOK VULNERABLE. WEAK. WE PRACTICALLY INVITED AN INVASION! TO KEEP ALIENS AWAY, MAYBE WE SHOULD SEND A PROBE WITH A PICTURE THAT MAKES US LOOK SCARY!

"OR CUTE AND CUDDLY! NO ONE WILL WANT TO HARM US!" "OR A SUPERHERO!" MAYBE A COMBINATION OF ALL THREE!

IT'S SOME KIND OF RACE OF ADORABLE SQUID-KITTENS THAT SHOOT LASERS FROM THEIR EYES. THAT, WE GOTTA GO SEE.

# NON SEQUITUR

by Wiley

# Take It From the Tinkersons

By Bill Bettwy

# OK, YOU GOT ME. HOW ABOUT WE MAKE A DEAL HERE...

ANOEESIS

IF YOU PUT ME BACK IN THE OCEAN, I'LL GRANT YOU ONE WISH!

ANYTHING I WANT? YEP... JUST TELL ME WHAT YOU DESIRE MOST IN LIFE!

YES!!

READY TO HGAH MY WISH NOW?

...SO I WAS THIS CLOSE TO HAVIN' MY BAH TAB PAID OFF FAH LIFE

I'D SAY IT'S THE THOUGHT THAT COUNTS, BUT IT ISN'T, SO IT DOESN'T

# FoxTrot

By Bill Amend

JASON, I ASKED YOU TO SHOVEL THE DRIVEWAY. THIS'LL BE WAY FASTER. MAKE ME SOME KEYS SO I CAN WARM UP THE ENGINE.

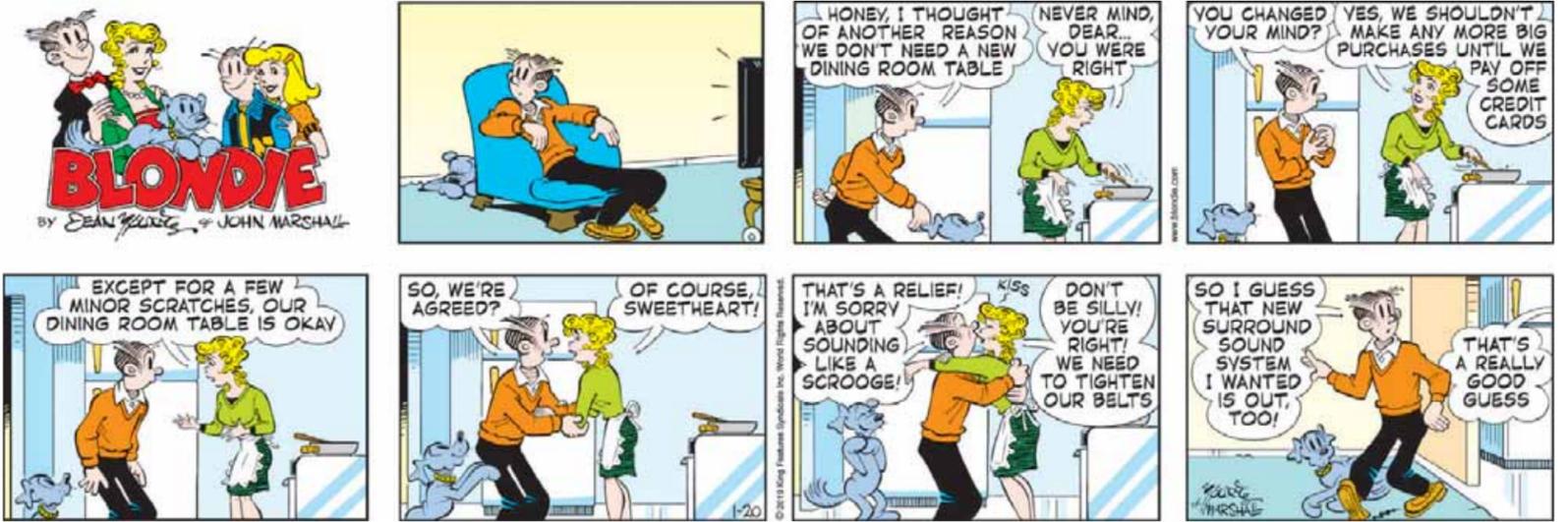
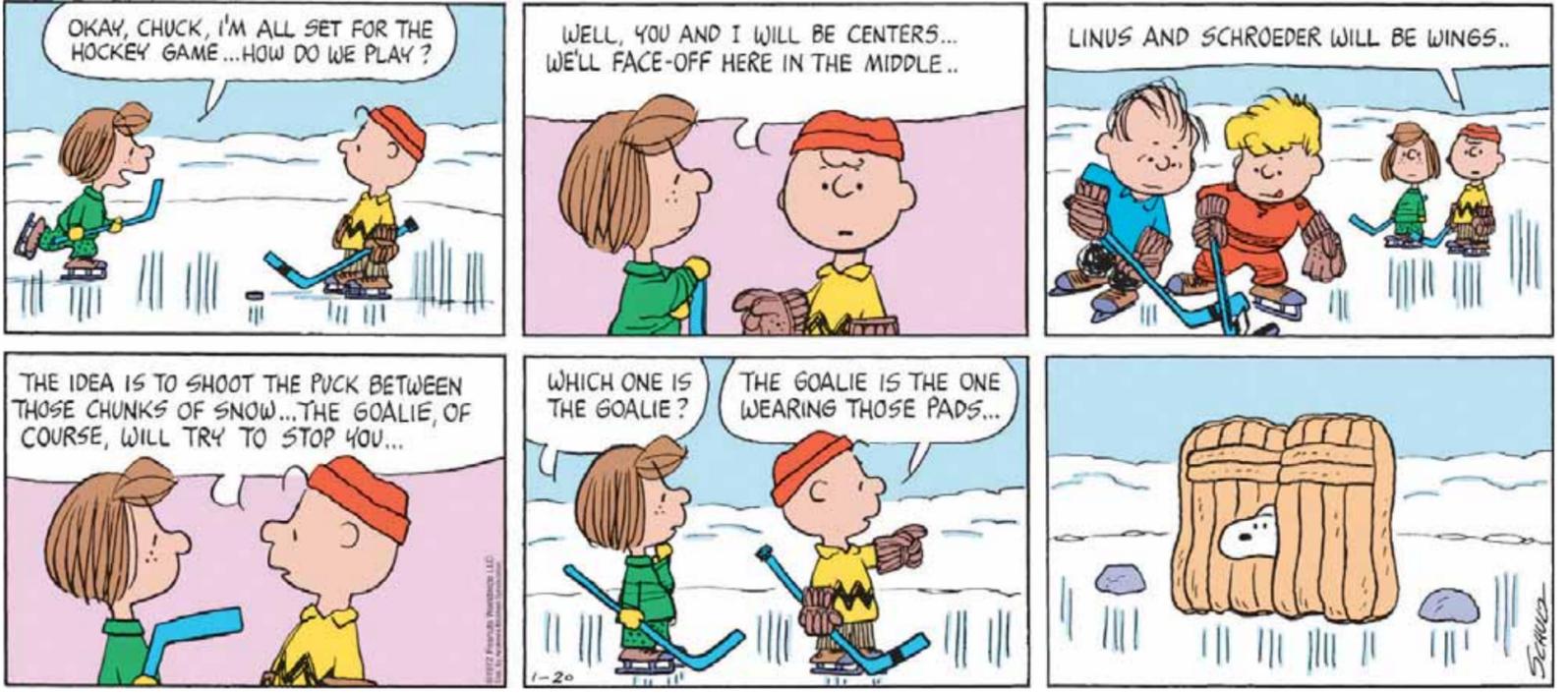
# Dogs of C-Kennel

By Mick and Mason Mastroianni

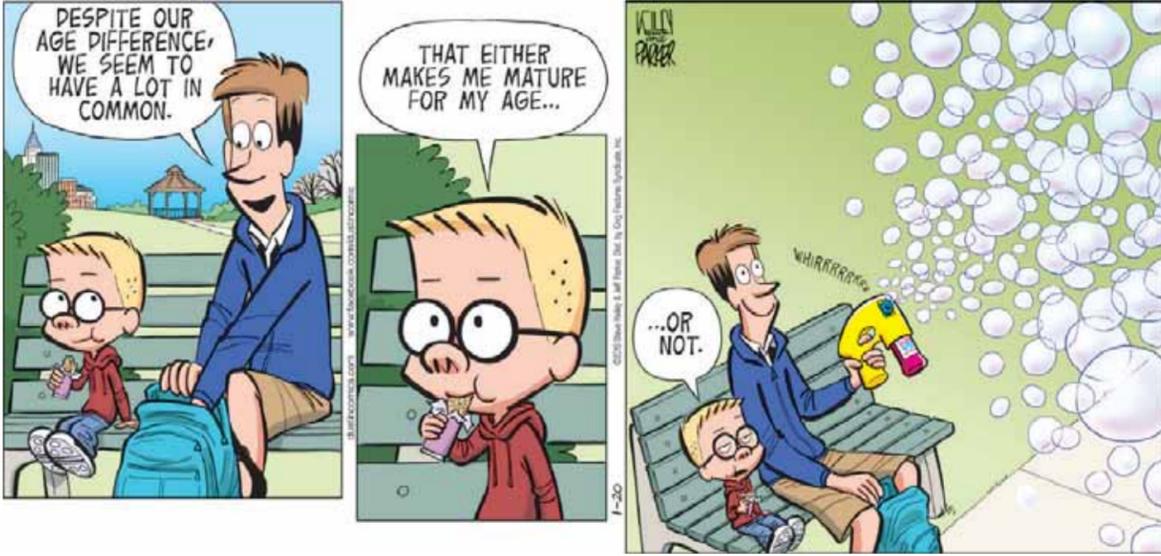
OH, HEY! YOU! FOCUS YOUR ATTENTION ON ME! TAKE A COUPLE OF BREATHS... WHOA, WAIT! WHERE YA GOIN'? GET BACK HERE! LOOK AT ME!

LET'S JUST SIT AND BE IN THIS MOMENT. WHAT ARE YOU DOING? TRYING TO SAVE HUMANITY! NO! JUST A LITTLE LONGER! DON'T LOOK AT YOUR PHONE!

Classic Peanuts By Charles Schulz

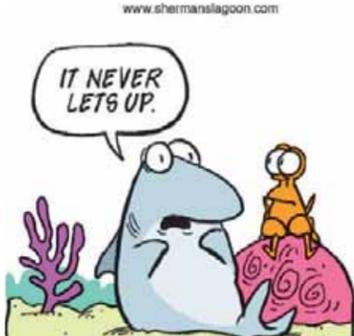
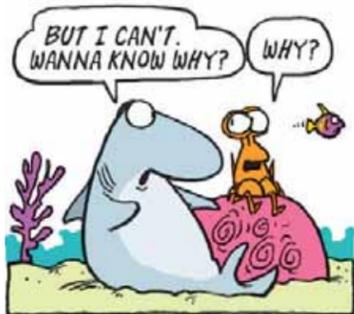
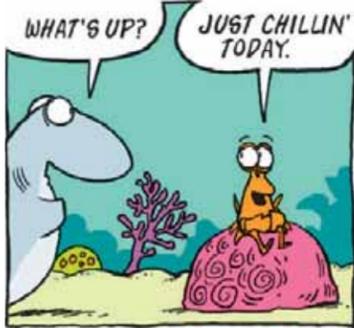
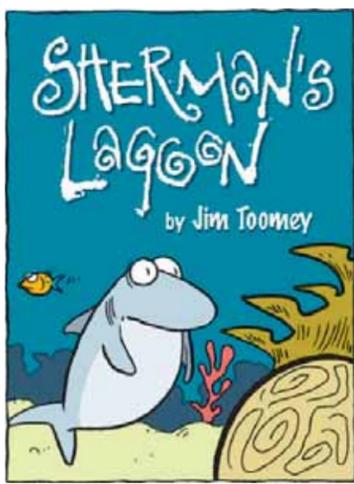


Dustin By Steve Kelley and Jeff Parker



The Lockhorns  
By Bunny Hoest and John Reiner

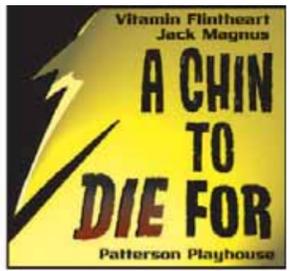
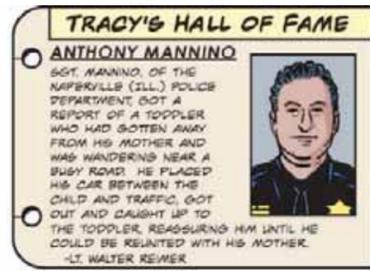




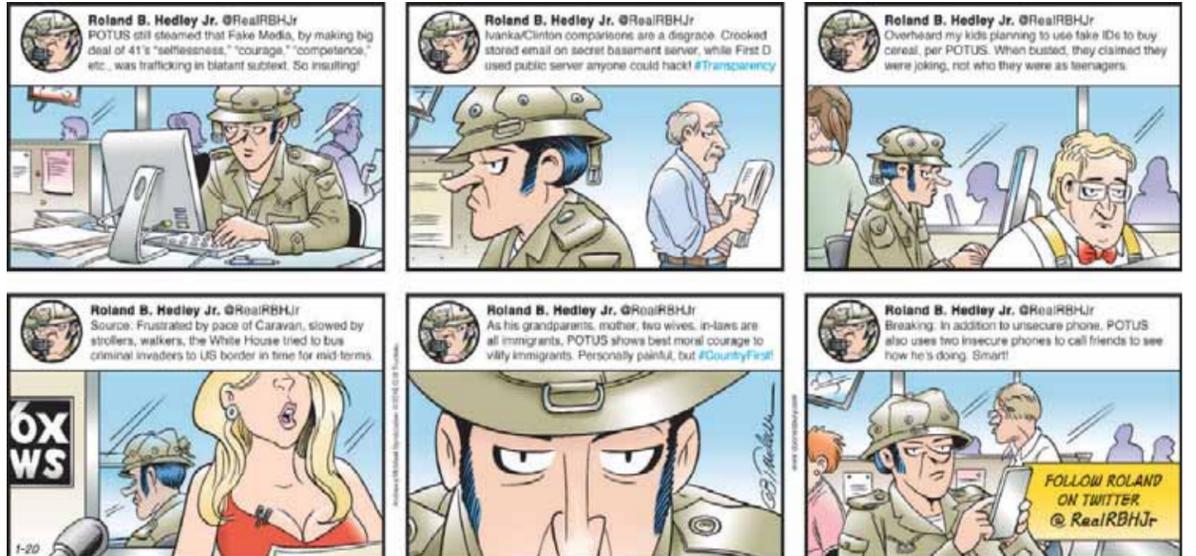
Mutts By Patrick McDonnell



The Middletons By Ralph Dunagin and Dana Summers



Doonesbury By Garry Trudeau



Prickly City By Scott Stantis





# puzzle island

For interactive puzzles and games go to [chicagotribune.com/games](http://chicagotribune.com/games)

1/20

## FOR DR. KING: Whose day is tomorrow

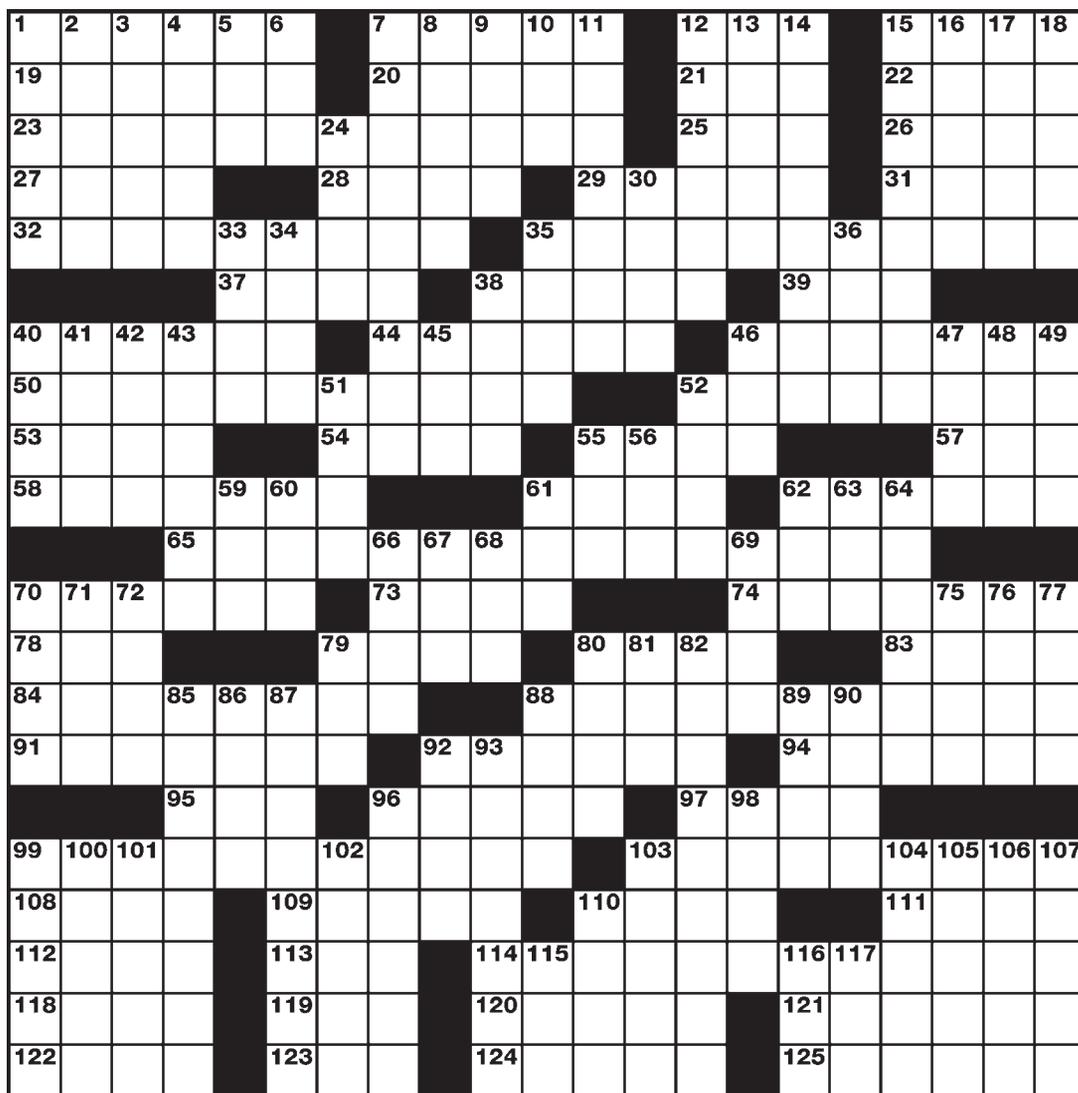
BY MARK McCLAIN | EDITED BY STANLEY NEWMAN  
(stanxwords.com)

### Across

- 1 Mule, for West Point  
7 Hedge plant  
12 Nightwear, for short  
15 Respectful title  
19 Where Napoli is  
20 Give shelter to  
21 Successful legislation  
22 84 Across, e.g.  
23 He signed the King legislation  
25 Long-term savings option  
26 Veggies in fried rice  
27 Yellowstone grazers  
28 Brain scans: Abbr.  
29 Move like a snake  
31 Rustic retreats  
32 Foolishly giddy  
35 January date designated to honor King  
37 Beginning on  
38 Source of sugar  
39 Golf pro Ernie  
40 Be philanthropic  
44 Relaxed  
46 Part of FDIC  
50 Enduring phrase from a 1963 King speech  
52 Place to buy squeaking bones  
53 Wine city near Turin  
54 Mosque leader  
55 Gave the go-ahead  
57 Minuscule  
58 Edible bow ties  
61 Misfortunes  
62 Empire State college  
65 Site of the 50 Across speech  
70 Lingered  
73 Bring in a crop  
74 Hamlet's girlfriend  
78 A word with you
- 79 Hiking trail  
80 Much of Mongolia  
83 Karate levels  
84 Soft projectile  
88 Cause that King dedicated his life to  
91 Science major  
92 Composed for voices  
94 Shakespearean king  
95 UN member since 1948  
96 Raucous fight  
97 Six-Emy Alan  
99 Democrat who introduced the King legislation in the House  
103 Guided in the direction of  
108 Grp. that Qatar recently left  
109 Designated  
110 Secluded valley  
111 Grouch  
112 Wife of Jacob  
113 Off \_ tangent  
114 Republican who introduced the King legislation in the Senate  
118 Concerning  
119 \_ tai cocktail  
120 Alaska city  
121 Baby elephants  
122 Founded: Abbr.  
123 High fashion monogram  
124 Gym handout  
125 Pizzeria staple
- 6 Little bit  
7 Source of wool  
8 Composer Carmichael  
9 They may be underfoot  
10 Disneyland's Main Street, \_  
11 Dugout furniture  
12 Workshop grippers  
13 Actor Leto  
14 Flea market relative  
15 Central city with a scale  
16 Alter  
17 KitchenAid alternative  
18 Like some forest floors  
24 Takeback, briefly  
30 Solemn ceremony  
33 Abominate  
34 "... against \_ of troubles"  
35 Work crew  
36 Early Ford rival  
38 Roof support  
40 Ape researcher Fossey  
41 Extremely  
42 A UK alliance  
43 With enthusiasm  
45 "Green" or "black" beverage  
46 Fixed lunch for  
47 Spreadsheet array  
48 Surface extent  
49 Impolite look  
51 Oreo shape  
52 Argentine coin  
55 Grand \_ Opry  
56 Flier to Rotterdam  
59 What Huck Finn called a "stretcher"  
60 Wrap up  
61 Little troublemaker  
62 Limo rider, often

### Down

- 1 Boggy areas  
2 Coral island  
3 Decaf brand  
4 Bag fastener  
5 108 Across commodity



Last week's answers appear on the last page of Puzzle Island

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- 63 Sound from the soothed  
64 Heavy hammer  
66 \_ arguments (courtroom rituals)  
67 Suffix for star  
68 "Never mind"  
69 Vex  
70 Got up on karaoke night  
71 Apple, but not HP  
72 Aviation prefix  
75 Cowardly Lion portrayer
- 76 Studying closely  
77 Professional trade org.  
79 Paper tissue layer  
80 Sweet Sixteen party honoree  
81 Eggs: Lat.  
82 Two-sided  
85 Shrank back  
86 Pear variety  
87 Farming science  
88 Female elephants  
89 Traveled on  
90 Kind of girder
- 92 One of Canada's First Nations  
93 Most arduous  
96 One way to pay bills  
98 Advance, as funds  
99 Lara Croft portrayer (2001)  
100 Bets first  
101 Metaphor for emotion  
102 Grannies  
103 Relieve, as thirst  
104 French elementary school
- 105 Controlled a ride  
106 Has as its capacity  
107 Humpty Dumpty-like  
110 Book on the Celebrate the Century stamp sheet with FDR  
115 Almighty, in 53 Across  
116 Send secretly, for short  
117 Old-school cheer

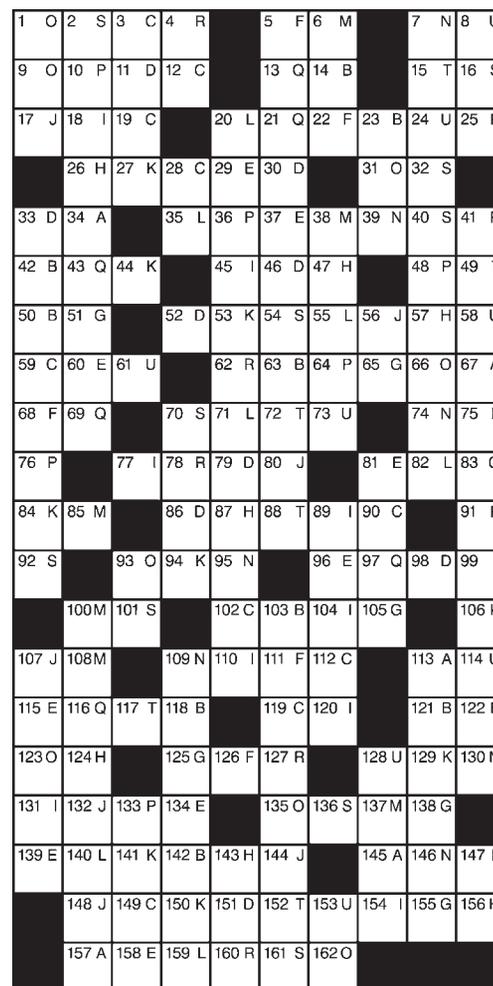
## Quote-Acrossic

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

## Clues

- Words**
- A. Greek island    113 145 67 34 157
- B. Tangible property    63 142 42 103 23 50 118 14 121
- C. Proved effective: 2 wds.    102 59 3 149 19 28 12 112 90 119
- D. Something surprising: hyph.    52 11 151 46 86 30 33 98 79
- E. In every direction: 2 wds.    29 115 139 60 134
- 122 37 158 96 81
- F. Sack, plunder    147 68 111 22 126 5 75
- G. Garbage    155 51 125 65 138 105
- H. Absolutely    143 57 26 124 47 87 156
- I. Problems: 3 wds.    89 154 131 110 45 77 120 18 104 99

- J. Convention speech    80 144 56 148 17 132 107
- K. Completely: 2 wds.    44 53 84 129 106 141 94 150 27
- L. Dressing or roulette    55 159 35 20 71 82 140
- M. A cough    108 100 6 38 137 85
- N. Inflexible    7 95 74 109 130 146 39
- O. Arctic gull    123 66 1 135 31 9 93 83 162
- P. Uniform quality    133 64 36 10 76 91 48 25
- Q. Physical exercise: hyph.    69 13 43 21 116 97
- R. Intense fear    41 4 127 160 78 62
- S. Wealthy: 3 wds.    2 92 70 16 54
- 161 136 40 101 32
- T. Prayer book    72 49 15 152 88 117
- U. Fragile quality    73 128 61 153 58 114 24 8



Last week's answers appear on the last page of Puzzle Island

By Erv Kaczmarek.  
Edited by Linda and Charles Preston.  
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## Musical Musings

BY CHARLES PRESTON

## Across

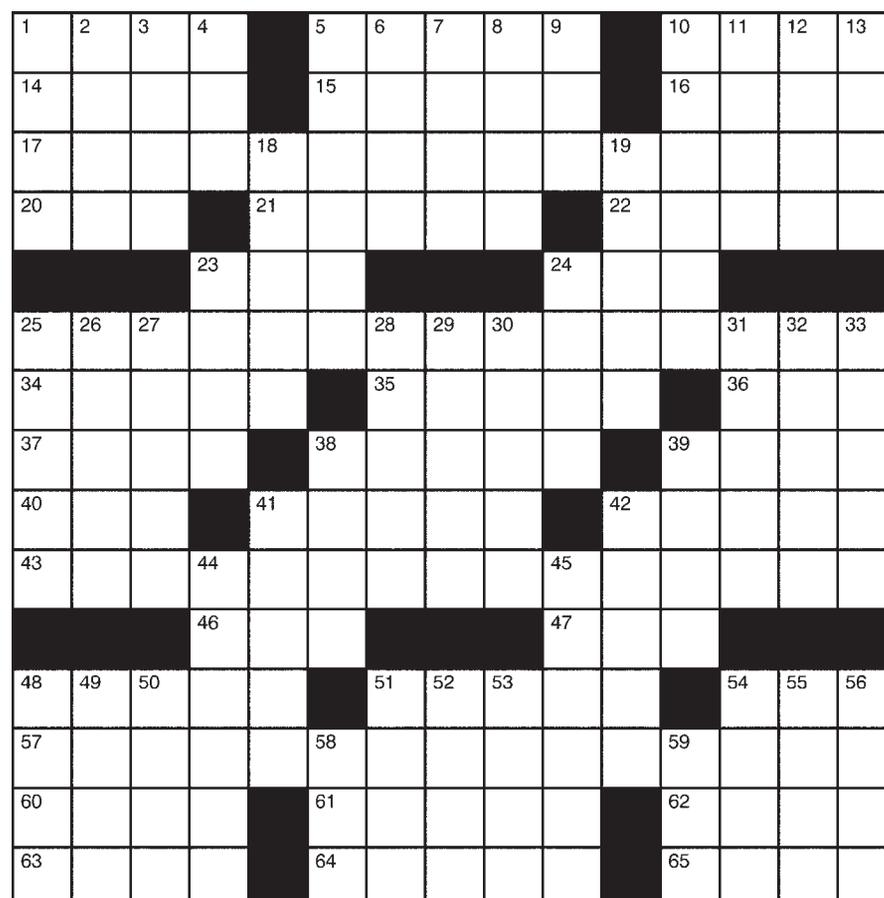
- 1 Reared  
5 Foundations  
10 *Betsy's Wedding* actor  
14 Rickey ingredient  
15 Focal part of a church  
16 City of northern France  
17 Donald Trump  
20 Favorite  
21 Leavings  
22 Zodiac sign  
23 Compete  
24 Large cask  
25 Fay Vincent  
34 Selected  
35 Baseball great  
36 Unit of vol.  
37 Mystery-writer Gardner  
38 Cracow natives  
39 Spanish-born lyric soprano  
40 Snare  
41 Mrs. Meir  
42 Marine mollusk  
43 Tammy Fay Bakker  
46 Vegas preceder  
47 Exist  
48 Lance

- 51 Houston team player  
54 Greek letter  
57 Ronald Reagan  
60 Gaucho's rope  
61 Scottish island  
62 Spoken  
63 Backtalk  
64 Khadafy's turf  
65 Latest developments

## Down

- 1 Radar signal  
2 Widespread  
3 Send out  
4 Night condensation  
5 Hogshead  
6 Nautical position  
7 Kind of party or line  
8 Corn spikes  
9 Hindu title  
10 Sore  
11 Baa baby  
12 Cherished  
13 Freud's daughter  
18 Ancient Roman official  
19 Crime leads  
23 Urn  
24 Not that

- 25 Early British settlers  
26 Hurlled  
27 Symphony conductor  
Sir Georg \_\_\_  
28 Italian city  
29 Nita, of the Silents  
30 Pick up the tab  
31 Extreme pain  
32 \_\_\_ Polo  
33 Root or Yale  
38 Internees  
39 Party pauper  
41 Harsh light  
42 French painter  
44 South American ruminants  
45 Fine-grain meal  
48 Kinfolk  
49 Malay canoe  
50 Lampreys  
51 Dugout  
52 Croatian  
53 Salver  
54 French dad  
55 Cabbage salad  
56 Misfortunes  
58 \_\_\_ *de mer*  
59 Placed first



Last week's answers appear on the last page of Puzzle Island

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# Pass

By PAUL COULTER

EDITED BY RICH NORRIS AND JOYCE NICHOLS LEWIS

### Across

- 1 Brewer's need
- 5 "In the Land of Israel" author Oz
- 9 Barbershop tool
- 14 Cremona artisan
- 19 Skunk River city
- 20 Hardly a revealing style
- 21 Quiet partner
- 22 Domed-top structures, perhaps
- 23 Imminent wordplay warning?
- 26 Peter, Paul or Mary
- 27 "Aladdin" prince
- 28 Astronomy Muse
- 29 Disney's Cruella De \_
- 30 Many a Degas
- 31 Oil sources
- 33 "Is my account settled?"?
- 36 Drive--
- 37 Types
- 39 Parmenides' home
- 40 Apiece, in scores
- 42 Others, in Latin
- 43 You're looking at one

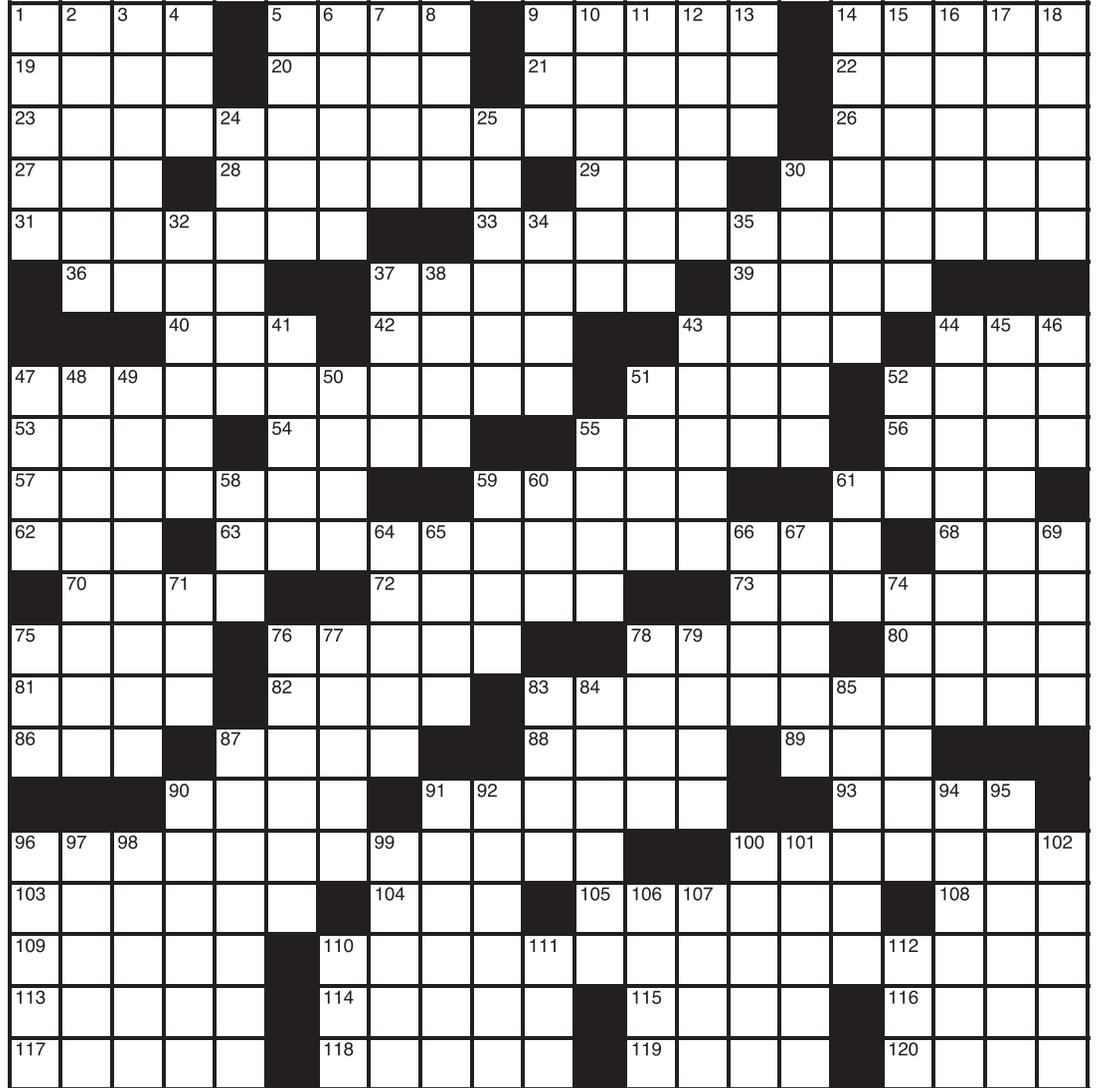
- 44 "Sunday Night Football" network
- 47 Nervous draft choice?
- 51 1982 sci-fi film
- 52 "Mon \_!"
- 53 Field of study
- 54 Workbench attachment
- 55 Getting on
- 56 Scary fairy tale beast
- 57 More mean
- 59 Film festival entry
- 61 Half a luau serving?
- 62 French season
- 63 Agency that regulates test cheating?
- 68 Sched. uncertainty
- 70 Really digging
- 72 Oldest Musketeer
- 73 Became aware of
- 75 Kind of guy you can count on
- 76 Bit
- 78 "I, Claudius" role
- 80 A silly stunt may be done on one
- 81 Cabinet dept.
- 82 Swarm
- 83 Very first ATM password?
- 86 "Dropped" '60s drug
- 87 European capital
- 88 Fruity cocktail word
- 89 "Comprende?"

- 90 Space opening
- 91 International economic coalition
- 93 Link warning letters
- 96 Popular disco era pastimes?
- 100 Moves unsteadily
- 103 Heads off
- 104 According to
- 105 Shark hanger-on
- 108 "What's \_?"
- 109 Make a mash of
- 110 No longer be comprehensible ... and, with its first word divided in three parts, a hint to how to read this puzzle's title
- 113 Young conger
- 114 Public commotion
- 115 Logician's link
- 116 Former gen.'s status
- 117 Orchestra section
- 118 Signs of the future
- 119 Running goal
- 120 "Anything \_?"

### Down

- 1 Comedy club chorus
- 2 Breakfast choice
- 3 "... shall not \_ from the earth": Lincoln
- 4 Atlanta-to-Miami dir.
- 5 Love abroad
- 6 Half a '60s quartet
- 7 Beasts of burden
- 8 Spanish ayes
- 9 Planet shape: Abbr.
- 10 Best Buy buy
- 11 They may be shot in rafts
- 12 Eyelike openings
- 13 Ballpoint, e.g.
- 14 Tested for gold, say
- 15 Really bad atmosphere
- 16 Justice confirmed under Bush 43
- 17 Workplace cartridge contents
- 18 Basketry fiber
- 24 Puffy clouds
- 25 Kind of acid in red wine
- 30 Turning whiter
- 32 Biblical debarkation point
- 34 Estrada of "CHiPs"
- 35 Big name in Argentine politics
- 37 Breaks
- 38 "Night" author Wiesel
- 41 Flood deterrent
- 43 Annoying criticism

- 44 Romantic evening extension
- 45 Thiamine deficiency disease
- 46 It could be a mere nod
- 47 Decline
- 48 Talks from Cicero
- 49 Took offense at
- 50 Acute
- 51 "What a long week!"
- 52 Classic O'Brien noir film
- 55 Bothers
- 58 Nasdaq debut
- 59 How many TV shows air
- 60 Private nonprofit: Abbr.
- 61 Ran into
- 64 The Carpenters' soloist
- 65 Shopping list entry
- 66 Calvary inscription
- 67 Relatives of b'ars?
- 69 Arabian Peninsula port or its gulf
- 71 Crag
- 74 Least occupied
- 75 Come together
- 76 Rears
- 77 Friend of Claudius I
- 78 Common opening time
- 79 "A Visit From the Goon Squad" Pulitzer winner Jennifer
- 83 Crude gp.?
- 84 MLB leader in career saves
- 85 Virgil subject
- 87 Clunky old cars
- 90 Concurred
- 91 Aplenty
- 92 Designed to fit tightly
- 94 Herb commonly in five-spice powder
- 95 Removes forcibly
- 96 Mill output
- 97 Elementary seed
- 98 Audacity
- 99 Fact
- 100 Fiji's eastern neighbor
- 101 Cereal grass disease
- 102 Bjorn Borg, e.g.
- 106 Barely gets, with "out"
- 107 Bog
- 110 BART stop
- 111 Simon & Garfunkel's "\_ Robinson"
- 112 "... \_ he drove out of sight": Moore



Last week's answers appear on the next page

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### Jumble

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

MOOCSS

CNCNAA

LNGEET

DGTIEW

DGUTER

SILVEW

PRINT YOUR ANSWER IN THE CIRCLES BELOW



This week's answers appear on the next page

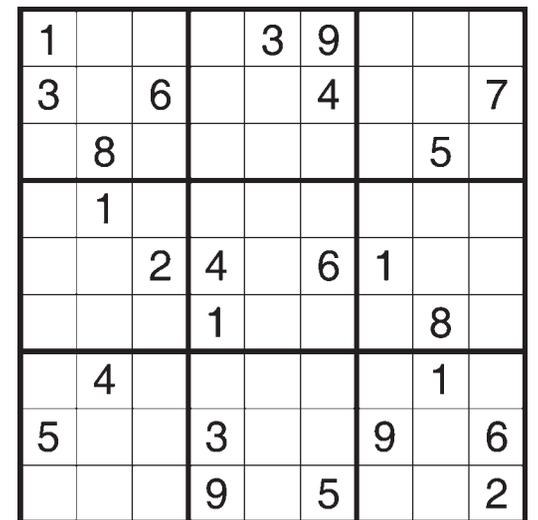
By David L. Hoyt and Jeff Knurek. © 2019 Tribune Content Agency, LLC. All rights reserved.

### Sudoku

1/20

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

Level: **1 2 3 4**



Last week's answers appear on the next page

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Chicago Tribune



## ANSWER ANGEL

DON'T SPEND  
A LOT OF MONEY  
ON TRENDY RINGS



## FASHION BEST WINTER COATS

**NICOLE  
KIDMAN  
ALMOST  
GAVE UP  
ACTING —  
NOW SHE'S  
IN 3 MOVIES**

# POWERING THROUGH

# Nicole Kidman almost gave up acting

A key person in her life urged her to 'keep your toe in the water'

BY GLENN WHIPP  
Los Angeles Times

This time last year, Nicole Kidman was working with Oscar-winning makeup artist Bill Corso, perfecting the sun-damaged, sleep-deprived complexion of the LAPD detective she'd play in "Destroyer," developing a leathery look far and away removed from the actress' own fair skin.

Seeing their mom in full makeup for the first time, Kidman's daughters — Sunday, 10, and Fifi, 7 — reacted in the blunt way that kids that age do.

"They called me 'granny,'" Kidman, 51, remembers, laughing. "They're like, 'You're our granny now.'"

Which got Kidman thinking. The girls' school in Nashville, Tenn. — where Kidman, musician husband Keith Urban and their daughters live — was putting on a grandparents' chocolate day. Both Kidman's and Urban's mothers live in Australia. So Kidman told her girls that'd she gladly don a wig and dress up and play their grandmother for the day.

Her idea was met with mortification.

"I thought it'd be kind of quirky and funny and make for a good story for when they were older," Kidman says. And here she adopts a shaky, old person's voice. "Oh ... hello Sunday! I'm here! And she's just like, 'Whatever you do, never, ever do that.' So I won't be dressing up as their granny — even though that's what they called me!"

Kidman doesn't exactly need to take on another

part right now. She stars in "Destroyer," for which she earned her 13th Golden Globe nomination, and "Aquaman," in which she plays the superhero's mother, aka The Queen of Atlantis.

She can also be seen in the drama "Boy Erased," winning strong reviews for portraying the supportive mother of a young man struggling to reconcile his sexuality with his evangelical upbringing.

It's the extension of a remarkable run of roles that began with Kidman's Oscar-nominated performance in the 2016 film "Lion" and continued last year with starring turns in Sofia Coppola's remake of "The Beguiled" and Yorgos Lanthimos' unsettling "The Killing of the Sacred Deer" and, of course, her work on the HBO series "Big Little Lies," for which she won the Emmy, the SAG Award and the Golden Globe playing Celeste, a woman hiding the dark secret of domestic violence behind a flawless facade.

Kidman, however, isn't one to shape illusions about her life or her career. She says she almost gave up acting a few years ago, following a disappointing time of making films such as "The Railway Man," "Trespass" and "Before I Go to Sleep," movies that were barely seen and, aside from Kidman's acting, harshly reviewed. The low point came at the 2014 Cannes Film Festival when the audience greeted her Grace Kelly homage "Grace of Monaco" with boos and hisses. Kidman sobbed in her hotel room.

"It's probably not great to talk about when you're old, but you start out as flavor of the month and then you're not; you have some things that work and some that don't, and suddenly no one's interested," Kidman says. "Then it's, 'You've squandered or lost your talent.' And that's not true. It's always there if you're nourishing it. And that's what I was doing. But that doesn't mean it wasn't frustrating."

Unlike Matthew McConaughey and his celebrated, self-labeled McConaissance of a few years ago, Kidman didn't have the luxury of choice. Women in Hollywood don't. She tried to find funding for projects she wanted to produce. She starred in a celebrated production of "Photograph 51" on the London stage. ("I was terrified no one was going to come," she says. The entire 11-week run sold out.) And she tried to jumpstart her film career.

"I wasn't the first, second or third choice for 'Lion,'" Kidman says. "(Director) Garth Davis was told not to cast me. That hurt. And Garth said, 'No. That's what I'm doing. I want to cast her.' And he fought hard for me."

"Destroyer" director Kusama has had her own ups and downs and appreciates the candor with which Kidman discusses her career.

"For her to be honest about feeling she was down in the dumps and not excited about her work is testament to her actual love for the art form," Kusama says. "Because she just powered through those times. And I'm sure she had some really dark nights staring up at the ceiling, but it seems like that ebb and



KIRK MCKOY/LOS ANGELES TIMES

Nicole Kidman can be seen in the movies "Destroyer" and "Aquaman."

flow and the understanding that there's good times and bad times really informs her work right now."

Kidman remembers thinking that maybe she'd write or just focus completely on being a mom in Tennessee and finding a philanthropic path that

would engage her creatively. Looking to vent, Kidman called her mother — a feminist who didn't have the career she probably wanted and challenged her two daughters to reject societal expectations — and her mom repeated what she has always told her. "Do

not give up your career."

"And I remember saying, 'I'm tired. I want to,'" Kidman remembers. "And she said, 'Keep your toe in the water. You'll want that.' I'm so glad she said it. Because I'd probably be sad and I would grieve it if I had stopped."

# Trendy rings are best bought on the cheap



ELLEN WARREN

## Dear Answer Angel

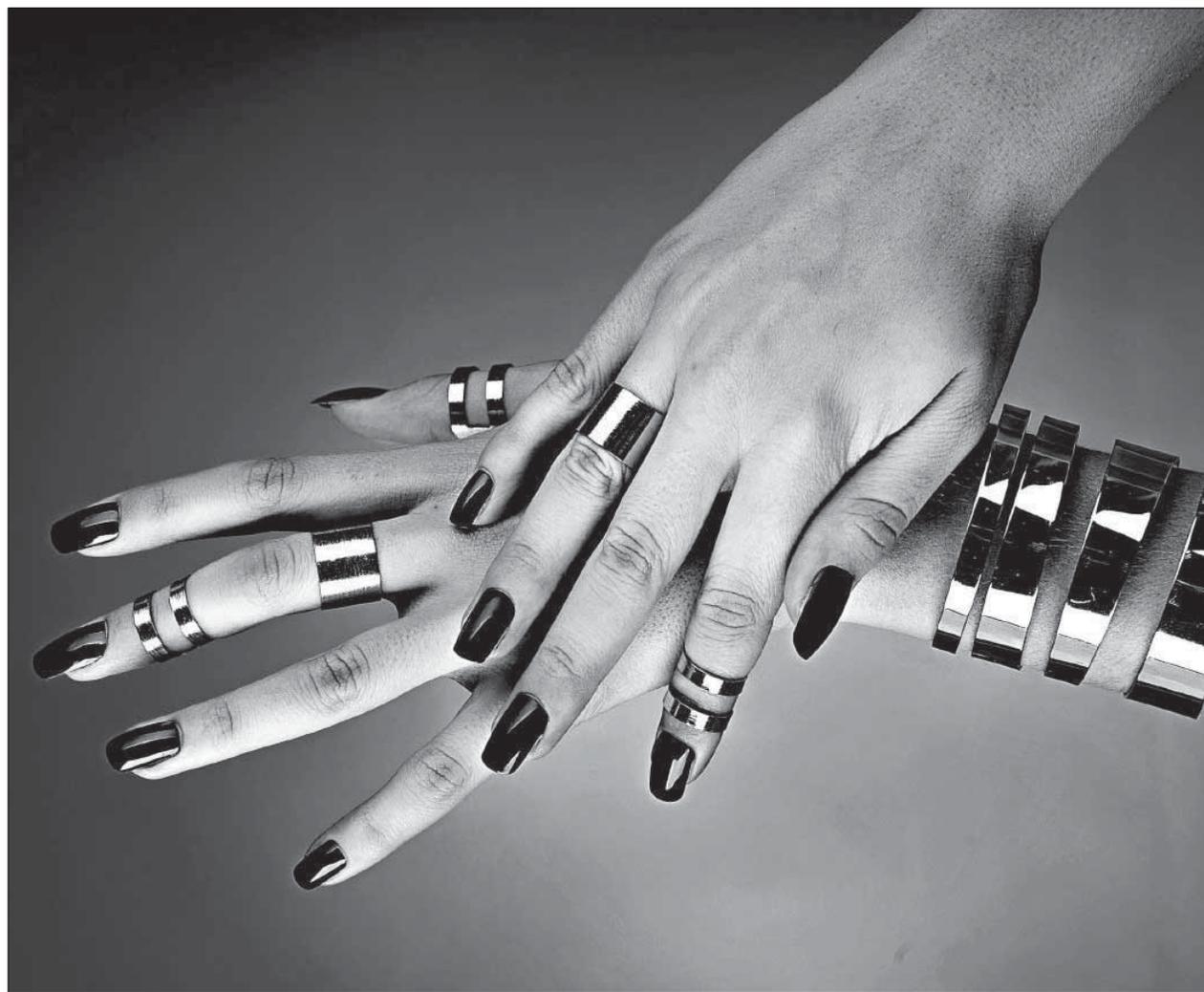
**Ellen:** I don't even know exactly what to call these things, but I'm seeing more women wearing rings that sit in the middle of their fingers, not the way traditional rings are worn. Is this a fashion trend? What do you think of them?

— *Bethy J.*

**Dear Bethy:** I've started seeing these, too, in magazines, in fashion blogs and on real people. They go by a variety of names: midfinger rings. Knuckle rings. First knuckle rings. Top knuckle and midi rings. They're all the same thing. To be even slightly comfortable, these rings need to be skinny, not clunky. And the reason I would be concerned about wearing them is that it's way too easy for them to fly off and never be seen again. So, if this is a trend you'd like to hop on, don't spend much money on the ring. There are plenty to be had on etsy.com, Target and anywhere costume jewelry is sold. For example, H&M (hm.com) has a nine-pack for \$9.99.

## Dear Answer Angel

**Ellen:** Why do men's jeans come in even-number sizes? I need a 35-inch waist and 31-inch length. But I have never seen this size anywhere! My 32-inch lengths get worn out by walking on them at the bottom, and the 30-inch jeans look like I am ready for the flood. The 36-inch waists are baggy, and the 34-inch are sitting on the



ISTOCKPHOTO

Wearing rings near the tips of your fingers is a trendy detail to add to your costume jewelry mix.

shelf gathering dust.

— *Steve E.*

**Dear Steve:** You're experiencing the frustration of all of us who are taller, shorter, heavier or skinnier than the majority. In the case of men's jeans, manufacturers do make certain odd-numbered waists or lengths but not many. Cruising around the internet, I did find some Levis styles that come in 35-inch waist models (but not with odd-numbered lengths) on Amazon. Other options? You can have your jeans custom-

made (for a significant price) or take them to a tailor to have them altered. Some stores will shorten them for free, but that doesn't solve the too-big or too-small waist problem. Since the dimensions of two identically sized men's jeans vary from brand to brand, if you had all the time in the world to try on pants (who does?), you would eventually find a pair marked 36x32 that fit you perfectly. But who wants to bother with that? Resign yourself to jeans that are slightly too big in the waist

(wear a belt) and require hemming. That's the easiest solution.

## Angelic readers 1

Meredith responded to the issue of neck wrinkles with before and after photos of herself using Secret Lift ([cosmesearch.com](http://cosmesearch.com), \$15.95). She writes: "After reading your column that mentioned only plastic surgery or creams, I had to weigh in. Secret Lift provides a temporary face-lift with sticky pads and elastic thread (basically). It's

cheap, not dangerous and works." I watched the video, and it seems pretty complicated and requires longish hair to hide the pads and elastic. That said, Meredith's after photo looks great, and she swears it's not edited or touched up.

From Tova W.: "I just turned 78 years young. I walk 5 or more miles a day with my super sweet 11-year-young dog, Gracie, and I am pleased to tell you that I have NO wrinkles in the skin on my neck. I have been using OLAY RE-

GENERIST Micro-Sculpting Cream (in a red jar) (drugstores, \$23 and up) every morning and every evening. I love it! It really works!"

## Angelic readers 2

Reader Adrienne B. asks for your suggestions: "Do you know of any swim cap that is best for keeping your hair dry? I'd love to incorporate swimming as part of my exercise but the idea of dealing with wet, chlorine-compromised hair is really unappealing." I've never found a swim cap that genuinely keeps my hair dry, but if readers have some experience with a miracle cap, let me and Adrienne know the details. Please.

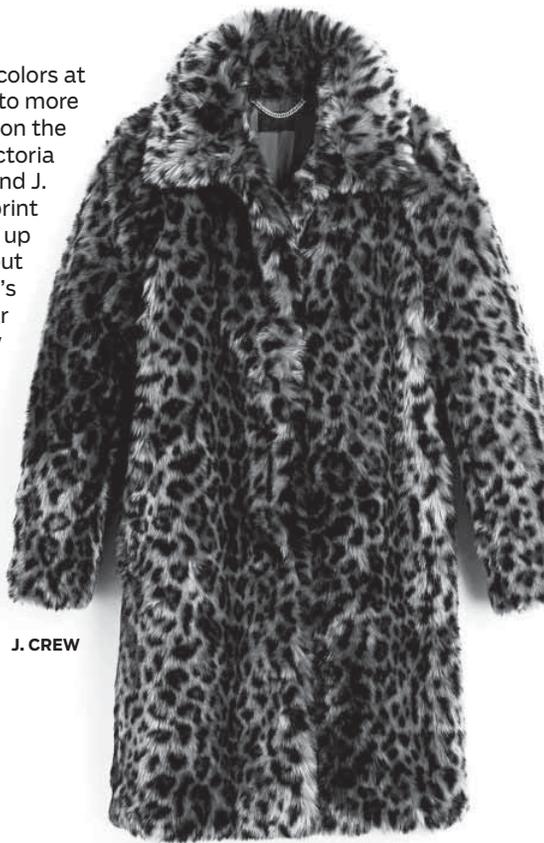
## Reader rant

Maja R. writes, "I'm horrified by your column that said it's OK to wear sequins and glitter day and night. Some folks are busy refusing plastic straws. Others have made robots to skim bags and other trash off the ocean waves. Why would you thwart what the planet actually needs in favor of useless baubles? Sequins and glitter are seldom made of metal anymore, and now are made of undetermined plastics, which doesn't biodegrade no matter what eats it (too often whales, turtles, and seabirds). You could have told your reader that they're not only passe, they're dangerous!!"

## Now it's your turn

Send your questions, rants, tips, favorite finds — on style, shopping, makeup, fashion and beauty — to [answerangelellen@gmail.com](mailto:answerangelellen@gmail.com).

From electric colors at Tom Ford to more natural takes on the pattern at Victoria Beckham and J. Crew, leopard print coats showed up in just about every designer's collection for winter. J. Crew leopard-print faux fur coat. \$298, J. Crew and jcrew.com



J. CREW

# Winter coat shopping?

Here are the season's 5 hottest trends

By DAVID SYREK  
Chicago Tribune

Designers dropped real fur in droves this year and created some of the season's warmest — and coolest — coats. Kensie faux-shearling coat with oversize notched lapels. \$128, Nordstrom, Chicago and nordstrom.com



NORDSTROM

dsyrek@chicagotribune.com



NORDSTROM

From embellished to oversize, winter's best coats are bold. Monse Hudson's Bay cozy, cocoonlike blanket coat. \$697, nordstrom.com



NORDSTROM

Cozy, supersize puffer coats ruled the runways and are available at all price points. Sosken Genesis oversize down puffer jacket. \$356.90, Nordstrom and nordstrom.com

The season's biggest coat trend — for women and for men — is plaid. Zara red-and-white plaid coat with lapel collar. \$169, Zara, Chicago and zara.com

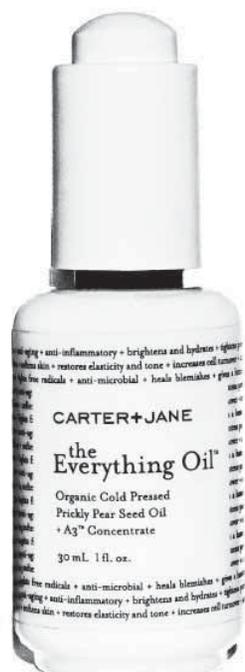


ZARA

# Rejuvenate winter skin with latest remedies

BY KAVITA DASWANI | Los Angeles Times

If summer beauty is all about bronzing and glow, then winter is the time to nourish and moisturize. Beauty brands are tapping into a demand for products that are as natural as possible ideally vegan and often from different cultures with effective ingredients formulated to soothe, soften, tighten and tone. And once your skin is set, don't forget to add a little holiday sparkle. Here are some products you should check out.



CARTER + JANE

## Carter + Jane

Carter + Jane named its new product the Everything Oil because it's meant to make pores look smaller, soften fine lines, speed up collagen production, and fade spots and scars with a blend of oils from nourishing ingredients such as prickly pear seed, almond, aloe vera and avocado. It can be used all over the face, body and hair. \$128, carterandjane.com



PIXI

## Pixi

Retinol has long been recommended by dermatologists to help with skin concerns such as hyperpigmentation and fine lines. Cult fave brand Pixi recently launched its Retinol Tonic, a light-yet-potent liquid said to endow the skin with a pretty glow. \$15, Target and pixibeauty.com



STARSKIN

## Starskin

Starskin has recently bowed its Orglamic Pink Cactus Collection, part of which is the two-step organic oil Hydrate + Glow Facial sheet mask. Break open the enclosed capsule and massage the blend of various seed oils, including *Camellia japonica* and prickly pear cactus oils onto your face. Apply the mask, made from various fruit and flower extracts with hyaluronic acid, and peel off after 15 minutes. \$15, starskin.com

## Crude

Skin care brand Crude is turning the idea of cleansing on its head by taking soap out of all its products as well as sulfates, chemicals and parabens to go all plant-based and vegan. The body wash, for example, is made from sunflower oil, aloe vera and essences of lime, lavender and bergamot. The brand is offering a Convert Kit, incorporating several products, including a series of serums and its specialized pull cloths that deeply cleanse skin. \$135 for the kit, livecrude.com



AUSTIN WRIGHT/CRUDE



SILK THERAPEUTICS

## Silk Therapeutics

Liquid silk is one of a dozen ingredients in the new Hydra-Rich Advanced Moisturizing Cream from Silk Therapeutics, a doctor-founded brand that has silk as a core component of all its products. The new cream uses collagen molecules to seal in hydration. \$120 for a jar lasting between 80 and 100 applications, silktherapeutics.com

# How couponing can help you donate more

BY LAURA DAILY

The Washington Post

Recently, I bought 57 tubes of toothpaste, 35 bottles of shampoo and 108 rolls of toilet paper. A single woman hardly needs so much toothpaste, shampoo or toilet paper, but my favorite local charity does. Total cost: Less than \$30. And these toiletries were fresh off the grocery store shelves, nothing damaged, expired or recalled. My trick? Coupons.

I'm not alone. Hundreds, if not thousands, of smart shoppers are using the mighty little coupon to save money on everyday purchases and pass along extras to nonprofits or individuals who find themselves in a tight situation.

Every month, Brittany Tollberg, a hair stylist in Baltimore, drops off toiletries, nonperishable food and even diapers to someone in need or a local nonprofit such as Believe In Tomorrow Children's House at Johns Hopkins, the hospital housing program for families of kids receiving treatment at Johns Hopkins Children's Center.

By combining manufacturer's coupons, store coupons and rebate apps when a product is on sale, Tollberg can get items free or pay just pennies on the dollar. Her older son Michael helps her clip coupons from the newspaper, while her daughter Jordyn proudly tells friends, "My mommy has a store in the basement." The children also help her make goody bags filled with a toothbrush, body wash, toothpaste, shampoo and crackers for the homeless.

Jessie Alonzo, who blogs at Moola Saving Mom, places something from every shopping trip, whether it's a can of beans or a pack of razors, into a "donation" box at her



GETTY

By using manufacturer's and store coupons with rebate apps, shoppers can often get items free or pay just pennies on the dollar.

home. When the box gets heavy, or at least once a month, she totes it to her local church food pantry.

"I love donating in a real way," Alonzo says. "It feels good that I made a change or helped in some fashion. Maybe a family had a water-line break and needs cleaning supplies. That can make a huge difference in someone's life."

Reality TV has painted couponers as hoarders, but often that's not the case. Sure, it's easy to go a bit bonkers when you first start couponing and feel the rush of a great score. But then, usually, comes a moment of clarity when you figure out you don't need to stockpile hundreds of shampoo bottles or jars of peanut butter.

"A friend volunteering at a shelter mentioned they were desperate for personal-care items," Alonzo recalls. "Immediately, I went into my donation pantry and filled three plastic tubs with 120 bottles of shampoo and conditioner, hundreds of bars of soap, deodorant, shaving cream and lotion. I realized I can always refill my pantry."

When her guest room became so full of items acquired through couponing that no one could actually use the room, Madison Pippins of Newnan, Georgia, came to the same conclusion. Now, the 23-year-old retail manager takes her scores to a women's shelter. "I once spent \$5 for \$120 in cosmetics, personal-care

items and canned goods," she says. "I never thought I could give as much as I do. It's humbling."

Here's how you can make couponing for charity part of your everyday routine.

■ Look for coupon inserts in most Sunday newspapers. Print coupons from sites such as Coupons.com and Retail Me Not. Ask family, neighbors and co-workers to give you any unwanted inserts.

■ Go hyperlocal to find the best (and often unadvertised) deals. An internet search for "name-of-store deal coupon blog + your state" should show you local coupon bloggers. "Let them do the work matching coupons to sales," Alonzo says. You can also search

Twitter and Instagram for #couponing to find sales and deals.

■ No matter the cause, find one that touches your heart and makes you feel good about donating. Then, reach out and learn what they really need. Some even have online donation wish lists.

■ To avoid being overwhelmed, pick one store, either drug or grocery. Join its loyalty program and download its app. Each store has its own rewards program and weekly loss leaders — items they sell below cost to get you in with the idea you'll buy other items. Focus on the loss leaders. When combined with coupons, you can get them nearly free.

■ To maximize your buying

power, combine your coupons with rebate apps that allow you to earn cash back on certain products by scanning your receipt. Once you reach a certain threshold, money is deposited to a Pay Pal account or redeemed for a gift card. You'll want to add at least one of these apps to your coupon arsenal. The largest is Ibotta. Other popular options are Checkout 51, SavingStar and Fetch Rewards. In addition, many retailers send extra offers (including freebies) via text. ■ Miss a killer deal? Don't beat yourself up. Sale cycles are cyclical. That toothpaste or toilet paper will go on sale again in four to six weeks, if not at one store, then its competitor.

# Comfort at home is on trend for decor

BY MELISSA RAYWORTH

Associated Press

What trends will dominate home decorating in 2019?

When we asked interior designers about the colors, fabrics and styles likely to be popular this year, one message came through loud and clear: People are seeking comfort at home.

But rather than casual, farmhouse-style comfort, these designers are seeing a trend toward a sophisticated, elegant comfort achieved through things like warm wall colors, antique wooden items with a patina of age and rounded corners on furniture.

Along with the physical coziness these items bring, many folks seem to be seeking a degree of emotional comfort in their home decor.

"Someone just asked us if we would do an ombre carpet up their stairs, working with the ombre wallpaper up the wall," says New York-based furniture and wallcovering designer Brett Beldock. "They want this cocoon feeling. Our surroundings have to be really warm and comforting now (that) everything is crazy and we're all up in the air."

We've asked Beldock, and two other interior designers — Washington, D.C.-based Marika Meyer and New Yorker Dan Mazzarini — for details on what we'll see in home design in the coming year.

## Cozy spaces

For years, Americans were in love with open floor plans and large furniture. Now, "people want more intimately scaled spaces," Mazzarini says. "Not Victorian-small, but not this kind of 'everything open' living."

In response, we're seeing "a temporary pause on oversized things," he says, as people feel like nesting.

Along the way, the color palette is becoming equally cozy. Popular neutral colors have "been so cool for a number of years," Meyer says. As 2019 approaches, "we're coming back into more warm neutrals."

And Beldock, sees furniture shapes changing: We're seeing a



ANGIE SECKINGER/MARIKA MEYER INTERIORS PHOTOS

As 2019 approaches, interior designer Marika Meyer sees a trend toward warm neutral colors and antique furniture in warm wood tones.



Shades of blue were popular in 2018, Meyer says, but she sees a growing trend toward decorating with shades of green.

return to rounded edges and pieces of furniture with big, soft, rounded arms.

## Patterns and papers

Expect to see lots of paper and fabric coverings on walls and ceilings in 2019. Beldock, says

murals are popular, as are patterns that can be mixed to create a vibrant space and give walls an appearance of depth.

Meyer agrees that patterns are increasingly important. As part of a "return to traditionalism" in home design, she sees many people opting for "heavy layering of

very traditional patterns."

Although many patterns incorporate a mix of colors, expect to see plenty of rich shades of green in fabric and wallpaper patterns. While blues and indigos have been huge in recent years, Meyer says that in 2019, "green is the new blue."

It's likely to be used in everything from upholstery patterns to kitchen furnishings.

## Warm woods and traditional styles

Antiques and secondhand items are also having a moment.

"There have always been the antique lovers that we've worked with," Mazzarini says. But now, a growing number of people "are responding more positively to things that have an actual sense of history."

Meyer agrees: "More and more clients say to me they're interested in a beautiful wood antique chest," she says.

This trend is quite practical in the smaller-scale homes and condos favored these days, Meyer says, because people have a real need for storage space. If a client chooses an antique wooden chest instead of a Parsons table, "it's concealed storage."

Traditional skirted tables are becoming popular again for the same reason: Under the soft folds of a fabric tablecloth that reaches to the floor, you can store items out of sight.

Even for homeowners who prefer a more modern style, warm wood tones are increasingly popular, Beldock says. "Everyone's using warm woods and walnuts," she says, or "actually doing a fireplace, and around the fireplace having your extra wood in a niche on each side that's the height of the whole wall."

Some clients continue asking for lighter wood tones, Mazzarini says. But even when paired with white items for a very clean look, the wood grain brings a degree of warmth to a room.



ART OF SPORT

The Art of Sport line of body care was formulated with the needs of athletes in mind.

## Kobe Bryant's body care line aims for athletes

BY KHANH T.L. TRAN  
Los Angeles Times

One of the secrets behind Kobe Bryant's 20 seasons as a star of the Los Angeles Lakers and his five NBA championships, two Olympic gold medals and one Academy Award is his grooming regimen, which includes manicures, pedicures and luxurious face creams.

"You have to take care of your body as an athlete," Bryant said during a recent phone interview. "Your body, in turn, will take care of you."

That mindset explains how the retired basketball player has become a founding partner of Art of Sport, an LA-based unisex body-care startup geared toward athletes.

Having moved from the hardwood to Hollywood — as well as marking his 40th birthday this year — Bryant has changed his grooming routine.

He has also replaced Right Guard, Speed Stick and what he dubs "the usual stuff" with his brand's concoctions that favor natural ingredients such as matcha tea powder over potentially harmful parabens and aluminum.

Sold on Amazon and Art of Sport's website, the lineup of goods includes a body soap bar that lathers with deep-cleaning charcoal and moisturizes with shea butter to prevent dryness and chafing after multiple post-workout showers (\$8.95 for a two-pack) and a 2-in-1 hair and body wash that's a silky gel containing tea tree oil and aloe vera (\$8.95 for a



IAN MADDOX/FOR THE WASHINGTON POST

Kobe Bryant wants to direct short films with Art of Sport's athlete backers.

10-ounce tube).

There's also a recovery cream blended with arnica and eucalyptus to soothe sore muscles (\$12.95 for a 3-ounce tube). The priciest item in the range is the SPF 50 sunscreen (\$13.95 for a 5-ounce tube) that eschews oxybenzone because the chemical can be harmful to coral reefs.

For Matthias Metternich, an Art of Sport co-

founder and the company's chief executive, it was important to take a holistic approach in formulating the line because, as he put it, "You can't put rocket booster seats in a Toyota Yaris and expect to go to the moon."

Bryant fancies himself a bit of a skin-care guru. "When I was on the Olympics team, (players) saw me using La Mer products," he recalled.

"What is that?" he said his teammates asked of the seaweed-infused face cream. Bryant generously shared his moisturizer that cost \$175 an ounce. "Now they all use it," he said.

Taking that influence a step further, Bryant wants to direct short films with Art of Sport's team of athletes who endorse the products. That list includes Houston Rockets guard James Harden and pro surfer Sage Erickson.

Some of the toughest judges are those closest to Bryant, such as his wife, Vanessa. Bryant recounts how, one day, after he'd swiped on the brand's deodorant scented with citrus and green pear, his wife asked, "What is that smell?" Bryant said his immediate thought was, "I'm interested in what the verdict is."

He told her it was the Compete deodorant from the skin-care line. "I love it," she told him.

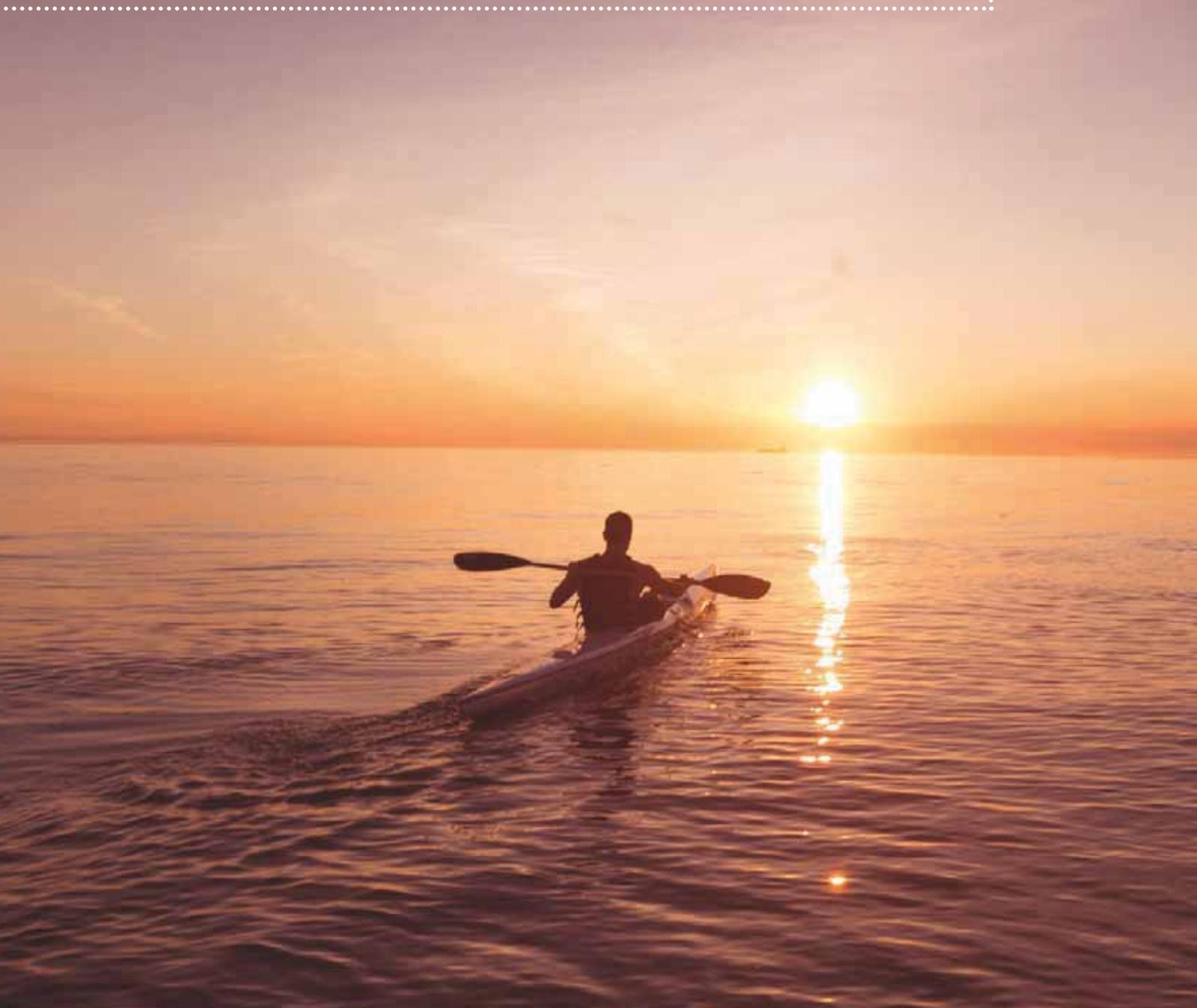
The Art of Sport line has creative fragrance combinations such as cedar and vanilla — smells that might be overwhelming to some. However, the fragrance could be refreshing in a throng of sweaty athletes.

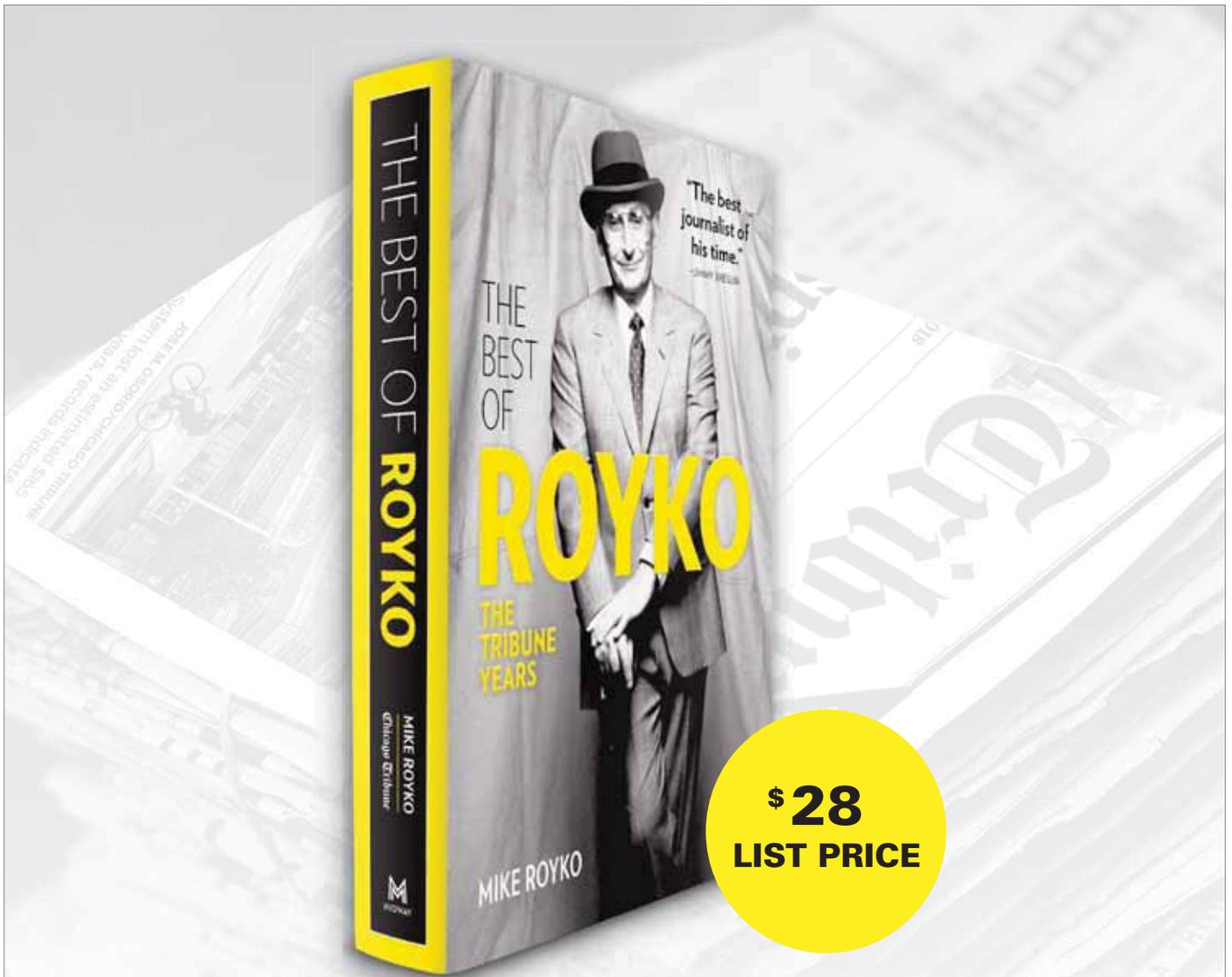
Chicago Tribune



# GUIDE TO HEALTHY LIVING

*Wellness tips & expert advice to keep you and your family on track*





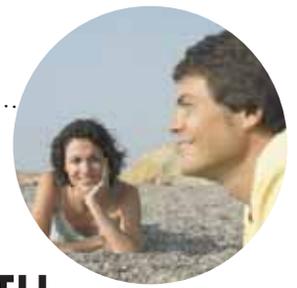
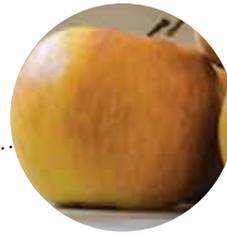
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# HERE'S TO A LIFETIME OF GOOD HEALTH

Messages about health are all around us and often can be overwhelming and confusing. The experts at Harvard Health Publishing have put together a sound report with important basic health information for you and your family. The sections here on nutrition, general well-being, mental health and the latest health news are designed to arm you with simple facts that can help you eat better, keep your blood pressure at a healthy level, identify pain that requires medical intervention, exercise smarter and find ways to ease your stress and anxiety. – *Tribune Content Agency*



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**Harvard Health Publishing** is the media and publishing division of the Harvard Medical School of Harvard University. The goal of the publications is to bring people the most current health information that is authoritative, trustworthy and accessible. It draws on the expertise of Harvard Medical School's 11,000-plus physicians, researchers and other faculty members.

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## SECTION 1

# Nutrition





# Here's to a lifetime of good health

## Are you confused about nutrition? You're not alone

**N**ews headlines can make it seem as if views on good nutrition are changing all the time and are hotly contested. Diet books come up with one theory after another. Gimmicks abound, touting everything from raw food to cleanses. All the conflicting information can make it difficult to distinguish scientifically backed nutrition advice from fads and marketing.

In reality, though, as decades of research findings on nutrition have accumulated, there's been a growing consensus about what a good diet looks like. Although differing results from studies are presented in

the media as flip-flops, it's more accurate to see individual studies as puzzle pieces that are coming together to form a clearer picture.

What does that picture look like? Research shows that eating healthfully is not complicated. A good diet is rich in minimally processed fruits, vegetables and whole grains, paired with healthy sources of protein and fats. It emphasizes plant-based foods — preferably a broad variety of them to provide a greater range of nutrients. Protein should come primarily from legumes, nuts, fish and skinless poultry. Dairy products should ideally be low-fat. Certain foods, like lean, fresh red meat, should be eaten sparingly, and processed or cured meats like ham, hot dogs and

corned beef are not on the menu at all. Fat can be eaten in moderation, so long as it is mainly from vegetable oils.

Another part of a healthful diet is limiting calories you eat. Watching your portion sizes and exercising regularly can help you maintain a healthy body weight. Good nutrition, physical activity and weight control are three of the most powerful things you can do to reduce your overall risk of major diseases, from cancer and diabetes to heart disease and osteoporosis. And finally, new research also suggests that the context in which you eat also matters — whether you're at home or at a restaurant, for instance, or whether you're stressed and hurried or relaxed and attentive.

# 7 practical steps to embrace healthful eating

Putting it all together, healthy eating boils down to this: Eat a varied diet with more plant-based foods, fewer animal-based foods and only as much food as your body needs. Here are seven broad principles to keep in mind:



1

## Eat more unprocessed or minimally processed foods

By doing so, you'll naturally consume foods that have the amounts and combinations of fiber and nutrients that nature intended. Many factory-made foods, in contrast, are stripped of natural fiber and nutrients and filled with unwelcome extras: added salt, sugar, and fat. Even if some vitamins and minerals are added back in, foods created in factories can't replicate the complex nutrient content of natural foods. For example, a whole apple comes with fiber and a wealth of nutrients in the skin that are missing when you drink apple juice or eat processed fruit snacks made with apples.



2

## Go for novelty

You may assume good nutrition is boring because you only think of a few kinds of healthful foods. To get a broader range of disease-fighting nutrients, try new grains, vegetables, and fruits. Farro, bulgur, and quinoa are good grain alternatives. Novel kinds of beans, fruits, and vegetables abound. When choosing vegetables and fruits, aim for a variety of colors, which will ensure you get a wide array of beneficial antioxidants and phytonutrients naturally present in these foods. Unsure how to cook these new items? Experiment with new recipes that rely less on meat and make use of herbs and spices for flavor.



3

## Cover all your bases

Every day, strive to eat three servings of fruit, three to four servings of vegetables, some lean protein, some whole grains, healthy oils, some nonfat or low-fat dairy and a serving of nuts or legumes. At each meal, look at your plate: about one-half should be fruits and vegetables, one-quarter lean proteins (fish, poultry, beans, or tofu) and one-quarter whole grains.



4

## Stay hydrated

Because water is part of many foods, such as fruit, tea and soup, most people get sufficient liquid without making a special effort. Generally, your sense of thirst tells you when and how much to drink. That said, it can be helpful throughout the day to sip water or another no-calorie liquid as an alternative to snacking. As you increase your fiber intake with whole-grain foods, water helps ferry it smoothly through your digestive tract, protecting you from constipation. Drinking 4 to 6 cups of water (or low-calorie liquid) a day is a reasonable and healthful goal.



5

## Keep protein portions modest

Most Americans consume more protein than they need, and many common sources of protein (such as meat and dairy products) also contain saturated fat and are high in calories. Recommended portions for protein-rich foods are smaller than you might expect (and much smaller than what you'd typically get in a restaurant). For proteins like meat, poultry and fish, 3 ounces for lunch and slightly more for dinner is a good goal. Keep in mind that 4 ounces of meat is about the size of a deck of cards. For beans, the serving size is about ½ cup of cooked beans, which is about half the size of a baseball.



6

## Aim for at least two servings of fish each week

Fish — especially salmon, bluefish and mackerel — are good sources of omega-3 fats, which are good for your heart. Large, predatory deep-ocean fish (such as swordfish, shark, king mackerel, and bluefin tuna) have a higher mercury content and should be eaten only on rare occasions, if at all.



7

## Avoid impulse eating

When you grab an unplanned snack, you are more likely to choose tempting sweets and unhealthy processed foods that are packaged for convenience. Instead, plan healthy snacks ahead of time so you don't eat whatever is handy or in the vending machine. Avoid sugary drinks and their empty calories.

# Harvard's Healthy Eating Plate

*Over the years, many of us have become used to thinking of the hunk of meat in the center of our plates as "dinner." The salad or vegetables on the side were fine add-ons, but not the star attraction.*

**B**ut in recent years, nutritionists have overturned that view. In 2011, the U.S. Department of Agriculture introduced MyPlate — a graphic representation of the ideal dinner. It moved protein to the side of the plate and gave a larger role to vegetables, fruits and grains. However, it was still too simplistic to be useful to many people.

**To remedy this situation, nutrition experts at Harvard developed Harvard's Healthy Eating Plate.** Like the USDA plate, it's meant to be an easy and informative tool to help you understand how to make healthful choices and eat a balanced diet. But it adds more detailed, science-based recommendations to the USDA's version, which leaves out some important information. The Healthy Eating Plate gives you basic guidance on food choices and shows you how to apportion foods on your plate.

People who eat according to these guidelines reduce their risk of a number of chronic diseases that can shorten life and diminish quality of life. Research

following the diets of more than 100,000 health professionals found, for example, that men whose diets most closely followed these guidelines lowered their over-all risk of major diseases by 20 percent over eight to 12 years, compared with men whose diets scored lowest on the healthy eating recommendations. Women in the study who followed the guidelines lowered their overall risk by 11 percent compared with those who scored lowest. The big wins came with cardiovascular disease. Both men and women who most closely followed the recommendations cut their risk of heart disease by one-third or more, and even people who were taking medications for high cholesterol or high blood pressure benefited.

As nutrition researchers turn up more information over time, the Healthy Eating Plate will change to reflect important new evidence. Other models of science-based guidelines are also available. You can find healthy eating pyramids adapted to Mediterranean, Latin American, Asian, and vegetarian diets on the website of the

respected nutrition think tank Oldways, at [oldwayspt.org](http://oldwayspt.org).

## Weight control for health

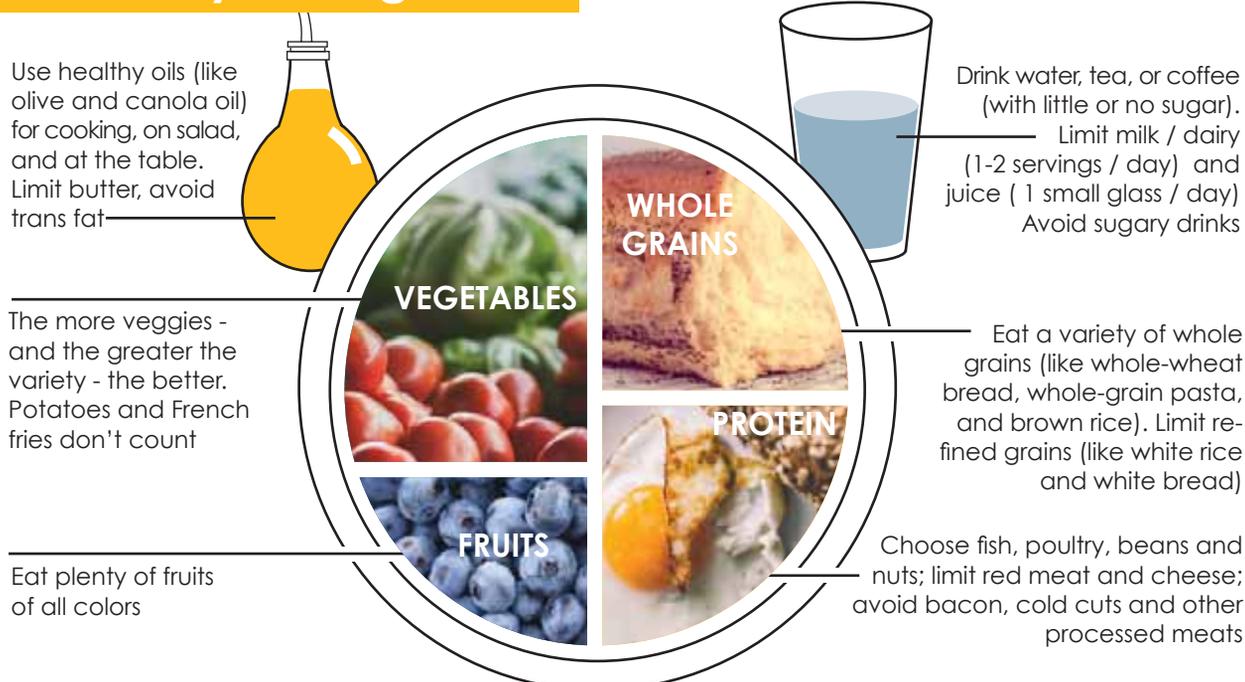
Although many people are interested in weight loss to look better, weight control is also an intrinsic part of good health. The obesity epidemic in the United States has brought significant health problems. With that in mind, here are some tools to help you incorporate weight control into your plan.

## Pay attention to calories

When it comes to controlling weight, choosing healthful foods is just part of the challenge. While most fresh vegetables and fruits are so low in calories that they can be eaten without much concern for weight gain, other healthy foods — including nuts, seeds, healthy oils, low-fat cheese, whole-grain bread, pasta, rice, and avocados — have enough calories to pose a risk of weight gain if eaten without restraint.

Many of us are eating too much: The

## The Healthy Eating Plate



USDA estimates that Americans consume an average of 200 calories more per day than they did in the 1970s. The healthy eating plan in this report is not intended to be a weight-loss diet, but rather a way to break unhealthful eating habits and replace them with better habits. However, weight control is part of this equation.

How many calories do you need? Every individual is different, and caloric needs differ depending on many factors, including age, activity level and metabolism. Most women need 1,600 to 2,000 calories per day to maintain their weight, while most men require 2,000 to 2,400 calories per day. If you are particularly active, you may need more calories. If you are inactive or need to lose weight to improve your health, you may choose to eat less by changing your habits. However, you should never go too low; consuming too few calories can lead to nutrient deficiencies and fatigue. To get enough nutrients, women should consume at least 1,200 calories a day and men 1,500, unless dieting under the supervision of a health professional. Counting calories is challenging, so it may be helpful to focus on the types of foods you eat and the size of the portions. Learning to pay attention to your body's internal cues is also important. Do you eat when you're hungry or just bored? Do you tend to stop as soon as you're satiated, or keep eating until you're stuffed?

### Size up your waist

Waist circumference can be an important indicator of health. Excess visceral fat (which collects in the abdomen around your organs) raises your risk of chronic diseases, including heart disease. How much belly fat is too much? In general, a measurement of 35 inches or more for women or 40 inches or more for men is considered a sign of excess visceral fat, although those guidelines might not apply if your overall frame is large.

Measuring your waistline is especially important as you age; older adults may gain abdominal fat without putting on a lot of weight, because they're also losing muscle mass. Rather than focus on a single reading or absolute cut-off, keep an eye on whether your waist is growing over time (are your pants getting snug at the waist?). That should give you a good idea of whether you're gaining unhealthy visceral fat.

## Recommended portions for protein-rich foods are smaller than you might expect (and much smaller than what you'd typically get in a restaurant).



### Know your BMI

Body mass index (BMI) is a widely used method of defining a healthy weight based on height. BMI is not a perfect measure because it doesn't tell you how much of your weight is fat, but using waist size and BMI together can help most people gauge whether they need to work on reducing weight. To find your BMI, use a Web-based calculator like the one at [www.health.harvard.edu/bmi](http://www.health.harvard.edu/bmi).

The BMI range associated with the lowest rate of illness and death is 19 to 24 in men and 18 to 24 in women; people with BMIs in this healthy range are considered to be of normal weight. People with BMIs of 25 to 29 are considered overweight, and those with BMIs of 30 or higher are considered obese, meaning their weight is 35 percent to 40 percent above normal. Higher BMIs are associated with progressively higher rates of illness and death.

If you're at a healthy BMI now and your waist size is fine, keep close tabs on your weight. If it starts to creep up (an increase of 5 pounds is a red flag), take steps to avoid additional weight gain, or lose some weight by choosing healthful low-calorie foods like fruits and vegetables, reducing portion sizes, and avoiding eating when you're not hungry. Remember that drinks are a major source of calories. Non-diet sodas, juice-flavored drinks, sweetened coffee drinks and alcoholic beverages (especially mixed drinks) all are loaded with sugar and calories that can contribute to weight gain.

### Keep physically active

Combining a healthful diet with regular physical activity will help keep you resilient and healthy. Regular exercise is a proven treatment for high blood pressure, and moderate-intensity training (such as

brisk walking, yard work, doubles tennis, or active housework) seems to be at least as good for blood pressure as high-intensity exercises like running. In addition, exercise can help you prevent or manage type 2 diabetes. Physical activity lowers your blood sugar levels, because muscles need the glucose in the blood for fuel. It also trains muscles to respond better to insulin, the hormone that signals the body to take in glucose from the blood.

For general health and to prevent many diseases, experts recommend at least 2 1/2 hours a week of moderate-intensity activity. You can break this up into chunks as brief as 10 minutes. Or, if you choose to do more intensive, vigorous activity such as running, aim for sessions that total one hour and 15 minutes per week. You can obtain even greater health benefits with more activity.

To whittle your middle and build muscle, add some strength training to your routine and curb calorie consumption. At midlife, you may find that you have to eat less and exercise more just to stay in the same shape. Regular strength training sessions — aim for at least two per week — can help you maintain muscle mass, stamina, and healthy bones as you age. Research suggests that strength training can also reduce age-related fat accumulation and physical decline. Add stretching a couple of days a week to promote flexibility. ■

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## Do I need an omega-3 supplement?



Omega-3s are healthy fats that are abundant in certain fatty fish and other seafood. They are also available in much smaller quantities from plant foods and oils, such as walnuts, flaxseed and canola oil.

The omega-3s have favorable effects on a range of risk factors for heart disease, including blood pressure, heart rate, cholesterol and inflammation, and they may also help maintain normal heart and blood vessel function.

In 1998, data from the Physicians' Health Study showed that men who ate fish once a week were half as likely to die suddenly from a heart attack compared with those who ate fish less than once a month. One year later, a report

in *The Lancet* described a randomized controlled trial in which about 12,000 men who had suffered a heart attack took either a fish oil supplement, 300 mg of vitamin E, both, or neither. Those who took the fish oil supplement had significantly lower rates of heart attack, stroke, or death during the next 3 1/2 years. Sudden death rates dropped by 45 percent.

People who use a cholesterol-lowering statin drug might further reduce their risk of heart problems by getting more omega-3s. In a large randomized study, about 19,000 Japanese men and women with high cholesterol levels took a statin either alone or with an omega-3 supplement.

After 4 1/2 years, those who took the combination had 19 percent fewer coro-

nary events, in particular unstable angina and non-fatal heart attacks, than those who took the statin alone.

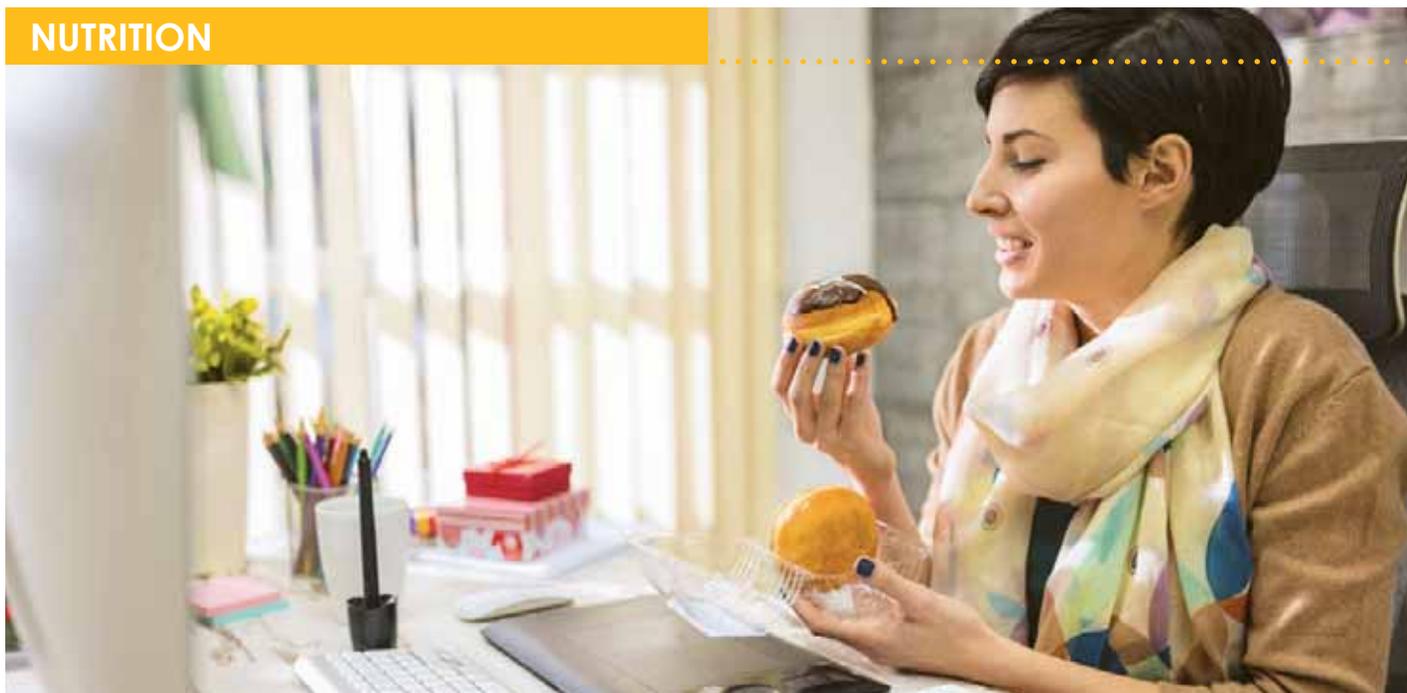
But recent meta-analyses of previous observational studies and randomized clinical trials have muddied the waters, showing insufficient evidence that taking a fish oil supplement reduces the risk of heart attack, heart failure or stroke.

It seems the best advice for now is still to get your omega-3s from food rather than supplements. According to the U.S. Dietary Guidelines and the American Heart Association, everyone should try to eat fish, especially oily fish like salmon, sardines or herring, at least twice a week. If you don't like fish and are concerned about your risk for heart disease or just want to play it safe, there is no risk to taking a daily fish oil supplement. ■

### Don't ignore the possibility that chest pain may mean a heart attack instead of heartburn.

Symptoms associated with GERD (gastroesophageal reflux disease) can mimic the pain of a myocardial infarction (heart attack) or angina (chest pain caused by diminished blood flow through the coronary arteries), especially when the sensation is constricting rather than burning in nature. It can be dangerous to assume that your chest pain is caused by reflux.

People with known reflux disease should always seek medical attention if they experience chest discomfort brought on by exercise, which may signal either angina or a heart attack. Paying attention to the severity and length of your chest pain is key. If it's a severe, pressing or squeezing discomfort, it may be a heart attack. Also, heart attack pain lasts a while. If it goes away in five to 10 minutes, it's probably not a heart attack. It could be angina, however, which does require a visit to the doctor — and treatment. It's important not to dismiss chest tightness, especially if it follows physical exercise.



# Drop the doughnut

*Good nutrition starts with first meal of day*

**M**orning routines are hard to break. If your idea of breakfast is grabbing coffee and a doughnut on your way to work, finding time to eat healthfully in the morning may seem daunting. With a little planning, however, it's easier than you think.

**Here are some healthful breakfast suggestions, which follow the basic formula of equal parts whole grains + lean protein + fruit:**

- One serving whole-grain cereal (at least 5 grams of fiber and less than 5 grams of sugar) + 1/2 cup milk (skim or 1% milk or unsweetened soy milk) + a small banana or 1/2 cup berries.
- One 1/2 cup cooked oatmeal with cinnamon + 2 tablespoons nuts + 1/2 cup berries.
- A slice of 100% whole-grain bread + 1 tablespoon natural peanut butter + a small banana.
- Breakfast sandwich: 100% whole-wheat English muffin or whole-grain mini bagel + an egg or a slice of low-fat cheese + an orange.
- Breakfast burrito: one small whole-wheat tortilla + a scrambled egg or a slice of low-fat cheese and salsa + a few slices of mango.
- Two slices of whole-grain toast or one whole-grain English muffin + 1/3 cup low-fat cottage cheese + 3/4 cup pineapple.
- One whole-grain waffle + 1/2 cup low-fat milk + 1/2 cup berries.

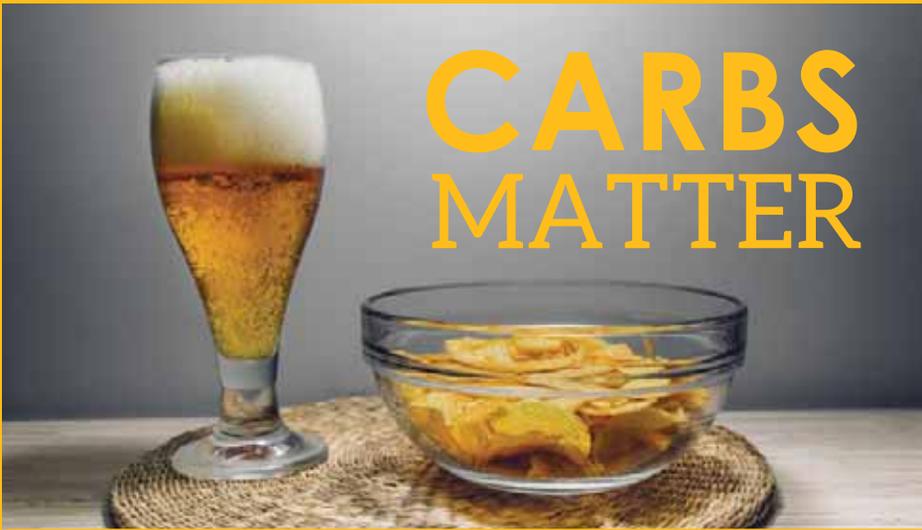
## For a lighter breakfast

- One serving whole-grain crackers + 1 ounce low-fat cheese + 3/4 cup grapes.
- A 1/4 cup nuts + one orange or small glass of low-sodium vegetable juice.
- One small apple or banana + 1 tablespoon peanut butter.
- One hard-boiled egg + 1/2 cup baby carrots + 2 tablespoons low-fat dip.

## About that coffee drink

Your coffee can be a source of hidden calories. Many people order large coffee drinks laden with milk and sugar, which can equal the caloric content of an entire meal. Even a modest tall (12-ounce) café latte made with skim milk adds 100 calories to your daily total. Today's specialty coffee drinks can up the ante much more, making it easy to load up on unhealthy fat, sugar and calories without eating a bite of food. And because liquid calories are less satiating than solid food, sweet drinks increase the chance that you will consume excess calories. Studies also show that consuming too many sugary foods and beverages can increase your risk of heart disease and diabetes. Moreover, research cites sugar-sweetened beverages like coffee drinks as a major source of added sugar in the American diet and a major contributor to weight gain.

**Coffee by itself isn't a bad thing.** It contains caffeine, which boosts alertness. It also has been linked to a lower risk of type 2 diabetes, heart disease, Parkinson's disease, and overall risk of death. The catch is that you need to avoid adding a lot of calories to it. Stick with black coffee, or add only a little milk or sugar. Once you've had your coffee boost, switch to beverages that have no sugar. To get adequate hydration, anything watery counts, including water, tea, coffee, soup, oranges and watermelon. You're drinking enough if your urine is pale or clear. ■



# CARBS MATTER

Carbohydrates contribute about half of all calories to a typical American diet. A worrisome half of these “carbohydrate calories” come from eight sources, none of which even remotely qualifies as health food. All are chock-full of rapidly digested carbohydrates.

A meal or snack of slowly digested carbohydrates (like whole grains or beans) smooths out the blood sugar–insulin roller coaster. The digestive system takes longer to break down these carbohydrates into sugar molecules. That means blood sugar rises more slowly and hits a lower peak, as does insulin. This is good for health. It also means it takes longer to get hungry again. Among people with diabetes, high levels of blood sugar and insulin contribute to many of the complications of this disease, such as nerve

damage, loss of vision, kidney disease, sexual dysfunction and wounds that won’t heal. Routine high blood sugar and insulin can also pose problems for seemingly healthy individuals. They can tip people toward developing diabetes. Research suggests they may also contribute to other chronic conditions, including breast cancer, colon cancer and polycystic ovary syndrome. While smoothing out your blood sugar and insulin levels may help you prevent these conditions, the proven benefits are preventing heart disease and diabetes and controlling weight. ■



**Soft drinks, sodas and fruit-flavored drinks**



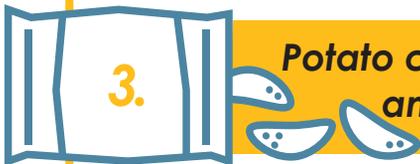
**Rice**



**Pizza**



**Bread, rolls, buns, English muffins and bagels**



**Potato chips, corn chips, and popcorn**



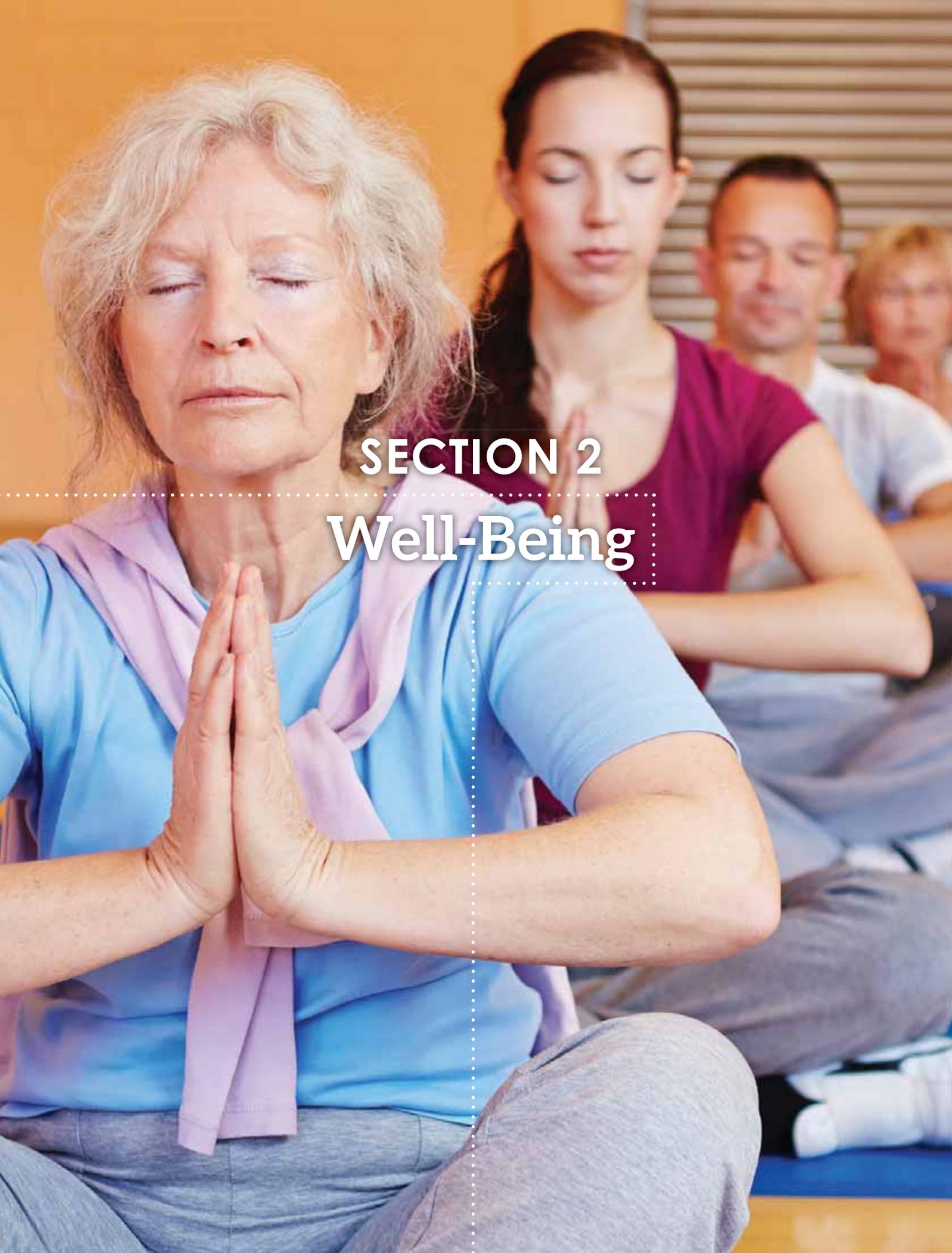
**Beer**



**Cake, sweet rolls, doughnuts and pastries**



**Frozen potatoes and french fries**



**SECTION 2**  
**Well-Being**

# A guide to the wonders of walking

**T**echnically, you started walking when you were about a year old. And unless you have some type of disability or condition that prevents you from walking, you're still doing it — as you have practically every day of your life. But most Americans don't do enough walking in the course of their daily lives to reap the myriad health benefits it has to offer. In this report, we're going to focus on walking for health. This requires a more sustained effort, but it's totally doable — and the rewards are worth it.

Every year, more and more studies document the benefits of regular exercise. It can help prevent or alleviate numerous health conditions, and unlike prescription drugs, which always seem to have prohibitive lists of side effects, it has effects that are overwhelmingly positive, such as improved mood, better sleep and less stress. Some experts even claim that if exercise could be bottled, it would be the most prescribed medicine. Because you have decades of experience with walking, it's the perfect way to ensure that you get your daily dose of exercise. You can even socialize while doing it.

## Health benefits of walking

More than 2,400 years ago, Hippocrates said, "Walking is a man's best medicine." Today, there's a lot of research to back up his statement. The Harvard Nurses' Health Study, which has been tracking the health behaviors of more than 200,000 women for more than three decades, has shown that moderate walking for an average of 30 minutes a day can lower the risk of heart disease, stroke and diabetes by 30 percent to 40 percent and the risk of breast cancer by 20 percent to 30 percent. Here are some detailed reasons to head out the door.

**It protects your heart.** Cardiovascular disease is the leading cause of death in the United States, but in many cases, it is preventable. According to one study, a third of all heart attacks and deaths due to heart disease in middle-aged women could be avoided if the women simply walked for exercise. Harvard researchers followed more than 70,000 women ages 40 to 65 for eight years and found that walkers were less likely to die from heart disease. Those who logged three or more hours a week (or 25 minutes a day) reduced their risk of dying by 35 percent. Even those who were



sedentary at the beginning of the study lowered their risk if they started walking during the study. So it's never too late! Walking is equally protective in men, too, according to an analysis that looked at the results of 18 studies involving a total of more than 450,000 men and women. And for both sexes, just 5 ½ miles a week (or three-quarters of a mile a day), even at a leisurely 2-mph pace (that means a mile in 30 minutes) offers protection. At that easy pace, you have to walk about 23 minutes a day to start reaping benefits. If you pick it up to a moderate 3 mph (a mile in 20 minutes), you can hit the goal with 15 minutes of walking a day. People who walked longer distances, walked at a faster pace, or did both enjoyed the greatest protection.

**It helps stave off diabetes.** Inactivity promotes type 2 diabetes. Working your muscles more often and making them work harder improves their ability to use insulin and absorb blood sugar (glucose). This puts less stress on your insulin-making cells. Findings from the Nurses' Health Study and the Health Professionals Follow-up Study suggest that walking briskly for a half-hour every day reduces the risk of developing type 2 diabetes by 30 percent. For those already at risk, doing shorter bursts of walking throughout the day may be even more effective. One study found that a 15-minute walk immediately after every meal provided better blood sugar regulation than a single daily 45-minute morning walk. If you already have diabetes, increasing activity throughout the day by 4,000 steps or more can improve levels of HbA1c, a highly sensitive marker of blood sugar, according to a study published in the journal *Health Education Research*. Those 4,000 steps are approximately equivalent to two miles of walking — an amount that may also be enough to offset the increased risk of dying from heart disease that people with diabetes have. Walking at least one mile per day has been shown to cut that risk in half, based on research from the University of California, San Diego.

**It helps lower blood pressure.** High blood pressure is a primary risk factor for heart disease and strokes, but walking is an effective way to lower blood pressure, according to a review of 27 studies. While most of the study participants did not have high blood pressure, the research showed reductions of 5 to 11 points in systolic blood pressure (the first number in a reading) and 3 to 8 points for diastolic pressure (the second number). If your blood pressure is between 120/80 and 140/90 — in the category considered “prehypertensive” — you might want to break up your walking throughout the day. In a study from Arizona State University, 11 prehypertensive adults either walked briskly for 30 minutes every afternoon or did three 10-minute walks — one each in the morning, afternoon and evening — for a total of 30 minutes a day. While both regimens lowered blood pressure, multiple short walks resulted in a lower average blood pressure over 24 hours and reduced the number of spikes throughout the day, compared with taking one longer walk.

**It reduces falls and fractures.** As you age, falling and breaking a bone can be a serious problem. Among older adults, falls are the leading cause of both nonfatal and fatal injuries. One out of five people who suffer a hip fracture from a fall dies within a year. While the statistics are frightening, they are not a reason to hunker down on the sofa to avoid a fall. Staying active keeps your muscles strong and flexible so you'll be less likely to take a spill. And weight-bearing activities like walking will keep your

bones stronger so you'll be less likely to break one if you do fall. The Nurses' Health Study found that women who walked at least four hours a week (35 minutes a day) had a 41 percent lower risk of sustaining a hip fracture compared with women who walked less than an hour a week.

**It counteracts the effects of weight-promoting genes.**

Harvard researchers looked at 32 obesity-promoting genes in more than 12,000 men and women to determine how much these genes contribute to body weight. Then they examined the people's exercise habits and found that in men and women who walked briskly for about an hour a day, the genetic effect was cut in half.

**It reduces the risk of developing breast cancer.** More than 70 observational studies have found that physically active women have a lower risk for breast cancer. In 2013, an American Cancer Society study of more than 70,000 women zeroed in on walking in particular. The results showed that women who walked seven or more hours a week had a 14 percent lower risk of developing breast cancer than those who walked three or

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## A 45-minute morning walk may help you fall asleep faster when bedtime comes, according to research published in the journal *Sleep*.

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fewer hours a week. And walking provided protection even if women were overweight, used supplemental hormones or had other risk factors.

If you've been diagnosed with breast cancer, walking has other benefits. It can help you to feel less anxious and fatigued, a common side effect of treatments.

**It helps tame a sweet tooth.** If you're a self-proclaimed chocoholic, start walking! A 15-minute walk has been shown to curb cravings for chocolate, according to a study from the University of Exeter in the United Kingdom. Another study from the same group found that walking for 15 minutes can also reduce the amount of chocolate you eat in stressful situations. People who sat quietly before performing a stressful task with a bowl of chocolates nearby ate almost twice as much candy as those who walked. And the latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.

**It improves sleep.** A 45-minute morning walk may help you fall asleep faster when bedtime comes, according to research published in the journal *Sleep*. During the yearlong study, researchers found that post-menopausal women who took five or more morning walks a week fell asleep faster than those who took fewer morning walks or those who walked in the afternoon. However, if you have insomnia, it may take a while for your sleep to improve. In a small study from Northwestern University, researchers found that exercising during the day did not affect that night's sleep for women (average age of 61) with insomnia. But after 16 weeks of walking for 30 minutes three times a week, the women were sleeping an average of 46 minutes longer a night.

**It sharpens your thinking.** Walking five miles a week helps maintain brain volume and reduces memory problems in people who have mild cognitive impairment or Alzheimer's disease, according to a 10-year study from the University of Pittsburgh. (A decline in brain volume means that brain cells are dying.) Even healthy adults benefited if they walked six miles a week.

**It boosts your mood.** Anyone who's taken a walk when feeling blue knows that it's a great on-the-spot mood booster — and studies support this. But even for more serious depression, walking is a viable remedy. In fact, it can be just as effective as drugs, according to a study published in the journal *Psychosomatic Medicine*. When researchers prescribed either an antidepressant or 30 minutes of walking or jogging three times a week to a group of men and women diagnosed with major depression, they observed similar improvements in both groups. Walking can even help in tough-to-treat cases. In a study of people whose depression appeared resistant to medications, researchers in Portugal found that combining drug treatment with walking produced results. Participants walked 30 to 45 minutes five days a week. After 12 weeks, 26 percent no longer had symptoms, and an additional 21 percent of them showed improvement.

**It eases joint pain.** Walking lubricates joints and strengthens the surrounding muscles to keep them healthy. Studies have shown that walking five to six miles a week may even protect you from developing osteoarthritis, a degenerative condition of the joints that causes joint pain, swelling, stiffness, and weakness. Knees and hips are the most commonly affected joints. If you have osteoarthritis, getting up and moving around is probably the last thing that you want to do when your joints hurt. But research shows that walking can actually reduce pain. Walking also reduces the risk of becoming disabled if you have arthritis. Working up to 150 minutes of walking a week seems to offer the most benefit.

**It improves immune function.** Walking can boost your immunity and protect you during cold and flu season. During a 12-week study of 1,002 men and women, Appalachian State

University researchers found that walkers stayed the healthiest. Those who logged at least 20 minutes a day, five times a week, experienced 43 percent fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and symptoms were milder.

**It can lengthen your life.** How would you like to increase your life expectancy by 3 ½ years? All it takes is 30 minutes of walking five days a week, according to research that reviewed the findings of six studies that, together, involved more than 650,000 people. As little as 15 minutes a day resulted in almost two extra years. Work up to an hour a day, and you could live more than four years longer. And with all the other benefits of walking, those extra years are likely to be very good ones.

## Check with your doctor first

Definitely speak to a doctor if you have any injuries or a chronic or unstable health condition — for example, heart disease (or several risk factors for it), a respiratory ailment (such as asthma), high blood pressure, joint or bone disease (including osteoporosis), a neurological illness or diabetes. Also consult your doctor if you suspect you may have an illness that would interfere with an exercise program or if you have been experiencing any symptoms such as chest pain, shortness of breath, or dizziness. The Physical Activity Readiness Questionnaire (PAR-Q), a tool developed by the Canadian Society for Exercise Physiology, can help you determine whether you should talk to your doctor before embarking on, or ramping up, any fitness program. You can find it at [www.health.harvard.edu/PAR-Q](http://www.health.harvard.edu/PAR-Q). The basic form covers people ages 15 to 69. If you are older than that, check with your doctor. ■

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# Is sleep eluding you?

*Practical tips for better shut-eye*



**G**etting enough sleep is just as important as other vital elements of good health, such as eating a healthy diet, getting regular exercise and practicing good dental hygiene. In short, sleep is not a luxury but a basic component of a healthy lifestyle. But just like purchasing healthy foods, taking an after-dinner walk or flossing your teeth, getting adequate sleep requires time and discipline. Mentally block off certain hours for sleep and then follow through on your intention, avoid building up a sleep debt and take steps to set up an ideal sleep environment. Seek a doctor's help if conventional steps toward good sleep don't work.

This doesn't mean that you can't have any fun, or that you need to get eight hours of sleep 365 days a year. Just as an occasional ice cream sundae won't make you fat, staying up a few extra hours for a party or to meet a deadline is perfectly acceptable — as long as you make plans to compensate the next day by taking a short afternoon nap or going to bed earlier. But over the long haul, you need to make sure you consistently get enough sleep.

Following are some ways to improve your sleep. These good habits are known as “sleep hygiene,” because they represent scientific thinking about maintaining healthy sleep patterns.

## Create a sleep sanctuary

A sleep-friendly bedroom can make it easier to fall and stay asleep, so take time to address issues that affect what you hear, see and feel while in bed.

**Control noise.** A quiet bedroom is especially important for older adults, who spend less time in deep sleep. As a result, they are more easily awakened by noises.

**Here are some ways to reduce or disguise noises that can interfere with sleep:**

- Use heavy curtains and rugs, which absorb sound.
- Install double-paned windows.
- Use earplugs.
- Use a fan or a sleep machine, which provide “white noise,” or a recording of soothing sounds, such as falling rain, croaking frogs, or chirping crickets.
- Dim the lights. Bright light at night can suppress your body's production of melatonin and make it harder to sleep.

**Keep your pre-bedtime light intake down with these steps:**

- Avoid watching television or using a computer after 9 p.m.
- Don't read from a backlit electronic device (such as an iPad) at night.
- Replace bright lights with lower-wattage bulbs, or install dimmer switches that allow you to keep the lights low at night.

Bright bathroom lights can be an issue, especially since most people use the bathroom right before retiring (and sometimes in the middle of the night). But you don't want to stumble if you can't see. As long as it's safe to do so, consider using night-lights to light the way to and in your bathroom.

**Keep comfortable.** A bedroom that's too hot or too cold may interfere with sleep. Most people sleep best in a slightly cool room (around 65° F). Replace your mattress and pillows if they're worn or uncomfortable. If aching joints are keeping you awake, ask your doctor about pain relievers. Some people say they are more comfortable sleeping on memory foam mattresses and pillows.

## Try relaxation rituals

Worrying about a problem or a long to-do list can be a recipe for insomnia. Well before you turn in, try writing down your worries and make a list of tasks you want to remember. This “worry journal” may help move these distracting thoughts from your mind.

### Closer to bedtime, try comforting rituals that may help lull you to sleep:

- Listen to soft, calming music.
- Take a warm bath.
- Do some easy stretches.
- Read a book or magazine by soft light.

Once you crawl between the sheets, relaxation techniques can help you calm your body and mind. Mindfulness meditation has also proven helpful for battling insomnia. This type of meditation involves focusing on your breathing and then bringing your mind's attention to the present without drifting into concerns about the past or future. To learn more about mindfulness meditation, try one of the free guided recordings by Dr. Ronald Siegel, an assistant professor of psychology at Harvard Medical School and faculty editor of the Harvard Special Health Report Positive Psychology, at [mindfulness-solution.com](http://mindfulness-solution.com).

## Stick to a schedule

A regular sleep schedule keeps the circadian sleep/wake cycle synchronized. People with the most regular sleep habits report the fewest problems with insomnia and the least depression. Experts advise getting up at about the same time every day, even after a late-night party or fitful sleep.

**Limit the time you spend in bed.** If you don't fall asleep within 20 minutes or if you wake up and can't fall back to sleep within that amount of time, get out of bed and do something relaxing until you feel sleepy again. Regardless of how well (or poorly) you slept, get out of bed at your regular time each morning to keep your circadian cycle synchronized.

## Negotiate naps, if needed

If your goal is to sleep longer at night, napping is a bad idea. Your total daily sleep need stays constant, so naps take away from evening sleep. But if your goal is to be more alert during the day, a nap built into your daily schedule may be just the thing. If you have insomnia and feel anxious about getting enough sleep, then a scheduled nap may help you sleep better at night by alleviating that anxiety.

**If possible, nap shortly after lunch.** People who snooze later in the afternoon tend to fall into a deeper sleep, which causes greater disruption at night. An ideal nap lasts no longer than an hour, and even a 15- to 20-minute nap has significant alertness benefits. Shorten or eliminate naps that produce lingering grogginess.

## Keep a sleep diary

A sleep diary may help you uncover clues about what's disturbing your sleep. For example, you may realize that certain habits (like what you eat or drink or when you exercise) are affecting your slumber.

To keep a sleep diary, note what time you went to bed and woke up every day — preferably for two weeks to a month. Include entries for any medications you took, time and quantity

of caffeine or alcohol consumption, when and how long you exercised, and any stresses you encountered during the day. All of these can affect sleep. Also note how well you slept each night, whether you awakened during the night, and, if so, for how long.

## Curb caffeine

Caffeine keeps you awake by blocking adenosine, a brain chemical that helps you fall asleep. For some people, a single cup of coffee in the morning means a sleepless night. Caffeine can also interrupt sleep by increasing your need to get up to urinate at night.

If you have insomnia, avoid caffeine as much as possible, since its effects can last for many hours. Because caffeine withdrawal can cause headaches, irritability, and extreme fatigue, some people find it easier to cut back gradually than to go cold turkey. Those who can't or don't want to give up caffeine should avoid it after 2 p.m., or noon if they are especially caffeine-sensitive.

### Caffeine content in common drinks

Drink	Serving size	Caffeine (milligrams)
Starbucks coffee	12 ounces	260
5-hour Energy	1.9 ounces	208
Monster Energy, Rockstar	16 ounces	160
Lipton Pure Leaf Iced Tea	18.5 ounces	60
Coca-Cola, Coke Zero, or Diet Pepsi	12 ounces	35
Decaf coffee from Dunkin' Donuts, Panera / Starbucks	16 ounces	15 to 25
Lipton decaffeinated tea, brewed, black or green	8 ounces	5
7-Up or Sprite	12 ounces	0

Source: Center for Science in the Public Interest

## Nix nightcaps

Alcohol depresses the nervous system, so an alcoholic drink can help some people fall asleep. But the sleep won't necessarily be very good. Alcohol suppresses REM sleep, and the soporific effects disappear after a few hours. Drinkers have frequent awakenings and sometimes frightening dreams. Alcohol is responsible for up to 10 percent of chronic insomnia cases. Also, because alcohol relaxes throat muscles and interferes with brain control mechanisms, it can worsen snoring and other nocturnal breathing problems, sometimes to a dangerous extent.

Drinking during one of the body's intrinsic sleepy times — midafternoon or at night — will make a person more drowsy than imbibing at other times of the day. Even one drink can make a sleep-deprived person drowsy. If you're driving a car, the combination significantly increases your chances of having an accident.

## Quit tobacco

Nicotine is a potent stimulant that speeds your heart rate, raises blood pressure and stimulates fast brain-wave activity that keeps you awake. If you're addicted to nicotine, a few hours without it is enough to induce withdrawal symptoms; the crav-

ing can even wake a smoker at night. People who kick the habit fall asleep more quickly and wake less often during the night. Sleep disturbance and daytime fatigue may occur during the initial withdrawal from nicotine. But even during this period, many former users report improvements in sleep. If you continue to use tobacco, avoid smoking or chewing it for at least one to two hours before bedtime.

## Try some exercise

Walking, jogging, swimming, or any type of exercise that gets your heart pumping faster provides three important sleep benefits: you fall asleep faster, you spend more time in deep sleep and you awaken less often during the night. Exercise seems to be of particular benefit to older people. In one study, physically fit older men fell asleep in less than half the time it took for sedentary men, and they woke up less often during the night.

Studies also suggest that even gentle exercise, such as stretching and toning, can help people sleep better. Consider trying yoga or tai chi, a stylized martial arts practice that features a series of slow, flowing motions and deep, slow breathing.

Exercise is the only known way for healthy adults to boost the amount of deep sleep they get. Research shows that older men and women who report sleeping normally can still increase the amount of time they spend in deep sleep if they do some form of aerobic activity.

Exercising outdoors in the morning is ideal, because bright, natural daylight can help set your natural circadian rhythms. Try

to avoid exercise within two hours of bedtime because exercise is stimulating and can make it harder to fall asleep.

## Watch what you eat and when

A grumbling stomach can be distracting enough to keep you awake, so if you're hungry right before bed, eat a small healthy snack, such as an apple with a slice of cheese or a few whole-wheat crackers, to satisfy you until breakfast.

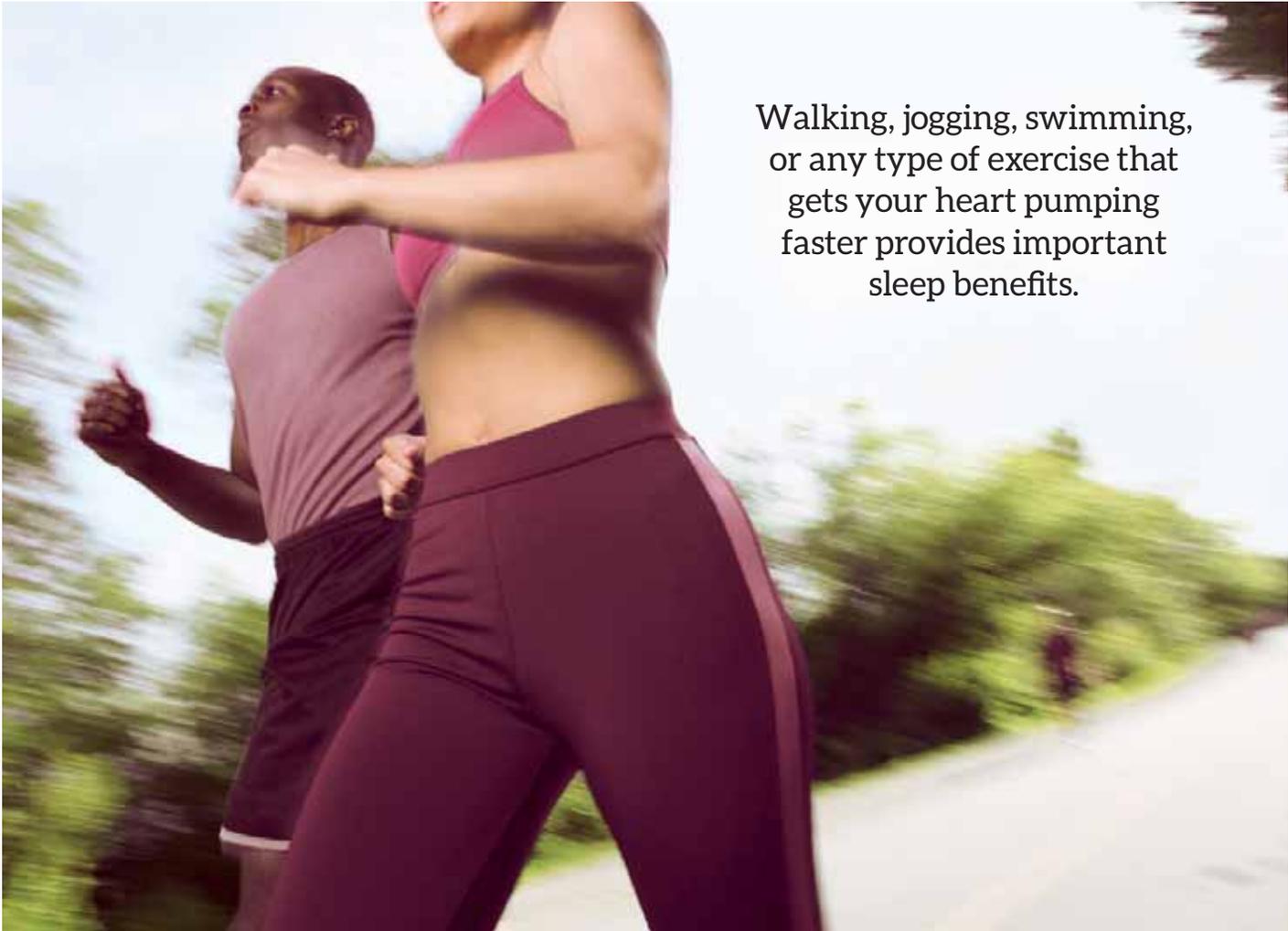
But a full belly may be even more disrupting. Avoid eating a big meal within two to three hours of bedtime. And steer clear of foods that contribute to acid reflux (heartburn), as lying down can provoke or worsen the problem. Common culprits include coffee, chocolate, alcohol, peppermint and fatty foods. If you're prone to acid reflux, elevate your upper body with an under-mattress wedge or blocks placed under the bedposts. Over-the-counter and prescription drugs that suppress stomach acid secretion can also help. Finally, if you sleep on your right side, try to sleep on your left side instead, as several studies suggest that sleeping on your right side aggravates heartburn.

Even if you're careful to avoid caffeinated or alcoholic beverages, drinking too much of any fluid too close to bedtime may cause you to wake up to use the bathroom. ■

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Walking, jogging, swimming, or any type of exercise that gets your heart pumping faster provides important sleep benefits.

# Keeping blood pressure in check

**Y**ou can't see your blood pressure or feel it, so you may wonder why this simple measure of health is so important. The answer is that your blood pressure gives your doctor a peek into the workings of your circulatory system. A high number means that your heart is working harder to pump blood through your body. This extra work can result in a weaker heart muscle and potential organ damage down the road. Your arteries also suffer when your blood pressure is high. The relentless pounding of the blood against the artery walls causes them to become hard and thick, reducing room inside them for blood to flow and potentially setting you up for stroke, kidney failure and cardiovascular disease.

Having your blood pressure measured is a familiar ritual at most visits to the doctor's office. The examiner inflates a cuff around your upper arm, listens through a stethoscope, watches a gauge while deflating the cuff and then scribbles some numbers on your chart. Be sure to ask what the reading is each time because health care professionals don't always tell you. When you find out, make sure to keep a record of this information. Readings can fluctuate, and the more of them you have, the truer picture you will get of how high your blood pressure actually is. But what do these numbers actually mean?

## High blood pressure gets redefined

High blood pressure recently became far more prevalent in the United States, but not because people have become suddenly less healthy. Last fall, new guidelines lowered the threshold for diagnosing the condition.

High blood pressure (also known as hypertension) used to be defined as a blood pressure reading of 140/90 millimeters of mercury (mm Hg) or higher. According to new guidelines, anyone with a reading of 130/80 mm Hg or higher has blood pressure. Based on this new definition, nearly half of Americans now fall into this group.

Many cardiologists welcomed the updated guidelines, published in the Nov. 7, 2017, *Journal of the American College of Cardiology*. The new guidelines are based upon a growing body of evidence that lower blood pressure values are associated with fewer major adverse cardiovascular events, including heart attacks, strokes, and heart failure," says Dr. Randall Zusman, a hypertension expert at Harvard-affiliated Massachusetts General Hospital. Overall, people with Stage 1 hypertension have double the risk of those events compared with people who have normal blood pressure.

## The new normal

So if your blood pressure is higher than normal—that is, 120/80 mm Hg or higher—what should you do? If your blood pressure is simply elevated, meaning the first number



(systolic blood pressure) falls in the range of 120 to 129 while the second number (diastolic blood pressure) remains below 80, medication is not recommended. Instead, you should focus on healthy lifestyle changes: a diet high in fruits and vegetables, less salt and saturated fats; more activity; weight loss if you're overweight; and limiting your alcohol to moderate amounts. Simply changing what you eat and drink can bring down systolic blood pressure by as much as 11 points, according to some estimates.

## Stage 1 hypertension

You have stage 1 hypertension if your systolic blood pressure is 130 to 139, your diastolic pressure is 80 to 89, or both. Even if your systolic blood pressure hovers above 130, you still may not need medication. If you don't have heart disease and you have a relatively low (less than 10%) risk of developing it over the next 10 years, lifestyle changes are definitely the way to go. (To estimate your risk, use this online calculator: [www.cvriskcalculator.com](http://www.cvriskcalculator.com).) But many people find that they need to take some type of medication in order to reduce their blood pressure numbers to healthier levels.

## Stage 2 hypertension

You have stage 2 hypertension if your systolic pressure is at least 140 mm Hg, your diastolic pressure is at least 90 mm Hg, or both. In addition to lifestyle modifications, you will likely want to start medication to lower your blood pressure. That doesn't mean you will always need drug therapy. Losing weight, decreasing stress, eating healthier and exercising daily can potentially bring your readings into the normal range. But even if you still need medication, your lifestyle efforts help prevent you from needing higher drug doses in the future.

## What puts you at risk for high blood pressure?

Essential hypertension has no clear cause. As a result, identifying risk factors can be difficult. Researchers have discovered certain patterns, however. Some factors are things you have no control over — for example, you can't alter your genes. But others, like smoking and heavy drinking, are habits you can change.

### Risk factors you can't control

Even though you can't control these risks, that doesn't mean you can forget about them. Awareness of your risk factors can help you put your overall cardiovascular risk profile into perspective and may provide you with extra incentive to adopt healthier habits.

**Family history:** Like many disorders, high blood pressure tends to run in families. In addition, a family history of heart attack, stroke, diabetes, kidney disease or high cholesterol increases a person's risk of developing high blood pressure. This doesn't necessarily mean that genetics always plays a role. Some of the similarities observed in families may be the result of environmental influences. Children's eating patterns, coping skills and propensity toward healthy and unhealthy habits are shaped by their parents' behavior and the social climate in which they're raised.

Research indicates that about 25 percent of cases of essential hypertension that occur in families and up to 65 percent of cases in pairs of twins may have a genetic basis. In addition, at least 10 genes have been found to influence blood pressure. So far, however, only a few studies have identified a link between particular genes and hypertension. For instance, a rare form of hyperten-

## Blood Pressure Categories

Source: American Heart Association, American Stroke Association

Blood pressure category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120 - 129	and	Less than 80
High blood pressure (hypertension) Stage 1	130 - 139	or	80 - 89
High blood pressure (hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive crisis (consult your doctor immediately)	Higher than 180	and/or	Higher than 120

sion called Liddle's syndrome, which develops in childhood and often leads to an early death from cardiovascular disease, results from a defective gene that causes the kidneys to retain too much sodium and water.

**Age:** Although aging doesn't invariably lead to high blood pressure, hypertension becomes more common in later years. Diastolic pressure increases gradually over the years by about 10 mm Hg until age 55 in men and 60 in women, at which time it begins to decline. Between ages 30 and 65, systolic pressure increases an average of 20 mm Hg, and it continues to climb after 70. This age-associated increase largely explains isolated systolic hypertension.

**Gender:** Up to about age 55, women are less likely than men to develop high blood pressure. But women's blood pressures, especially the systolic readings, rise more sharply after that.

Indeed, after age 55, women are at greater risk for high blood pressure. This pattern may be partly explained by hormonal differences between the sexes. Estrogen tends to protect women against hypertension, but as the production of estrogen drops with menopause, women lose its beneficial effects, and their blood pressures climb.

**Race:** African-Americans often develop high blood pressure earlier and to a greater degree than do people of other races. Although African-American adults are 40 percent more likely to have high blood pressure than their white counterparts, they are 10 percent less likely to have the condition under control. The high incidence of hypertension among African-Americans may have a genetic explanation. Some researchers suspect that people who lived in equatorial Africa developed a genetic predisposition to being salt-sensitive, which means their bodies retain more sodium. This condition increases blood volume, which, in turn, raises blood pressure. Salt sensitivity can be beneficial in a hot, dry climate because it allows the body to conserve water.

Generations later, however, the American descendants of these individuals remain disproportionately salt-sensitive.

## Controllable risk factors

Your health habits are key factors in determining your cardiovascular risk. In fact, you may be able to overcome the effects of other risk factors and bring your blood pressure readings into a safe range simply by making changes in your lifestyle, such as quitting smoking, reducing your salt intake and losing weight.

**Obesity:** Excess weight and hypertension often go hand in hand, because carrying even a few extra pounds forces your heart to work harder. Being overweight increases the risk of high blood pressure approximately threefold. The risk continues to rise as body mass index (BMI) progresses into the obesity range. By contrast, systolic and diastolic blood pressures drop an average of 1 mm Hg for roughly every pound of weight lost.

**Sedentary lifestyle:** Compared with the physically active, sedentary people are significantly more likely to develop hypertension and suffer heart attacks. Like any muscle, your heart gets stronger with exercise. A stronger heart pumps more blood more efficiently, with less force, through your body. Other cardiovascular benefits of exercise include increasing levels of "good" HDL cholesterol and making stroke-causing clots less likely.

**Smoking:** Doctors have long known that smoking promotes heart disease, but for a long time smoking didn't appear to have

a direct connection to hypertension. That is no longer the case. Doctors now know that the nicotine in tobacco stimulates the central nervous system. Whether you smoke a cigarette, chew tobacco, or absorb nicotine from a patch, your body responds by releasing a stress hormone called epinephrine (adrenaline), which increases your heart rate and blood pressure, while you're smoking and for some time afterward.

**Excess salt:** Doctors first noticed a link between hypertension and sodium chloride — the most common form of dietary salt — in the early 1900s, when they found that restricting salt in people with kidney failure and severe hypertension brought their blood pressures down and improved their kidney function. When a massive effort began in the 1960s to educate the public about reducing the risk of heart disease, one recommendation was that all Americans decrease salt consumption to prevent hypertension. But the average amount of salt in the American diet has risen over the past 20 years, which likely reflects our growing reliance on salt-laden processed and prepared foods.

**Heavy drinking:** While moderate alcohol consumption (no more than one drink per day for women and two drinks a day for men) significantly lowers your risk of cardiovascular disease and has little effect on your blood pressure, heavier drinking has the opposite effect. Excessive drinking — having three or more drinks per day — is a factor in about 7 percent of hypertension cases. It can also interfere with antihypertensive medications you may be taking, increase your risk of stroke and lead to heart failure.

## How low sodium helps

If you do end up taking one or more blood pressure drugs, that doesn't mean you can slack off on your lifestyle efforts. In fact, avoiding excess salt is even more important for people who take medication, says Dr. Zusman. "Salt negates the benefits of many blood pressure drugs, including diuretics and ACE inhibitors," says Dr. Zusman. These drugs help lower blood pressure by "opening your pipes" (that is, by relaxing your arteries). Eating sodium, a key component of salt, causes your body to hold on to fluid, which refills the pipes, he explains.

"Cutting back on the amount of salt in your diet doesn't necessarily lower your blood pressure, but it can make your blood pressure medication more effective and may enable you to take a lower dose of the drug," he says. Most people with high blood pressure take at least two medications, and some need three or four to treat their condition. And all of them would prefer to take fewer pills and lower doses if they can, says Dr. Zusman. (For a list of commonly prescribed blood pressure drugs, see [www.health.harvard.edu/heart-meds/blood-pressure](http://www.health.harvard.edu/heart-meds/blood-pressure).)

## Salt-reducing strategies

"Salt sneaks into your diet in many ways, not just from obviously salty foods such as pickles and olives, but also things like Cheerios and cottage cheese," says Dr. Zusman. The average American consumes about 3,500 milligrams (mg) of sodium daily. But federal guidelines recommend just 2,300 mg a day, and some experts believe that people with high blood pressure should strive for no more than 1,500 mg daily. Build your diet around fresh, unprocessed foods that are naturally low in sodium, and choose low-sodium versions of any bottled, canned, or packaged foods you buy. ■



## QUICK HEALTH QUESTION

### Does knuckle-cracking cause arthritis?

Cracking your knuckles may provoke an annoyed grimace from those around you, but it probably won't raise your risk for arthritis. That's the conclusion of several studies that compared rates of hand arthritis among habitual knuckle-crackers and people who didn't crack their knuckles.

The "pop" of a cracked knuckle is caused by bubbles bursting in the synovial fluid. The bubbles pop when you pull the bones apart, either by stretching the fingers or bending them backward, creating negative pressure. Even if knuckle cracking doesn't cause arthritis, there's still good reason to let go of the habit. Chronic knuckle-crackers were more likely to have swollen hands and reduced grip strength. And there are at least two published reports of injuries suffered while people were trying to crack their knuckles.

# Keeping your feet healthy



**L**eonardo da Vinci once called the foot a “masterpiece of engineering and a work of art.” Leonardo’s observation still holds true today under the harsher light of modern science — the human foot is an immensely practical, beautifully designed structure built to bear many times its weight thousands of times a day and bounce back ready for more. It has the sophisticated construction of a suspension bridge and the stability of a marble pedestal. Although it’s one of the smaller parts of your body, the foot contains 28 bones. Together, your feet contain more than a quarter of all the bones in your body.

Jammed in a hot shoe all day, taking the brunt of your daily travels, the foot is often overlooked when it comes to health and fitness. But once it starts to hurt, it will quickly remind you of your neglect. Women’s feet, in particular, suffer from the stress and abuse of tight, high-heeled shoes, with the result that women are more likely than men to suffer from nearly all foot problems. Foot fitness can help you avoid disability later in life, keeping you active and engaged.

Many of the same things you do to maintain your overall health can also help your feet stay healthy. But two lifestyle factors stand out as particularly foot-healthy: maintaining a healthy weight and keeping your feet in good physical condition with stretching and exercise.

## Healthy weight

Your weight plays a major role in your risk for many health problems: cardiovascular disease, high blood pressure, high cholesterol, diabetes, several forms of cancer, arthritis, gallstones, adult-onset asthma, infertility, sleep apnea and even snoring. So it should come as no surprise that excess weight can also contribute to certain foot problems, by adding to the pounding your feet take every day, and increasing the risk for atherosclerosis, poor circulation and diabetes. Many foot care specialists today ask about your height and weight, as well as other aspects of your health, before suggesting a therapy. If you are overweight or obese, you are likely to leave the doctor’s office not only with pain medication and instructions for stretching exercises, but also with some suggestions on how to take off some weight.

## Foot fitness

Exercising your feet on a regular basis not only improves overall foot health but may also reduce your risk for injury. Walking is the best overall foot exercise. When you walk, you put your foot through its full range of motion, from the time your heel hits the ground until you lift off with your toes. Moreover, walking is one of the best forms of exercise for your entire body. It improves your cardiovascular health and can help your circulation, muscle tone and mood.

## Basic steps to help prevent many foot problems

- Buy shoes that fit well, with low heels and plenty of room for your toes.
- Maintain a healthy weight. Excess weight increases the load on your feet and the risk of foot problems.
- Keep your feet clean and dry.
- Trim toenails straight across to avoid ingrown nails.
- Wear sandals or shower shoes in locker rooms or public swimming pools.
- Exercise your feet regularly.
- Protect the skin of your feet from the sun's harmful ultraviolet rays.
- Inspect the skin of your feet routinely for changes.

Before walking or doing any other exercise, take a few minutes to march in place as a warmup. Then try some quick exercises to stretch and strengthen the muscles in your feet. Otherwise, your feet will suddenly bear the brunt of all that activity, especially with high-impact sports like tennis. Then hit the road — starting out slowly if it's the first time you've exercised in a while.

Aim for 20 minutes three times a week, walking at a comfortable pace. If that's too strenuous, try walking for 10 to 15 minutes. Gradually, pick up the pace so that after five to 10 minutes you can still talk but are breathing more heavily than usual. At this point, you are achieving aerobic benefits.

## Here are some other hints to make your walk more pleasant and to protect your feet

- Make sure your shoes provide enough support but allow your feet to “breathe.”
- Walk with your head up and your back straight.
- Swing your arms freely.
- Start on level ground and work up to hills later. ■

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# When pain signals a medical emergency

Most pain can be managed without a trip to the doctor, but some kinds of pain indicate real danger. Here are some symptoms that require immediate attention from trained medical personnel.

## Chest pain

Call 911 immediately for chest pain. The worry is that you may be having a heart attack or other serious medical event such as a pulmonary embolism (a blockage of an artery in the lung). Typical heart attack symptoms include heavy pressure or tightness in the chest; crushing pain that goes to the neck, the jaw, the left arm, or the back; and pain accompanied by shortness of breath, sweating, dizziness, or nausea.

## Pelvic pain

If you are pregnant and develop pain in the pelvis, contact your obstetrician/gynecologist immediately or go to the emergency room. If you are not pregnant and develop pain in the pelvis, contact your doctor. If the pain is severe, go to the emergency room. New pelvic pain can be a sign of appendicitis, a ruptured ovarian cyst or an early ectopic pregnancy.

## Musculoskeletal pain

If you have sprained or otherwise injured a joint and you can't walk on it (in the case of an ankle or knee) or if you can't use it (for instance, your wrist hurts so much you can't grasp anything with your hand), contact your physician or go to an urgent care center. If you suffer a sprain and it initially appears to be healing, but pain persists beyond a few days, contact a physician. If you have an injury that causes severe back pain or if you have fever, weakness or loss of control of your urine or stool along with back pain, this can be a medical emergency because it may result from compressed nerves that might require immediate surgery. Likewise, severe or persistent generalized muscle pain requires a medical evaluation; it could indicate drug-related muscle inflammation or a medical problem like myositis (inflammation of the skeletal muscles).

## Sudden severe headache

Get immediate care if you get a headache that is the worst you've ever experienced, or if the pain is accompanied by fever, vomiting, stiffness, seizures, a rash, visual disturbances, trouble speaking or weakness. You could be having a stroke or have an infection of the brain such as meningitis. Also seek medical care after any head injury, which can cause a concussion or life-threatening swelling of the brain.

## Severe or persistent abdominal pain

Most stomachaches come and go relatively quickly, but if abdominal pain is very severe, persists or is accompanied by symptoms such as fever, abdominal tenderness or blood in the stool, you may have a serious medical problem such as appendicitis, diverticulitis, pancreatitis, or inflammatory bowel disease (Crohn's disease or ulcerative colitis). These conditions require immediate medical care. Likewise, seek medical help if you received a blow to the abdomen and these symptoms develop.

## The headache: Diagnosing common pain



**T**he good news is that about 95 percent of headaches are caused by common conditions — such as stress, fatigue, lack of sleep, hunger, changes in estrogen levels, weather changes, or caffeine withdrawal — rather than an underlying disease or structural abnormality. The three most common types of headaches are tension, sinus, and migraine headaches.

Tension headaches cause mild to moderate pain that is steady rather than throbbing and generally lasts for several hours. You may feel the pain throughout your head, but people commonly feel it across the forehead or in the back of the head. Experts generally believe that tension headaches result from muscle tightness in the neck and shoulders. These headaches most often affect adults, though children can sometimes get them, too.

Sinus headaches produce mild to moderate pain that is also steady, but which occurs in the sinuses — typically behind the eyes, at the bridge of the nose, or in the cheeks. You are most likely to have a sinus headache if you also have a cold or an active allergy that's causing nasal congestion and discharge. Sinus headaches affect people of all ages.

Migraines produce throbbing pain that is moderate to severe. They often cause nausea and can make you feel very sensitive to light and sound, so that you just want to lie in a dark and quiet

room. Rather than spreading across the head, the pain is often localized in one spot — in the temple, eye, or back of the head, and frequently on just one side. In some people, visual disturbances precede the pain.

Chronic headaches occur more than 15 days a month and can be either chronic tension headaches or chronic migraines. Of the two types, chronic migraines are more severe, and they account for more visits to the doctor. They are usually accompanied by other health problems, such as insomnia or fibromyalgia, that must also be addressed during treatment.

Cluster headaches are rare but very painful. They often start in the middle of the night during sleep and produce sharp stabbing pains behind just one eye. The pain can be excruciating, leading sufferers to pace the floor, and the headaches tend to recur at the same time. Most people have so-called episodic cluster headaches that strike a few times a day for several weeks and then disappear during remissions that can last from a few weeks to a few years.

### Do you scream after ice cream?

One minute you're enjoying a delicious ice cream cone; the next, you have "brain freeze." Generally, the headache is immediate and lasts for under a minute. It's usually a very sharp, steady pain felt in the center of the forehead, but it may also occur on one side.

About 50 percent of people experience headaches at least once a month, 15 percent at least once a week, and 5 percent every day.

The cause of cold-stimulus headache, or “ice cream headache,” remains largely a mystery. One theory is that the pain originates in the back of the throat, which is chilled by the ice cream, but is felt in the head — a phenomenon known as referred pain. Any cold food or drink can induce this type of headache, but ice cream is the main culprit because it’s very cold and is often swallowed quickly. This doesn’t allow for the treat to be warmed slightly in the mouth before it contacts the back of the throat.

To the relief of ice cream lovers, doctors don’t prescribe abstinence for headache prevention. Instead, they suggest taking smaller bites and eating slowly, to give your mouth enough time to warm up the ice cream.

Pain relievers may help soothe your headaches, but some other medications can actually cause them. Nitroglycerin, prescribed for a heart condition, and estrogen, prescribed for birth control or menopausal symptoms, are notorious causes of headaches. Ironically, headaches can also be caused by overuse of painkillers.

Other headaches are actually symptoms of another health problem — for example, sinus headaches that occur when you have a cold. Some less common but serious causes include bleeding, infection, or even a tumor. A headache can also be the only noticeable symptom of high blood pressure.

## When to see the doctor

About 50 percent of people experience headaches at least once a month, 15 percent at least once a week, and 5 percent every day. But only a small fraction of these people ever seek a doctor’s attention, since most headaches are relatively mild and disappear on their own or with the help of an over-the-counter pain reliever, rest, or a good night’s sleep. But what about headaches that are severe, occur often, or are unresponsive to nonprescription pain relievers?

Although headaches are rarely harbingers of more ominous disease, it makes sense to see your doctor if you’re having headaches weekly, if your headaches interfere with your ability to function, or if they change in any particular way. The peace of mind justifies the time and expense of a medical evaluation.

Because the following symptoms could indicate a serious health problem, seek medical care promptly if you experience any of these:

- A sudden headache that feels like a blow to the head (with or without a stiff neck).
- A headache with fever.
- A headache with convulsions.
- A persistent headache following a blow to the head.
- A headache with confusion or loss of consciousness.
- A headache along with pain in the eye or ear.
- A relentless headache when you were previously headache-free.
- A headache that is incapacitating.

Note that you should always take children with recurring headaches to the doctor, especially when the pain occurs at night or is present when the child wakes in the morning. Under rare circumstances, this might indicate a brain tumor.

## The office visit

Your physician will try to determine the causes of your headaches and design a treatment plan. Expect some detailed questions about your headache and possibly some basic laboratory tests.

He or she will perform a physical exam, including a blood pressure check and a careful look inside your eyes with an ophthalmoscope.

Increased pressure in the head, which can be a sign of a brain tumor, can cause swelling of the optic nerve; the ophthalmoscope examination can reveal such swelling. In some people, tension and migraine headaches produce telltale signs such as spasms in the neck and shoulder muscles and tender areas — known as “trigger spots” — at the back of the head; your doctor may check for these. But in most people who have tension or migraine headaches, the physical examination doesn’t turn up anything unusual — which is good.

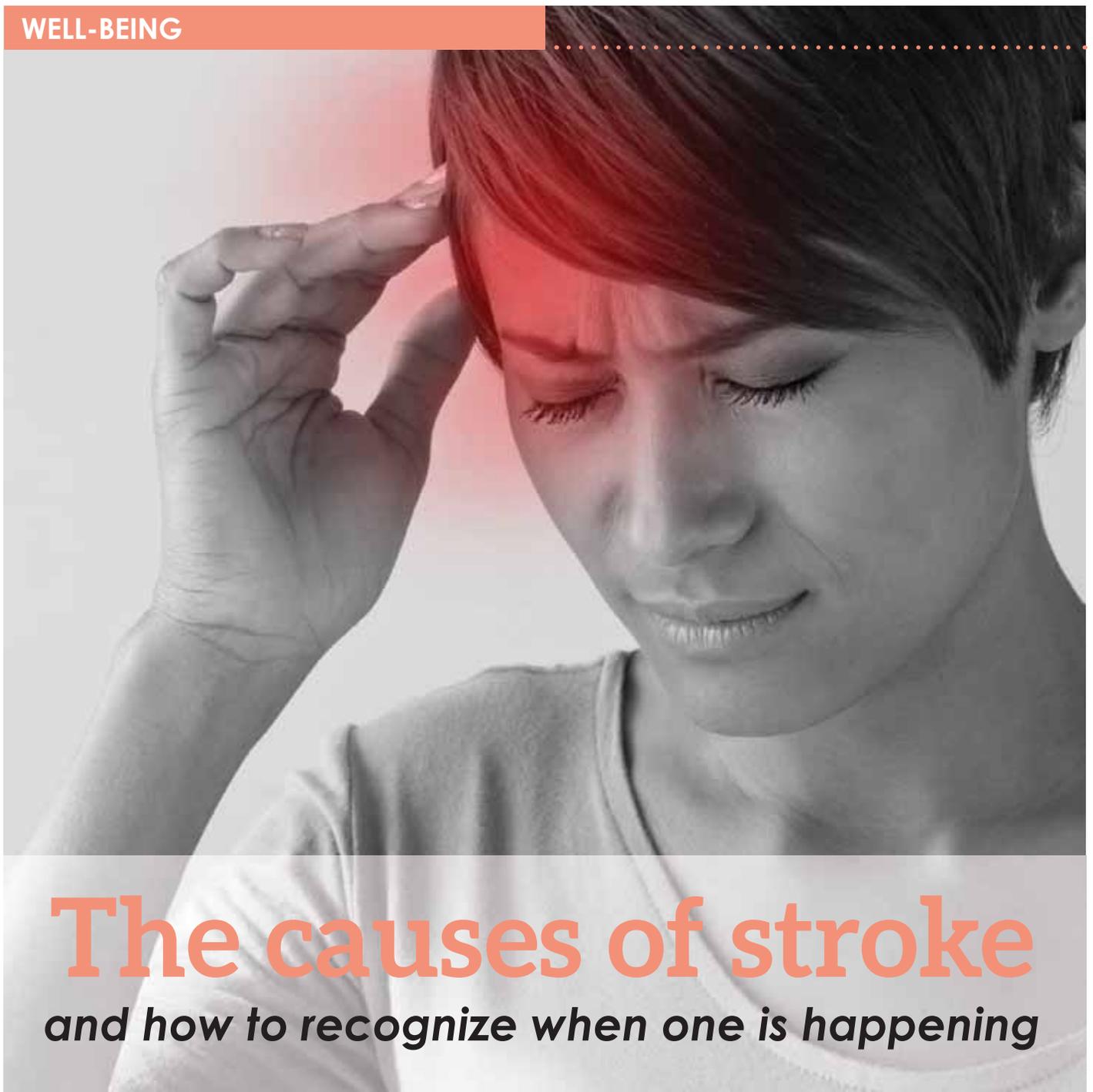
## What your doctor will want to know

Because common headaches have few, if any, measurable effects on the body, tests aren’t likely to turn up much in the way of helpful information. Instead, your doctor will rely on the information you provide about your pain. Before an appointment, you may find it useful to jot down the answers to these questions:

- When did your headaches begin?
- Does anything seem related to their onset?
- How often do they occur?
- How long do they last?
- When do they occur?
- Where is the pain located?
- How severe is it?
- What does it feel like?
- Do you notice any other symptoms before/during headaches?
- Does anything trigger or worsen the headaches?
- Does anything ease the pain?
- Does anyone in your family have a history of headaches?
- How is your family and work life?
- How have the headaches affected your life? ■

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# The causes of stroke

## and how to recognize when one is happening

**S**trokes have always been a much-feared medical emergency, and rightly so. Strokes are the fifth leading cause of death in the United States, and even more important, a major cause of disability. Someone in the United States has a stroke every 40 seconds, and someone dies of a stroke every four minutes, amounting to 795,000 strokes and 129,000 deaths annually.

Everyone should learn the following warning signs of stroke. If you experience any of these symptoms, immediately dial 911 or go to an emergency room:

- Weakness in an arm, hand, or leg.
- Numbness on one side of the body.
- Sudden dimness or loss of vision, particularly in one eye.
- Sudden difficulty speaking.
- Inability to understand what someone is saying.

- Dizziness or loss of balance.
- Sudden, lasting, excruciating headache.

### Top 5 ways to prevent a stroke

**For quick reference, here are the most important steps you can take:**

1. Lower your blood pressure (biggest stroke risk factor).
2. Keep cholesterol and blood sugar in the healthy range.
3. Don't smoke.
4. Exercise regularly.
5. Lose weight, if needed.

Note: Treatment with blood-thinning drugs, as directed by a physician on a case-by-case basis, may also be important for stroke prevention.

## Prepare in advance

If you are at risk of having a stroke, prepare for an emergency by displaying important phone numbers prominently next to the telephone, such as the numbers of your doctor and a relative or close friend who should be contacted in case of an emergency. It's also a good idea to keep on hand a current list of prescription medications (especially any blood thinners) and other drugs you use, as well as a brief medical history, to take to the hospital in the event of a stroke.

## What to do if a stroke occurs

The importance of identifying and treating a stroke as soon as possible can't be stressed enough. Warning signs can begin anywhere from a few minutes to a few days before a stroke. Everyone, especially those who are at increased risk for strokes, should learn these warning signs and know what to do if they occur.

How can you tell if someone else is having a stroke? The American Stroke Association has devised a checklist called FAST. The information is also available as a smartphone app, which features a short video demonstrating the FAST symptoms, a search function that shows nearby award-winning hospitals, and a time-stamp function that records when symptoms begin, which can aid health care workers in their treatment.

## Recognizing a stroke

If the answer to any of the questions below is yes, there's a high probability that the person is having a stroke.

### FACE

Ask the person to smile. Does one side of the face droop?

### ARMS

Ask the person to raise both arms.  
Does one arm drift downward?

### SPEECH

Ask the person to repeat a simple sentence. Are the words slurred? Does he or she fail to repeat the sentence correctly?

### TIME

If the answer to any of these questions is yes, time is important. Call 911 or get to the hospital fast. Brain cells are dying.

Rapid, safe and effective diagnostic techniques can accurately identify the extent and location of a stroke and the nature of the blood vessel problem causing it. The goal of treatment is to restore blood circulation (or to stop the bleeding) before brain tissue dies. The time frame for reaching this goal is frighteningly slim. Currently available treatments to prevent brain cell death leading to disability begin losing their effectiveness within 60 minutes of the onset of symptoms, so every minute counts.

One of the main clot-dissolving drugs, recombinant tissue-plasminogen activator (tPA), must be given within three hours of the start of stroke symptoms (though in some cases, that window can be extended to four-and-a-half hours), but earlier is always better. Ongoing research is focused on treatments that can buy time by protecting a person's brain until blood circulation is restored, which could improve the odds of survival and decrease the chance of disability.



## How strokes affect the brain

The human brain weighs only about 3 pounds, but it is one of the most complex systems known to science. It has roughly 100 billion interconnecting neurons (nerve cells) that communicate incessantly in languages both chemical and electrical. But the brain's complexity also makes it vulnerable. Though a strong skull helps protect it from without, strokes can quickly damage it from within.

Part of what makes the brain so vulnerable is its intense energy needs. Although it accounts for only 2 percent of a person's total body weight, the brain uses about a quarter of the body's oxygen and expends more than two-thirds of the body's chief source of energy, glucose. However, the brain cannot store oxygen or glucose, so it requires a constant flow of blood. When that blood supply is cut off by a stroke, damage occurs quickly in the region that is deprived of fuel.

Early in life, the brain is highly adaptable. Damage to a specific area can often be repaired because existing neurons can form new connections with other neurons. But despite several recent discoveries leading to a new appreciation of the regenerative potential of the adult brain, the fact remains that the brain has lost much of its reparative power by the end of childhood. While the adult brain can rewire itself to some degree, most of the neurons that die cannot be replaced. Unlike the heart, which can still support a marathon runner after losing 10 percent of its tissue, a 10 percent loss in the adult brain can result in devastating disability. ■

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# The daily grind and your teeth

*These are indeed jaw-clenching times. But grinding, grinding and clamping your teeth can wear down tooth enamel, damage dental work, loosen teeth and strain the delicate system of muscles and joints that control the motion of your jaws.*

Some people aren't aware they are grinding their teeth because they do it in their sleep. In fact, your dentist may be the first to notice that your teeth are becoming worn down.

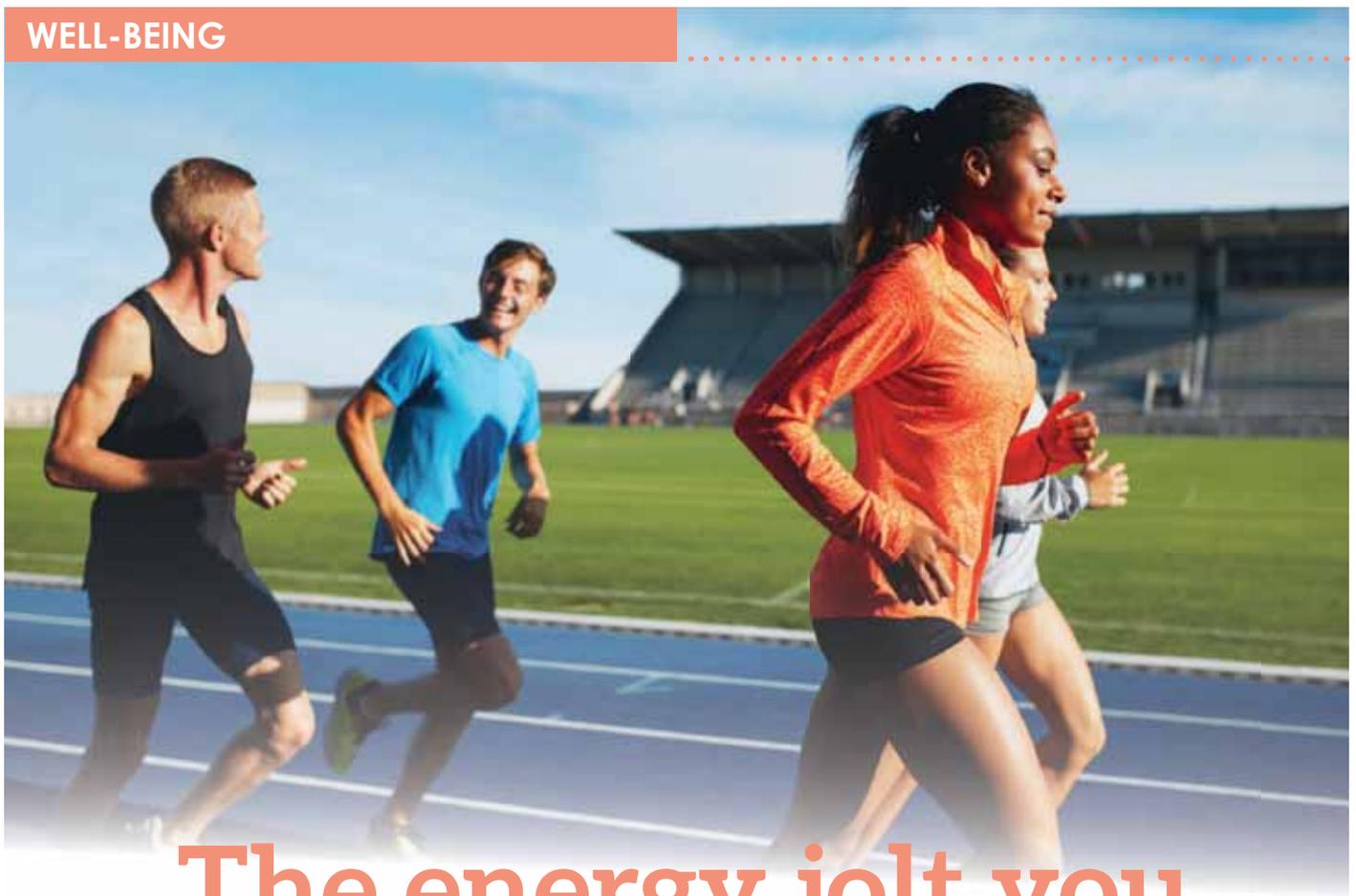
One way to prevent further damage is to use a night guard on your upper or lower teeth as you sleep. These appliances, which are usually made from a clear, hard, lightweight acrylic, are made in a laboratory from molds of your teeth. They protect the teeth and may prevent clenching and grinding by keeping upper and lower teeth from touching. Over-the-counter night guards are made of softer plastic. You heat one of these in boiling water to soften it, and bite into it while it is still soft. As it cools, its shape conforms to your teeth. Although these "boil-and-bite" guards cost a fraction of those provided by a dentist, they are more difficult to fit properly and more likely to create new problems.

The unrelenting pressure from tooth grinding is one of the primary contributors to a type of chronic pain known as temporomandibular joint (TMJ) disorder. Between 40 percent and 70 percent of American adults have symptoms of TMJ disorder. These range from headaches and dull throbbing in the neck and face to popping noises and sharp twinges of pain when talking or chewing.

Doctors don't know why TMJ disorder becomes a big problem for some people but is only a minor annoyance for others. The jury is also out on the precise cause of the problem. The real challenge is to tease out true cases of TMJ disorder from other ailments with similar symptoms, such as migraine, tooth infection, nerve damage and tumors in the head and neck.

Once accurately diagnosed, TMJ disorder can usually be managed with noninvasive methods like physical therapy, jaw exercises and use of a dental appliance to take pressure off the temporomandibular joint and relax the nearby muscles. Botox injections and oral medications can also relieve pain and relax taut muscles. For stubborn cases, surgery to correct problems with the temporomandibular joint is an option, although it's really a last resort. ■





# The energy jolt you get from exercise

**I**t may sound strange, but in order to get more energy, you have to do the very thing you don't feel you have enough energy to do: exercise. Regular exercise boosts your energy in multiple ways. When you understand how, you will never again think of it as a tedious routine that some health nag wants you to do, but rather as a surefire energy enhancer that you can tap into at will.

## How activity boosts energy

When you engage your muscles in any type of exercise, more energy-producing mitochondria form in your muscle cells. Mitochondria are the cellular powerhouses that convert glucose and fat into ATP, the molecule that cells use for energy. So while exercise burns energy, it also enables muscle cells to produce more energy.

But fueling your cells requires more than just glucose and fat. Oxygen is also essential to the process, and exercise increases your body's oxygen-carrying capacity. Any type of regular exercise creates more capillaries, the tiny blood vessels that ferry oxygen to your cells. But aerobic exercise, by making you breathe the most deeply and increasing your heart rate the most, gets more oxygen circulating.

Exercise also affects levels of various hormones and chemical messengers. When you work out, your body releases epinephrine and norepinephrine. In large amounts, these stress

hormones cause the energy-draining fight-or-flight response, but in the modest amounts induced by exercise, they make you feel energized. Exercise also boosts levels of compounds called endorphins, "feel-good" chemicals that lift your mood and are often credited for the "runner's high." An elevated mood in itself can be an energy booster.

Finally, regular aerobic exercise almost guarantees that you will sleep more soundly — a prerequisite for feeling refreshed. Exercise is the only proven way to increase the amount of time you spend in deep sleep, the type that particularly restores your energy. The more deep sleep you get, the less likely you are to awaken in the middle of the night, and the more rested you'll feel the next day. Exercise also increases the amount of time you spend in REM (rapid eye movement) sleep, the time during sleep when you dream most often and most vividly. More time in REM sleep also restores your sense of energy, though not as much as deep sleep. How exercise improves both REM and deep sleep is unknown, although scientists suspect that it leads to the production of chemicals that affect alertness.

In a 2013 poll conducted for the National Sleep Foundation, people who exercised vigorously on a regular basis reported sleeping better than more sedentary people, even though both groups got about seven hours of sleep on weekday nights. Non-exercisers reported the least energy and the most sleepiness.

## How lack of activity drains energy

Picture your energy level as a rechargeable battery. You can plug it in and charge it up with exercise, or let it sit idle and watch the energy drain away.

When you're inactive, you lose muscle cells, and the cells that remain have fewer mitochondria. It's remarkable how little time it takes to see the effects. People who have a limb immobilized because of an injury or illness begin losing muscle cells within just six hours. With weaker muscles, everything you ask your muscles to do requires more effort, leaving less energy for other activities.

It's particularly important to keep exercising as you age because muscle mass tends to decline over the years. Sarcopenia, the gradual decrease in muscle tissue, starts earlier than you may realize — around age 30. The average 30-year-old can expect to lose about 25 percent of muscle mass and strength by age 70 and another 25 percent by age 90, with resulting effects not only on energy, but a host of other diseases.

Lack of exercise also causes changes in your heart and lungs. They become less efficient at oxygenating your blood and pumping that blood (along with nutrients) to all parts of your body. That in turn affects your energy level, most noticeably during periods of physical exertion. Compared with an active person, a sedentary person experiences more fatigue when carrying out a physically demanding task and has both a higher heart rate and lower oxygen consumption.

Inactivity also has psychological effects. The less active you are, the less active you want to be. People who don't exercise have a greater perception of fatigue than people who do.

### The exercise prescription

Regular exercise can contribute to a feeling of vitality and energy, and it can also improve your sleep. But what type of exercise should you do? You don't have to spend a lot of time worrying about this. When it comes to exercise and energy, it's hard to go wrong.

Aerobic exercise is an obvious starting place, whether you prefer brisk walking, jogging, bicycling, or swimming. In one

study of 427 people ages 45 and older, those with greater cardiovascular (aerobic) fitness scored higher on a scale measuring vitality than those who were less fit.

Studies have demonstrated that aerobic exercise can even reduce fatigue in people who have major health challenges, such as chronic autoimmune conditions or cancer. A review of 36 studies found that 30 to 60 minutes of aerobic exercise three times a week (for at least three months) significantly reduced fatigue in people with diseases such as multiple sclerosis, lupus, and rheumatoid arthritis. A similar review of 19 studies involving people ages 65 and older found that physical activity eased cancer-related fatigue.

Most studies linking regular exercise to a greater sense of energy have involved aerobic exercise rather than strength training, so it is difficult to say how strength training compares. However, many people report an increased sense of energy and alertness from either kind of regular exercise — and a well-rounded exercise program should include both.

Fortunately, you don't have to run for miles or work out to the point of exhaustion to start reaping benefits. Even core exercises may help. One recent study of the core-strengthening program Pilates found that it improved sleep quality in 22 sedentary people and lessened daytime sleepiness. But core work may help improve energy in other, more subtle ways too, beyond enhancing sleep. Among other things, core exercises can help improve your posture whether you're sitting, standing, or moving. Good posture trims your silhouette and projects confidence — and psychologists say the boost to your psyche may give you mental energy.

In fact, the only types of exercise that don't appear to have significant effects on energy are stretching and balance exercises. That doesn't mean you should ignore them, however, because they have other health benefits. ■

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**It's particularly important to keep exercising as you age. The average 30-year-old can expect to lose about 25 percent of muscle mass and strength by age 70.**

# A way out of addiction

*There are myriad options toward recovery*

Overcoming addiction can be a long, slow, painful and often complicated process. But contrary to popular belief, you don't necessarily need to go to a rehabilitation center or receive formal treatment to overcome addiction. Many people recover from addiction on their own. Others do it with the help of peers, psychotherapy, medications, outpatient or inpatient treatment centers, self-help groups or a combination of these elements. **Whatever the case, the basic necessary steps to recovery are the same:**

- First, find meaning in your life by replacing your addiction with alternative interests that engage and challenge you. Often that means reconnecting with something — a hobby, a career, a relationship — that was meaningful before your addiction emerged. Sometimes it means discovering a new interest that can take the place of the relationship with the addiction.

- Second, start exercising, even if it's something as simple as walking. Exercise is a natural antidepressant: it relieves stress and helps you think more clearly. Exercise also prompts the body to release its own psychoactive substances — endorphins — that trigger the brain's reward pathway and promote a feeling of well-being.

Exercising sometimes ties in with finding or renewing meaning. For example, walking, running or other outdoor activities can get you in touch with nature, which has a calming effect on many people. Or the exercise might involve joining a team or taking a class, which requires discipline and persistence, and often provides a healthy social context. Regular exercise can help you adopt a routine that leads to positive change, providing an opportunity to learn ways to influence your life favorably.

Both of these essential recovery steps lead to a common and important out-



come: You become reinvested in other people and your community. To recover from addiction, you need to re-enter the social fold, where there is a support system that discourages use of the object of addiction.

The nice thing about the two essential elements of recovery is that they are within the grasp of anyone who decides to overcome addiction, whether or not he or she seeks formal treatment. Although peer groups and clinicians can facilitate the recovery process, these people are not essential to recovery.

If you have addiction and you'd like to change your behavior, consider all the costs and benefits of the choices you could make. Don't think only about the negative aspects of your object of addiction; think, too, about the benefits it offers. One important step to recovery involves understanding what you get from your substance or activity of choice, and how you might achieve the same benefit through other, less harmful means.

## Steps for change

Research shows that the following steps can help you quit addiction, and that when taken together, these steps offer the greatest chance of success.

**1. Set a quit date.** It might be helpful to choose a meaningful date like a special event, birthday, or anniversary.

**2. Change your environment.** Remove any reminders of your addiction from your home and workplace. For example, separate from those who would encourage you to be involved with the object of your addiction (drug, alcohol, or behavior). If you are trying to quit drinking, get rid of any alcohol, bottle openers, wine glasses and corkscrews. If you're trying to quit gambling, remove any reminders of your gambling and gambling venue, such as playing cards, scratch tickets or poker chips. Also, don't let other people use or bring reminders of the addiction-related substance or behavior into your home.

**3. Learn new skills and activities.** Instead of giving in to an urge to use, come up with alternative activities, such as going for a walk, to keep you busy until the urge passes. Be prepared to deal with things that trigger your cravings, such as being in an environment where others are using.

**4. Review your past attempts at quitting.** Think about what worked and what did not. Think of what might have contributed to relapse and change accordingly.

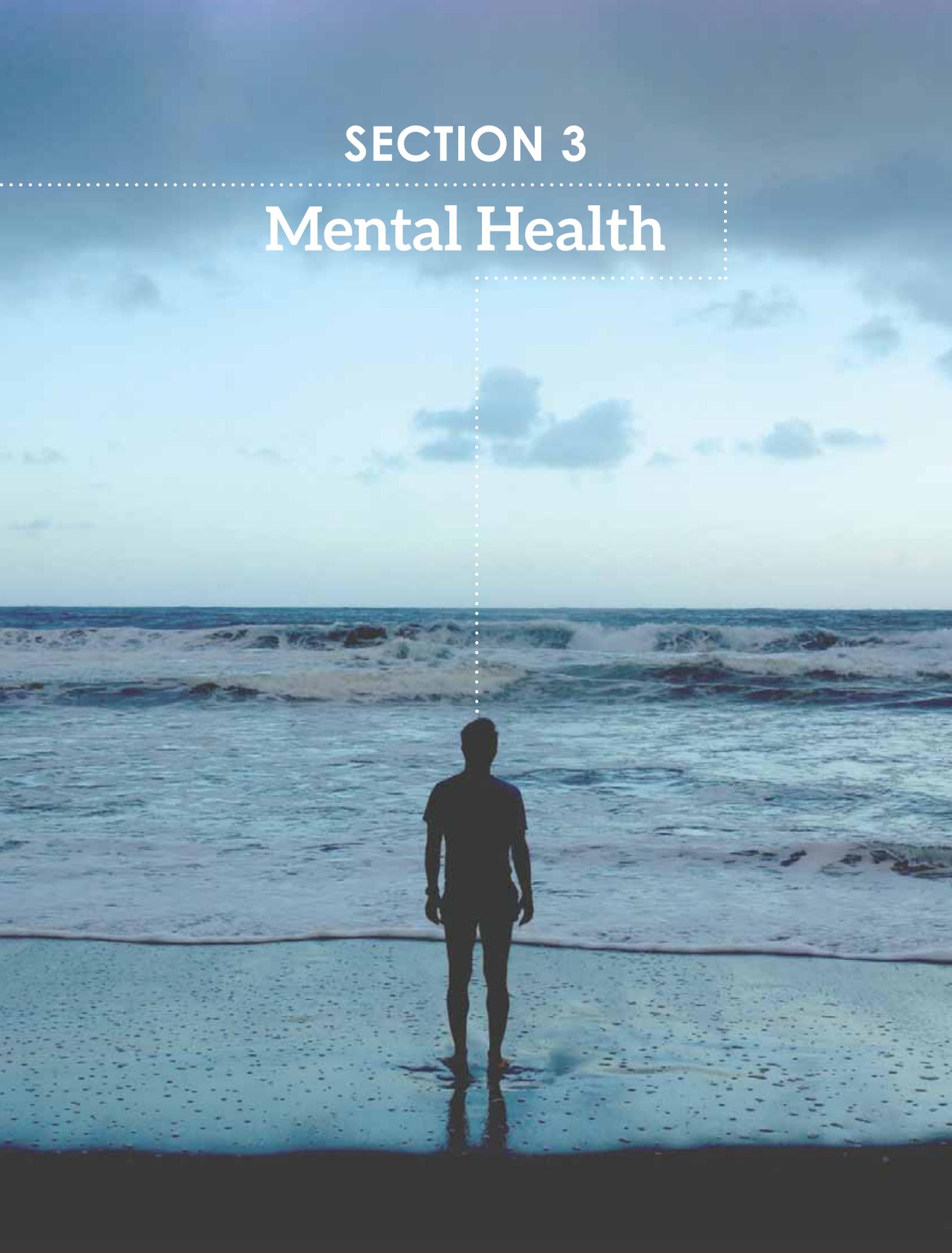
**5. Create a support network.** Talk to your family and friends, and ask for their encouragement and support. Let them know you are quitting. If they use your object of addiction, ask them not to do so in front of you. If you buy drugs, you should consider telling your dealer that you are quitting; ask your dealer not to call you and not to sell you drugs anymore. Also, you might want to consider talking to your health care provider about the method of quitting that is best for you. There may be medications that can ease the process for you and increase your chances of success. ■

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# SECTION 3

# Mental Health



A photograph of a person with dark, curly hair and glasses, seen from the side, looking out of a car window. The person is wearing a dark, textured sweater. The background outside the window is a bright, overcast sky. The car's interior, including the dashboard and steering wheel, is visible in the foreground.

# Finding a way through grief

*Make healing choices and recognize that anger, guilt and denial are common*

**G**rief affects the mind and the body and has wide-ranging physical and emotional consequences.

Among other things, studies have shown that immune cell function falls and inflammatory responses rise in people suffering from bereavement. That may help explain why people often note a surge in ailments such as colds and why they tend to use more health care resources during bereavement.

After a loss, people are also at increased risk of cancer, hypertension, heart disease and hospitalization. They tend to suffer more sleep disorders; worsening of medical conditions such as heart failure; increased consumption of alcohol, tobacco and sedatives; memory impairment; and difficulty concentrating. Overall, they report reduced quality of life over the ensuing one to two years. Indeed, bereavement increases the risk of death from a variety of causes, including suicide.

The emotional maelstrom that grief stirs up can affect behavior and judgment. It's common, for example, to feel agitated or exhausted or to cry or withdraw from the world at times. Sometimes intrusive or upsetting memories surface, as can temporary sensations of things being unreal. Less commonly, grief can be associated with brief experiences of sensing the presence or hearing the voice of the deceased. Frequent thoughts of the person who died and feelings of self-reproach about aspects of the death are normal, too.

At first, your grief may permeate everything. You may find it hard to eat or sleep. It may be difficult to muster much interest in the life going on around you. Symptoms similar to those the deceased had described may crop up in your own body — a frightening experience if he or she died from an illness. Some people, particularly children, may have other physical complaints, such as headaches, stomachaches, dizziness, or a racing heart. Restlessness, appetite fluctuations, and trouble sleeping are also common.

In light of the physiological changes that grief can bring, it's crucial to take care of yourself during these difficult times.

## How long does grief last?

Grief is not a mountain to be climbed and then descended with a map in hand. Its boundary lines differ greatly from one person to another and from one culture to the next. Americans often labor under cultural injunctions to attain closure within months, or certainly by the time a year has passed. Popular culture also promotes the misconception that there is an orderly progression of emotions that will lead the bereaved person to this end. The truth, though, is that grief doesn't neatly conclude at the six-month or one-year mark — even if a person follows every prescription for healthy grieving — and there is no single way to grieve. Each person has a different experience. Depending on the strength of the bond that was broken, grief can be lifelong. Parents whose children die often say they never get over the loss. Usually, though, grief softens and changes over time.

multifaceted and varied. In the midst of loss, many people find opportunities for growth. In many cases, people emerge from the depths of their grief with greater confidence in their ability to manage life's sorrows and difficulties. People often redefine themselves in terms of their position in the family or their role in the world. A death of a spouse may require the remaining spouse to become more independent and assertive, while the death of a parent may spur an adult child to assume a leadership role in the family. For some, the experience leaves them more understanding of and empathetic to other people's hardships. Losing someone close may also deepen or renew spirituality and can leave individuals with a greater appreciation of family, friends, and the pleasures of life.

One goal of this report is to describe ways for you to comfort yourself that encourage gradual acceptance of the

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**After a loss, people are also at increased risk of cancer, hypertension, heart disease and hospitalization. They tend to suffer more sleep disorders; worsening of medical conditions such as heart failure; increased consumption of alcohol, tobacco and sedatives; memory impairment; and difficulty concentrating.**

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The more integral someone was to your life, the more opportunities there are for happy and sad reminders that underscore the massive loss in your life. Indeed, the death of a spouse ranks at the top of the scale of life events that create stress and require social readjustment. Alongside warm or warring memories, you may always carry a hollow spot in your heart. Feelings of sadness, abandonment, loss and even anger are especially likely around birthdays, weddings, the anniversary of the death, and holidays or other occasions you might have shared. A familiar scent, song, or likeness can trigger feelings of grief, too. All of this is entirely normal.

It's also normal for the raw, all-consuming shock of early grief to ebb slowly within weeks or months. Gradually, at their own pace, most people do find themselves adjusting to their loss and slipping back into the routines of daily life.

The legacy of grief is individual,

changes in your life. You can make healing choices. You can tap into strengths you may not have drawn on before. And you can honor the person who died and the importance of your relationship in many ways.

## How do you cope with painful situations?

Most people have experienced some difficulties in life, whether personal, professional, or financial. Make use of what you learned from those experiences now, especially those from other losses, in your time of grieving. This can help you separate approaches that don't serve you well from those that are healthy and useful.

**Do some sleuthing.** A few simple questions can help you identify your coping strategies. What makes you feel better when you feel awful? What do you tend to do when you are distressed? Which of

your coping strategies are helpful, and which might be hurtful?

**Think back.** How were deaths and losses handled in your family? Were they largely shuffled away behind closed doors or openly marked and mourned? When did you first experience the death of someone you loved? How old were you? How were you told about it? Were you allowed to participate in services? How safe was it to express your own feelings of loss? Was your grief acknowledged, or were you told implicitly or explicitly to stop being so upset? How were sad or angry feelings expressed in your family?

**Replace an unhealthy approach.** Try to replace one unhealthy coping strategy with a healthier possibility. For example, when you feel overwhelmed, call a friend to talk rather than downing a pint of ice cream or a stiff drink. Be judicious, though. Seeking solitude when you need it or occasionally taking second helpings of comfort food or a single drink should not necessarily be considered a problem.

## Denial, anger and guilt

Tears and sadness during bereavement are normal. People may expect you to pass through these emotions too quickly, but generally they find this behavior acceptable. Yet other emotions sparked by bereavement make many people uneasy. Chief among these are denial, anger and guilt, which may emerge in response to a death or during the course of a terminal illness. Not everyone will feel these emotions, but many people do.

Denial is insistence that a diagnosis of illness or a death is simply not possible or is of little importance. It can be expressed as numbness and disbelief. People often say plaintively, “I keep thinking this is a dream and I will wake up.” When a death is unexpected, someone may insist, “But I saw him this morning and he was fine.” Joan Didion described this type of denial eloquently in her memoir, “The Year of Magical Thinking,” in which she recounts the sudden death of her husband, the writer John Gregory Dunne, and her attempts to cope with the aftermath. But denial can take other forms, too, such as when someone brushes aside the importance or the impact of a death — saying, for example, “We never got along.”

Denial can be troublesome when it suspends grieving. A person who is deeply mired in denial may find it

Denial is insistence that a diagnosis of illness or a death is simply not possible or is of little importance.

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hard to deal with harsh realities, such as the need to get treatment, admit that a parent is failing, plan a funeral, or pick up the pieces of a shattered life. But denial is not all bad. Sometimes the rush of painful truth is too tough to grapple with all at once. Little by little, as time goes by and a loss sinks in, people may move beyond denial to acceptance. That doesn't mean that denial disappears forever. Generally, it can still serve as a useful defense at times when unvarnished reality is too hard to bear.

Often it's easier to recognize denial in others than in ourselves. If you think denial might be interfering with the grieving process of someone you care about — or if denial is hobbling your ability to move forward — the following suggestions may prove helpful. Remember, though, to be patient with the grieving person or yourself and understand that denial can be protective and useful.

**Acknowledge it.** Sometimes denial offers a safe haven or a much-needed break. Avoidance has a place in grief. Some bereavement experts note that when you're ready to learn more, explore

more, or do more, you will. Sometimes accepting rather than pushing against denial allows other feelings to surface.

**Explore it.** Think about what your “stuckness” or disbelief might be protecting you from. Often, fear — of forgetting your loved one, of moving on, or of feeling overwhelming pain — is holding you back. Realizing this can help you feel more in control. Writing out your feelings may help you move forward.

If you can't seem to shake persistent numbness or a sense of disbelief, consider seeking help.

## Anger is common

People express anger in many ways and for many different reasons. It may appear as envy, bitterness, impatience, simmering resentment, explosive rage, or puzzlement over the unfairness of it all. Some people feel more comfortable getting angry than crying. Children who are grieving may express their feelings through frequent tantrums or irritability.

One problem with anger is that it often gets directed at everything but its true object. Family, doctors, God and entirely

unrelated people or organizations may bear the brunt of this emotion. Grieving people sometimes find that their anger bubbles over unexpectedly, pushing others away at times when their support could be helpful. Sometimes anger serves to hide other emotions — it's a secondary emotion masking the primary one.

If the death of someone you love has left you feeling angry or bitter, you might find it helpful to try the following techniques.

**Consider it.** Is anger a stand-in for more painful emotions, or does the situation warrant it? Do you feel afraid or abandoned — by others or by God? If so, could you enlist support from others or spend some time thinking about your distress and understanding it better? It might help to share your feelings with a spiritual leader or with members of a grief support group, who can tell how they have dealt with similar feelings.

**Express it.** Set aside a safe time and place each day to defuse angry feelings. Some people yell in the car with the windows rolled up. Some find stress-relief techniques like meditation or yoga helpful. Others find release in punch-

ing pillows or in exercise. Think about options for releasing anger, and plan how to express it safely when it crops up. Sometimes writing about situations that make you feel angry can help you focus on what you are really feeling beneath your anger.

**Explain it.** Tell others how short-fused you are right now. If you know you stepped over the line, apologize. Most people will make allowances.

### The burden of guilt

Guilt evokes a sense of failure, remorse and regret. Questions about what you might have done to avert the death may gnaw at you, and are a common and normal feature of grief. Or you may simply feel guilty for not having been present when your loved one died — a very common occurrence, since you cannot be by a dying person's bedside 24 hours a day, no matter how devoted you are. Guilt may also arise when a relationship was rocky and conflicts remain unresolved, or when the emotions you feel — numbness, anger, relief, or even surges of happiness — don't seem to jibe with what other people think you should feel.

When a death follows a long or difficult illness, caregivers may feel guilty about feeling a sense of relief.

Often people have unresolved issues in their relationships with their deceased loved ones. To feel whole again, it's important to work through any feelings of guilt you may have. **These exercises may help.**

**Write a letter.** Express your feelings to the person who died. Read it aloud in a favorite spot or perhaps in a place where you can feel his or her presence. Keep the letter with you so you can read it or add to it whenever you like. This may be especially helpful if you didn't get to say goodbye.

**Consider good and bad.** Write down the good things about the relationship or experiences you are glad to have shared. Then note what worked poorly in the relationship or things you wish you hadn't shared. Accept that people, including you, are imperfect. You can't always give or get love in the way you might wish to do so.

**Talk to a friend.** Try to find a good listener who won't attempt to tell you what you should be feeling. Discussing your



Up to 50 percent of widows and widowers have symptoms typical of major depression during the first few months after a spouse's death. Usually, this eases over time. Most people are starting to find glimmers of a pleasure and meaning in their lives by six months after a loss.

true feelings with an empathetic friend, preferably one who's experienced a similar loss and can understand what you're going through, can help lighten the burden of guilt and may reveal other perspectives that you are overlooking. Alternatively, confide in a minister, rabbi, priest, or grief counselor.

## When to seek help

The vast majority of people who experience a loss are able to recover on their own. After the death of a close friend or family member, many people report trouble sleeping and eating, little interest in daily routines, tearful outbursts, sadness, and irritability or anger. All of these symptoms can be signs of depression or simply part of healthy grieving. How can you tell the difference?

When you're grieving, it's normal to feel somewhat depressed and sad and to experience waves of intense feelings. But feeling occasional waves of depression differs from sinking into a clinical depression. Up to 50 percent of widows and widowers have symptoms typical of major depression during the first few months after a spouse's death. Usually, this eases over time. Most people are starting to find glimmers of a pleasure and meaning in their lives by six months after a loss. A review of studies on the topic noted that 10 percent of bereaved people are depressed at the one-year mark. By two years, this dwindles to 7 percent. A personal or family history of depression may put you at greater risk of major depression when bereaved.

Depression can be helped with medication (antidepressants and anti-anxiety agents) and psychotherapy. **Talk with your doctor or a mental health professional if you experience any of these other symptoms of bereavement-related depression:**

- Suicidal thoughts
- Persistent feelings of worthlessness, which is generally felt with depression but not with healthy grief
- Hopelessness, helplessness
- Ongoing guilt
- Marked mental and physical sluggishness
- Persistent trouble functioning
- Hallucinations, other than occasionally thinking you hear or see the deceased.

If months or even years go by with no improvement, however slow or painful,



Try to find a good listener who won't attempt to tell you what you should be feeling. Discussing your true feelings with an empathetic friend, preferably one who's experienced a similar loss and can understand what you're going through, can help lighten the burden of guilt.

you may be suffering from complicated grief or prolonged grief, which affects about 10 percent of the bereaved. The most common feature of complicated grief is intense, unremitting yearning and longing for the loved one. **By definition, complicated grief also includes at least four of the symptoms below:**

- Difficulty moving on
- Numbness or detachment
- Bitterness
- Feelings that life is empty without the deceased
- Trouble accepting the death
- A sense that the future holds no meaning without the deceased
- Being on edge or agitated

- Difficulty trusting others since the loss
- Social withdrawal
- Difficulty re-engaging with life

Talk to your doctor or a mental health professional if you experience any of these symptoms. Other reasons to seek professional help include drug abuse or increased use of tobacco or alcohol, suffering several losses, gaining or losing a significant amount of weight, experiencing uncontrollable anxiety, and failing to feel somewhat better after a year has passed. ■

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# What's on your mind?



## Anxiety and stress disorders

### Types and main symptoms

**Panic attack:** A sudden wave of intense anxiety, apprehension, fearfulness or terror with physical symptoms such as shortness of breath, palpitations, sweating and chest pains.

**Panic disorder:** Recurrent panic attacks that occur suddenly and without warning, causing persistent concern and interfering with social functioning. Sometimes this leads people to avoid leaving home (agoraphobic avoidance).

**Specific (simple) phobia:** Substantial anxiety caused by exposure to a particular feared object or situation.

**Social phobia (social anxiety disorder):** Substantial anxiety caused by certain social situations or performing in front of a group, such as speaking in public.

**Obsessive-compulsive disorder:** Recurrent distressing thoughts (obsessions) and uncontrollable repetitive behaviors (rituals or compulsions) intended to reduce anxiety provoked by those thoughts. Symptoms last more than an hour a day and cause significant distress or interfere with normal functioning.

**Acute stress disorder:** Anxiety symptoms that last for up to a month after a traumatic experience.

**Post-traumatic stress disorder:** Intrusive and distressing thoughts, sleep problems, hypervigilance, social withdrawal, anger and other anxiety symptoms that occur for more than a month after a life-threatening or severely traumatic experience.

**Generalized anxiety disorder:** Excessive anxiety and worry about a variety of things on most days for at least six months. Physical symptoms, such as muscle tension, increased heart rate and dizziness, may also occur.

**Medical conditions that mimic or provoke anxiety symptoms:** Pronounced anxiety, panic attacks, obsessions or compulsions caused by a medical condition such as thyroid disease, treatment with steroids or respiratory disease that causes difficulty breathing.

**Substance-induced anxiety:** Pronounced anxiety, panic attacks, obsessions, compulsions or possibly paranoia caused by a medication, drug abuse or exposure to a toxin. Examples include amphetamine or cocaine use.

Ask a handful of people with an anxiety disorder to describe it, and they're likely to paint different pictures. One might dread speaking in public, while another is gripped by intense fear at the mere thought of getting on an airplane. A third might label herself a "chronic worrier" because she regularly frets about all sorts of things. A fourth experiences unpredictable episodes of panic, with shortness of breath, sweating and chest pains. Many people would undoubtedly mention that they have trouble sleeping.

Why the broad array of symptoms? It's because anxiety and stress disorders aren't actually a single condition, but rather a spectrum of related disorders. However, many different anxiety disorders are believed to have the same biological underpinnings. That helps explain why more than half of all people with one anxiety disorder also have another.

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# When does worry become a serious concern?

The whole family can be affected by it

It's not that people with anxiety disorders have these symptoms and other people never do. At some time, most of us feel afraid, tense or even anxious enough to become short of breath. The difference is that people who don't have anxiety disorders experience these reactions in response to genuine

threats. When a burglar breaks into the house, for example, anxiety can be a lifesaver, spurring an individual to call the police or flee the building. But people with anxiety disorders face worry and fear even in ordinary, relatively harmless situations.

## Everyone worries from time-to-time, but ...

... not everyone who worries has an anxiety disorder.

The severity of your symptoms and your ability to manage them can help you tell the difference.

**Everyday anxiety..... You worry about paying bills or getting a new job.**

*Anxiety disorder..... You think about your finances or job prospects constantly, to the point where these thoughts interfere with your daily life.*

**Everyday anxiety..... You sometimes get nervous before a big test or presentation at work.**

*Anxiety disorder..... You have panic attacks, where you break into a sweat, shake and have heart palpitations. You live in constant fear of another panic attack.*

**Everyday anxiety..... You're afraid of bees because you're allergic to them.**

*Anxiety disorder..... You're terrified of something that doesn't pose a threat to you, like tall trees or the color red — and you do everything you can to avoid it.*

**Everyday anxiety..... You sometimes get embarrassed or feel awkward at social gatherings.**

*Anxiety disorder..... You avoid social situations out of fear that people will laugh at or judge you.*

It's possible to live with a mild anxiety disorder. But when the anxiety is severe enough to interfere with everyday life, treatment is usually the only way to control it. Treatment options include medication, psychotherapy or both. Without treat-

ment, it's likely that the disorder will worsen or that another anxiety disorder will develop. Treatment is also important for conditions that often accompany anxiety, such as depression and alcohol or drug dependence. ■

# Recognizing and treating depression

**M**ajor depression, by definition, is depression in its classic form. You may feel as though work, school, relationships and other aspects of your life have been derailed or put on hold indefinitely. You feel constantly sad or burdened, or you lose interest in all activities, even those you previously enjoyed.

These symptoms are described in the “Diagnostic and Statistical Manual of Mental Disorders,” which formally classifies psychiatric disorders for clinicians and researchers. (The current, fifth edition of the book, commonly known as the DSM-V, was published in May 2013.) According to this manual, the defining symptoms of depression should be present nearly all day, on most days, and for at least two weeks, in order to qualify for a formal diagnosis. But don’t focus too much on the two-week criterion, as it may be hard to pinpoint exactly when your symptoms began. If you’re wondering if you’re depressed, call your doctor.

To meet the diagnostic criteria, you should experience at least five of the following nine symptoms (and at least one of them must be either the first or second symptom listed here):

- **Depressed mood most of the day, nearly every day**
- **Loss of interest or pleasure in most or all activities**

- **Trouble sleeping or sleeping too much**
- **Change in appetite or weight**
- **Sluggish thinking and movement, or restlessness and agitation**
- **Low energy**
- **Poor concentration**
- **Thoughts of worthlessness or guilt**
- **Recurrent thoughts about death or suicide.**

People with depression are also likely to have anxiety as well, so you may also feel worried or distressed more often than you used to. Other signs can include a loss of sexual desire, pessimistic or hopeless feelings and physical symptoms such as headaches, unexplained aches and pains or digestive problems.

Although these symptoms are hallmarks of depression, if you talk to any two depressed people about their experiences, you might think they were describing entirely different illnesses. For example, one might not be able to muster the energy to leave the house, while the other might feel agitated and restless. One might feel deeply sad and break into tears easily. The other might snap irritably at the least provocation. One picks at food, while the other eats often. The two people might both say they feel sad, but the quality of their moods could be very different in depth and darkness. Also, symptoms may gather over a period of days, weeks, or months.



## If you are having suicidal thoughts ...

Seek help immediately. The National Suicide Prevention Lifeline has a hotline that is free and available 24 hours a day. Call 800-273-TALK (8255), and you'll be connected to a skilled, trained counselor at a crisis center in your area. Alternatively, you can call 911 or go to your local emergency room.

The hopelessness people often feel can make seeking help a challenge. They often feel unmotivated, or don't believe that treatment will make a difference. But that's simply not true. Most people who receive proper treatment rebound emotionally within four to six weeks and then take pleasure in life once again. When major depression goes untreated, suffering can last for months or years.

What's more, episodes of depression frequently recur. About half of those who sink into an episode of major depression will have at least one more episode later in life. Some researchers think that diagnosing depression early and treating it successfully can help forestall such recurrences. They suspect that the more episodes of depression you've had, the more likely you are to have future episodes, because depression may cause lasting changes in brain circuits and chemicals that affect mood. In addition, people who suffer from recurrent major depression have a higher risk of developing bipolar disorder than people who experience a single episode.

### Mild, moderate or severe?

Experts judge the severity of depression by assessing the number of symptoms and the degree to which they impair your life.

**Mild:** You have some symptoms and find it takes more effort than usual to accomplish what you need to do.

**Moderate:** You have many symptoms and find they often keep you from accomplishing what you need to do.

**Severe:** You have nearly all the symptoms and find they almost always keep you from accomplishing daily tasks.

## Depression in children and teens

Childhood is supposed to be a carefree time. But some children are shaken by developmental changes and events over which they have little or no control. And depression in its many forms can affect them.

- While full-blown depression most often starts in adulthood, studies show that two out of every 100 children and eight in 100 adolescents have major depression.
- Dysthymia, which refers to a low-level drone of depression, may also begin during childhood or the teenage years. Although an adult has to have depressive symptoms for at least two years before he or she is diagnosed with dysthymia, in children and teens a diagnosis is made after one year. When dysthymia appears before age 21, major depressive episodes are more likely to emerge later in life.
- While rare in early childhood, bipolar disorder occasionally appears in adolescence, especially in cases where a family history of depression exists. As many as 30 percent of teenagers who experience an episode of major depression develop bipolar disorder in their late teens or early 20s.

### Teenage depression and mania

If you are a parent of a teenager, a list of depressive symptoms may frighten you. Storminess, exhaustion, apathy, irritability and rapid-fire changes in appetite and sleep habits are common in adolescents.

You might find yourself wondering whether a sudden loss of interest in the clarinet signals depression or merely that your teen now thinks that playing in the school band is uncool. Staying up late and sleeping until noon or throwing over one interest in favor of others probably doesn't signal depression. But constant exhaustion and an unexplained withdrawal from friends and activities a child once enjoyed are reason for concern.



Because depression in children and teens often coexists with behavioral problems, anxiety or substance abuse, experts consider a wide range of potential indicators, such as these:

- **Poor performance in school or frequent absences**
- **Efforts or threats to run away from home**
- **Bursts of unexplained irritability, shouting, or crying**
- **Markedly increasing hostility or anger**
- **Abuse of alcohol, drugs, or other dangerous substances**
- **Social isolation or loss of interest in friends**
- **Hypersensitivity to rejection or failure**
- **Reckless behavior**

While the symptoms of depressive disorders in children, teenagers and adults are generally similar, there are a few things worth noting. Depressed children don't act sluggish as often as depressed adults do, and depressed children and teens are more likely to appear irritable than sad. Also, young children often express feelings of depression as vague physical ailments, such as persistent stomachaches, headaches and tiredness.

Discuss anything that concerns you with your child. If you're still concerned, speaking with your child's pediatrician or guidance counselor may help. Because depression in young children can appear so different from that of adults, a new depression category has been added to the DSM-V called "disruptive mood regulation disorder." This condition usually appears between the ages of 6 and 18 and is characterized by a persistently angry or irritable mood combined with regular temper outbursts.

If the child has a family history of bipolar disorder, be especially vigilant about watching for manic symptoms. The signs of manic behavior are similar in adults and children (see "Bipolar disorder"). However, teens who are in a manic episode may also:

- **Talk very fast**
- **Be very easily distracted**

- **Get much less sleep than usual, but seem to have the same amount of energy or even more**
- **Have extreme mood changes — for example, shifting between irritability, anger, extreme silliness, or high spirits**
- **Indulge in, think about, or describe hypersexual behavior**

If you notice these symptoms, your child's pediatrician can help you decide whether to seek professional help.

## Seeking treatment for teens and children

Just like depressed adults, depressed children and teens need to get help, and the two main methods of treatment are psychotherapy and medication. But there are distinct differences between treating adults and children in most medical fields, and psychiatry is no exception.

Although many studies have shown antidepressant medications to be effective in teens and children, these drugs can also have some dangerous, unintended side effects in a small number of teens. A review by the FDA found that the average risk of suicidal thoughts in depressed teens and children who are taking an antidepressant was 4 percent, twice the placebo risk of 2 percent. But the number of completed suicides was not higher.

Still, the FDA responded to these concerns in 2004 by requiring that drug manufacturers place a warning about suicide risks on the package inserts that come with antidepressants. In the wake of this decision, doctors have been diagnosing depression less often and prescribing SSRIs less frequently to children and young adults. Rather than seeing teen suicides decrease, health officials noted a spike in the suicide rate among youths in 2004. Some experts contend that the two trends are linked and that the benefits of antidepressants outweigh the risks.



Depressed children don't act sluggish as often as depressed adults do, and depressed children and teens are more likely to appear irritable than sad.

**What does this mean for your depressed child or teen?** Of course, treatment decisions should be made (with your input) with the advice of a qualified psychiatrist, preferably one who is trained to care for children. Many experts believe that antidepressants play an important role in treating depression in children and teens, but they must be used appropriately. They shouldn't be viewed as harmless pills to be prescribed carelessly. But they also are not unusually dangerous treatments. They may be helpful, and in some cases may be lifesaving.

If your child needs an antidepressant, the best way to prevent a dangerous outcome is to pay close attention to how he or she is thinking and feeling. Monitor him or her for suicidal thoughts or tendencies, especially in the first few months of treatment, when the risk is thought to be the greatest.

#### Dealing with suicidal remarks

Children and teenagers are by nature more impulsive than adults, their emotions less tempered by experience. Research suggests that regions of the brain that govern judgment do not develop completely until later in life. All too often in this age group, suicidal thoughts translate into action. Never ignore or brush off comments about suicide or even such sweeping, dramatic statements as "I wish I were dead" or "I wish I'd never been born." Discuss them with your child.

Perhaps these sentiments reflect nothing more than an angry outburst or hyperbole in the middle of an argument. But you can say, "Are you telling me about your frustration, or do you really feel like ending your life?" If the answers raise any concerns, if your child always refuses to engage in the conversation, or if he or she seems to exhibit signs of depression or mania, call his or her pediatrician for advice. ■

**Medical Editor:**  
*Michael Craig Miller, MD*  
*Assistant Professor of Psychiatry,*  
*Harvard Medical School*



## QUICK HEALTH FACTS

- **Infants who sleep fewer than 12 hours** a day have twice the risk of being overweight at age 3 compared to those who sleep longer than that, according to the American Medical Association. Factors associated with shorter infant sleep duration include maternal depression during pregnancy, early introduction of solid foods (before 4 months) and infant TV viewing.
- **Among people surviving a first heart attack**, 18 percent of men and 35 percent of women will have a second heart attack within six years.
- **The cost of lost work due to migraine** may be as high as \$17 billion per year in the United States, according to some estimates.
- **There are no government standards** for the use of words on cosmetic labels such as "natural," "herbal," "dermatologist-tested," "allergy-tested," "non-irritating" or "hypoallergenic." These terms are often employed solely for marketing purposes. The ingredient list on the label is the only source of reliable, government-required information.
- **Only 56 percent of women recognize** that heart disease is the No. 1 killer of women in the United States, according to a survey from the American Heart Association. Heart disease claims the lives of more than 401,000 women a year, compared with about 271,000 deaths from all types of cancer combined.
- **Not only is low back pain the most common cause of work-related disability** for people under age 45, it is also the most costly. Expenses to workers include lost wages and medical bills, and companies shoulder expenses related to worker compensation.

# How dogs keep us healthy

The writer Anatole France stated the joy of dog ownership perfectly when he wrote, “Until one has loved an animal, a part of one’s soul remains unawakened.” Certainly most dog owners today would agree. But the bond between people and dogs appears to run both ways. Our reciprocal relationship is simple and based on unconditional love, affection, fun and joy. No wonder Americans own more than 78 million dogs. As many as 46 percent of U.S. households include a dog — and for most dog owners, the responsibilities and costs of owning a dog are minimal compared with the tremendous benefits the animals offer.

Living so closely with families, dogs have evolved to be acutely attuned to human beings and their behaviors. Research suggests that dogs bond with humans in much the same way that infants bond with their parents, and that this connection develops very quickly.

## Benefits of dog ownership

There are many ways in which dogs enrich our lives and contribute to healthier lifestyles.

**Filling the need for companionship.** For humans, dogs fulfill a basic need for connection, a key component of both happiness and healthy aging. Two large, long-term studies (one conducted at Harvard University and the other at the California-based Longevity Project) that followed groups of Americans from childhood to old age showed

that social connection can stave off illness and add years to life. Basically, these studies found that the happier and more engaged we are in life and with others — both people and animals — the longer and better we’ll live.

**Boosting your activity level.** Numerous studies have shown that having a dog leads to a more active lifestyle and that dog owners are more likely to achieve recommended exercise levels than non-owners. Dogs, of course, need to be walked, which offers an incentive for getting outside and walking yourself, even for short spurts.

**Helping you be calmer, more mindful and more present in your life.** Ever watch a dog on a walk? One minute she’s sniffing a patch of grass, the next wagging her tail at an approaching stranger, and the next rolling in the grass. Dogs epitomize the joyful act of being in the present moment and can help you be more mindful as well. Walking with your dog puts you more in touch with nature and helps you focus on the here and now, pushing worries away. Dogs also tend to alter our behavior, helping us to be calmer and less stressed, and to speak more slowly and softly.

**Making kids more active, more secure, and more responsible.** Research shows that kids with pets tend to be more active and that they feel more secure and less lonely. Dogs provide a sense of safety, protection and love, and in return teach children valuable lessons about responsible behavior. A pet is often a child’s first friend — serving as a morale booster when something is going wrong at school or quarrels with parents loom. Animals are constant,



nonjudgmental companions and loyal allies. In addition, playing a part in an animal's life helps kids feel important, which is a key step toward a positive self-image. Children can care for dogs by helping feed them, playing fetch with them in the yard, or training them to sit, stay, or roll over.

**Improving the lives of the elderly.** Having a pet to care for helps seniors fill the long hours of the day that used to be devoted to family responsibilities and work. It gives them a reason to get out of bed and adds structure to their day, centering around pet meal times and walking schedules. And it gives them a reciprocal relationship that boosts their health, offering a meaningful emotional connection to another living being. As they tend to their animal companions, seniors are reminded to take care of themselves.

**Making you more social and less isolated.** Dogs also provide the opportunity to socialize with people every day, especially if you go to a dog park, walk your dog in a neighborhood, or bring your dog with you on errands. Other people who are walking outside and doing errands are drawn to dogs, and so opportunities for conversations and connections multiply. Having a dog makes you more attractive and approachable to others, as dogs often

act as social lubricants, inviting petting and conversation. One study found that close to 70 percent of walks that involved dogs led to at least one spoken interaction between the dog owner and a stranger.

## Benefits without ownership

The good news is that you don't need to own a dog to benefit from canine companionship. If you are too ill or frail to care for a dog, arrange for a therapy dog visit on a regular basis. You can find one through a local therapy dog group. At the very least, you can go to the dog park to enjoy watching dogs at play.

If you can take on a little more responsibility, try pet-sitting, or offer to walk a dog for a friend or neighbor. Volunteer your dog-walking services at a shelter. You can also serve as a foster parent for a rescue dog waiting to be placed or foster a puppy that is being considered for a life as a service animal (typically, you keep these animals for about a year and a half before they are ready for training). There are myriad ways to incorporate the joys of interacting with a dog into your life without having to take one home with you on a permanent basis. Not only do you reap

the benefits, you also do a good deed at the same time, because the dogs also benefit from these interactions.

A case in point: a study by the University of Missouri College of Veterinary Medicine's Research Center for Human-Animal Interaction (ReCHAI) found that encouraging public housing residents to walk certified therapy dogs led to weight loss. Twenty-six people were recruited for the Walking for Healthy Hearts project, which had them walk a dog, accompanied by a handler, three days a week for 10 minutes, gradually working up to five days a week for 20 minutes. Thirteen people signed up for a 50-week program and lost an average of 14.4 pounds over a year without changing their diets. Another 13 participants signed up for a 26-week period and lost an average of 5 pounds over six months. Subjects were very adherent to the exercise regimen (72 percent stuck with the schedule in the 50-week group, and 52 percent stuck with it in the 26-week group), mostly because they felt that the dogs "need[ed] us to walk them." Participants also said that the dogs made walking a pleasant activity.

The effects of spending time with dogs can be particularly profound for older adults, who may feel isolated. In a 12-week walking study of 35 older adults who were living in an assisted-living facility, also conducted by ReCHAI, those who chose to walk with a dog from a local animal shelter were more likely to stick with their walking program than those who chose a friend or spouse as a walking partner. In addition, the older adults who walked with a dog improved their walking speed by 28 percent compared with just 4 percent among those who walked with another person. This suggests that the seniors' walking ability and balance both improved, as did their walking confidence. ■

### Medical Editors:

*Elizabeth Pegg Frates, MD  
Clinical Assistant Professor, Harvard  
Medical School*

*Lisa Moses, VMD  
Staff Veterinarian,  
Pain Medicine Service,  
Angell Animal Medical Center*

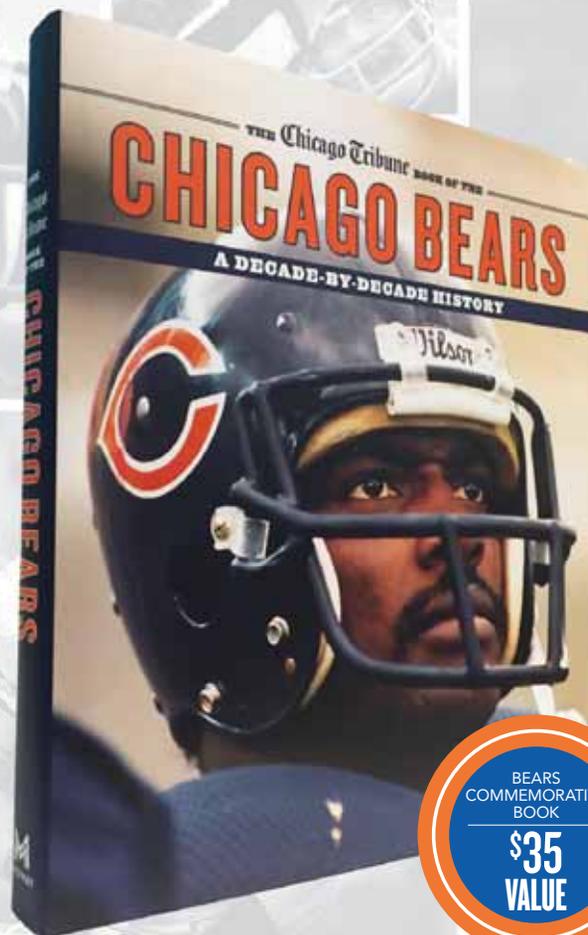


Having a dog makes you more attractive and approachable to others, as dogs often act as social lubricants.

Chicago Tribune

THE BEDTIME STORIES YOU TELL  
YOUR KIDS SHOULD INCLUDE

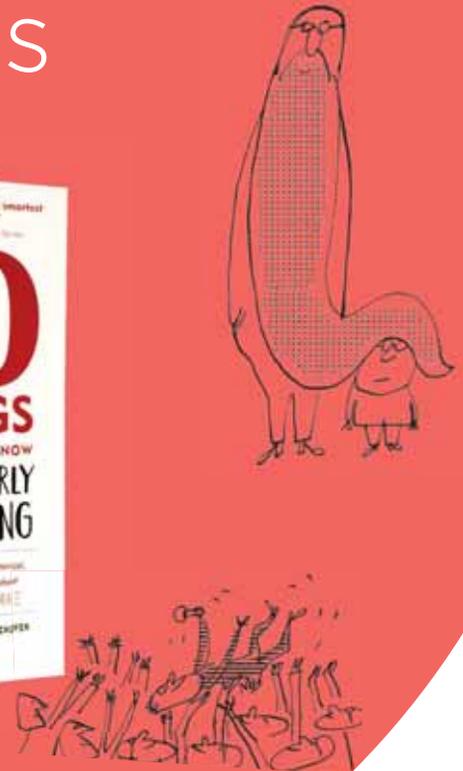
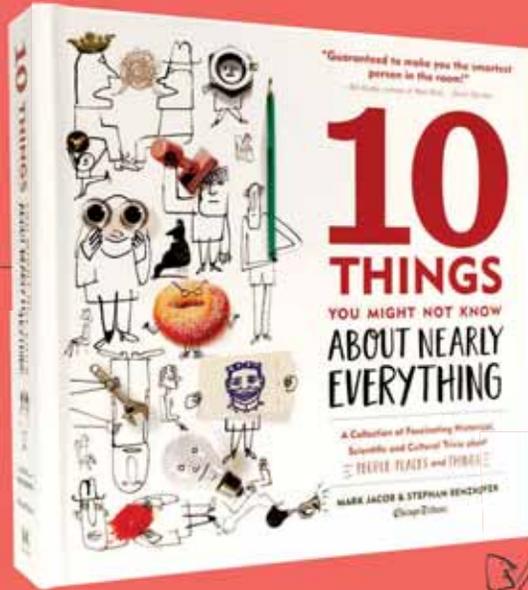
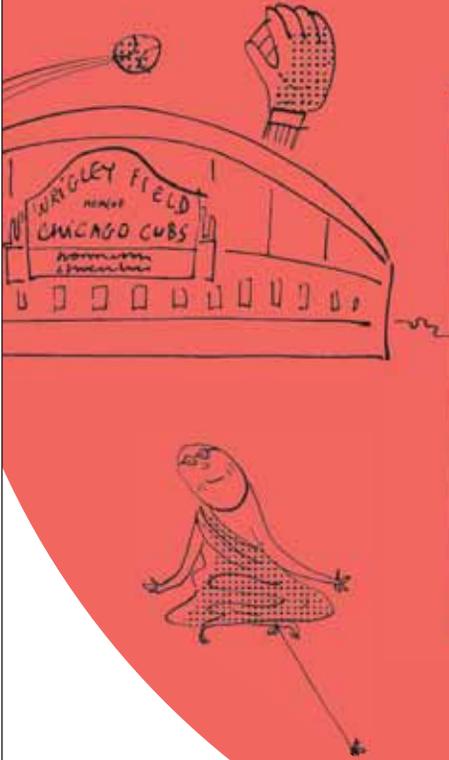
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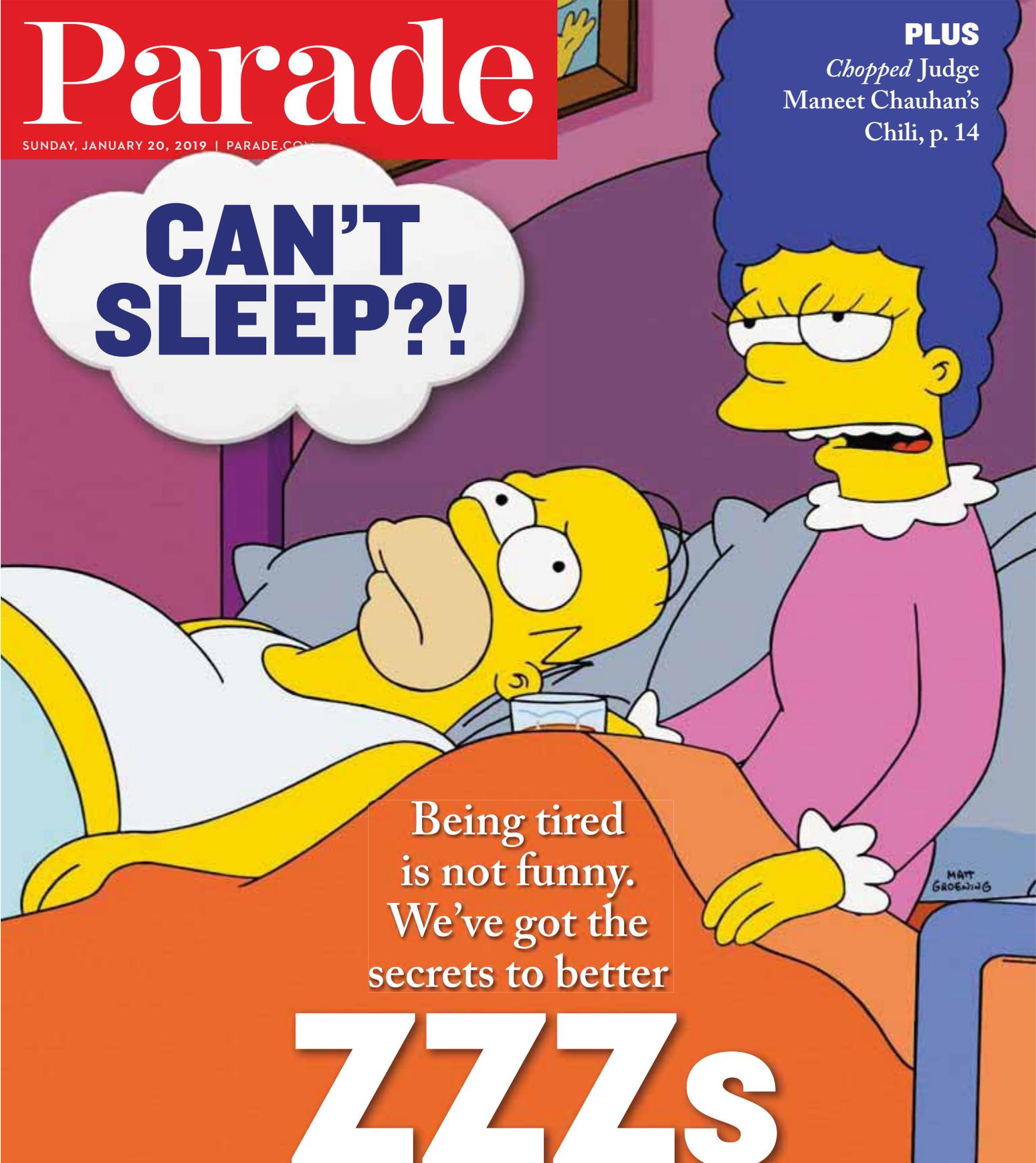
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*Chopped* Judge  
Maneet Chauhan's  
Chili, p. 14



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WALTER SCOTT'S

# Personality Parade

Walter Scott Asks

## William H. Macy

The Emmy-winning actor, 68, returns as Frank Gallagher in Showtime's dysfunctional-family dramedy *Shameless* (Jan. 20). The second half of the ninth season continues the satirical struggles of the economically challenged, marvelously messy—and messed up—Chicago-based Gallagher family.

**Who and where is Frank after nine seasons?** I take great pride in being the worst father on television. At the end of the day, Frank is an optimist. He's a serendipitous-ist and an optimist. He thinks things are going to get better. He's got a wicked sense of humor. He sees the irony in life. He's an instant party wherever he goes. He's smart, he's knowledgeable and he's a rascal.

**How would you describe the show?** At its core, it's about family values, but their values are consistent with people who are a paycheck or two away from homelessness: You don't rat out your friends, you don't talk to the cops, you get each other's back. If you pick on one Gallagher, you've picked on all the Gallaghers.



**You've been in several projects with Felicity Huffman, your wife of some 20 years. What's that like?** We know each other well. We have so much history together and we speak the same language so fluently. We can cut to the chase very quickly.

**What is the best part of life for you at this time?** I don't know. I'm a little suspicious of it. Both Felicity and I, every once in a while, say, "Good God, are we the luckiest people in the world?" I'm working towards some version of retirement. We have a place in Colorado. I'd like to live outside of L.A. a little bit. I think I want to slow down, and thanks to *Shameless*, I can.

What is his most "shameless" Frank moment from previous seasons? Go to [Parade.com/shameless](http://Parade.com/shameless) to find out.



## Wall Street Falls Again

The date is Oct. 19, 1987, and the setting is Wall Street in Showtime's new comedy *Black Monday* (Jan. 20). It's about the worst stock crash in the history of the market, with **Don Cheadle** and **Regina Hall** starring as a couple of ragtag traders who take on the blue-blood, old-boys' club of New York finance. "It's really smart and funny," says Hall, 48, who was most recently in *The Hate U Give*.

## Patrick Stewart Is a Wizard



**The Kid Who Would Be King**

(in theaters Jan. 25) brings the legend of King Arthur into the modern world. When a teenage boy named Alex (**Louis Ashbourne Serkis**) stumbles onto the Sword in the Stone, Excalibur, he must band together both friends and enemies and work with the legendary wizard Merlin (Stewart) to take on a wicked enchantress (Rebecca Ferguson). "The morality of these Medieval stories always had a strong impact on me," says Stewart, 78.



## LOOK WHO'S TURNING 50!

Happy birthday to these celebs, who'll all celebrate the big five-O this year!



**Michael Sheen**  
Feb. 5

**Jennifer Aniston**  
Feb. 11

**Terrence Howard**  
March 11

**Paul Rudd**  
April 6

**Renée Zellweger**  
April 25

**Cate Blanchett**  
May 14

**Peter Dinklage**  
June 11

EMAIL YOUR QUESTIONS FOR WALTER SCOTT TO [PERSONALITY@PARADE.COM](mailto:PERSONALITY@PARADE.COM)

CLOCKWISE FROM TOP LEFT: CHUCK HODES/SHOWTIME; ERIC CHARBONNEAU/SHOWTIME; ERIN SIMIKIN/SHOWTIME; KERRY BROWN/TWENTIETH CENTURY FOX FILM; JEFF SPICER/GETTY IMAGES; SCOTT KIRKLAND/PICTUREGROUP/MEGA/NEWS.COM; FUTURE IMAGE VIA ZUMA PRESS; LUMEN IMAGES/MEGA/NEWS.COM; MONDADORI PORTFOLIO/GETTY IMAGES; PAUL FENTON/ZUMA WIRE; REYNOLD JULIEN/AP IMAGES/ABC/NEWS.COM; GUILLEMO FROANO/WENN.COM/NEWS.COM; VANTAGEN/NEWS/NEWS.COM

## Books We Love

### CLASSICS, EVEN BETTER

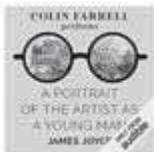
Sometimes you just want to dig in and read, reread or listen to a classic.

Here are three new twists on some literary favorites.

Celebrate what would have been J.D. Salinger's 100th birthday this month with the special centennial edition box set of the reclusive author's best-known works: *The Catcher in the Rye*, *Nine Stories*, *Franny and Zooey* and *Raise High the Roof Beam, Carpenters and Seymour: An Introduction* (Little, Brown). **\$100**



Actor Colin Farrell (*Widows*) puts a fresh spin on fellow Irishman James Joyce's classic novel as the narrator in the audio version of *A Portrait of the Artist as a Young Man* (Audible, available Jan. 22). **\$30**



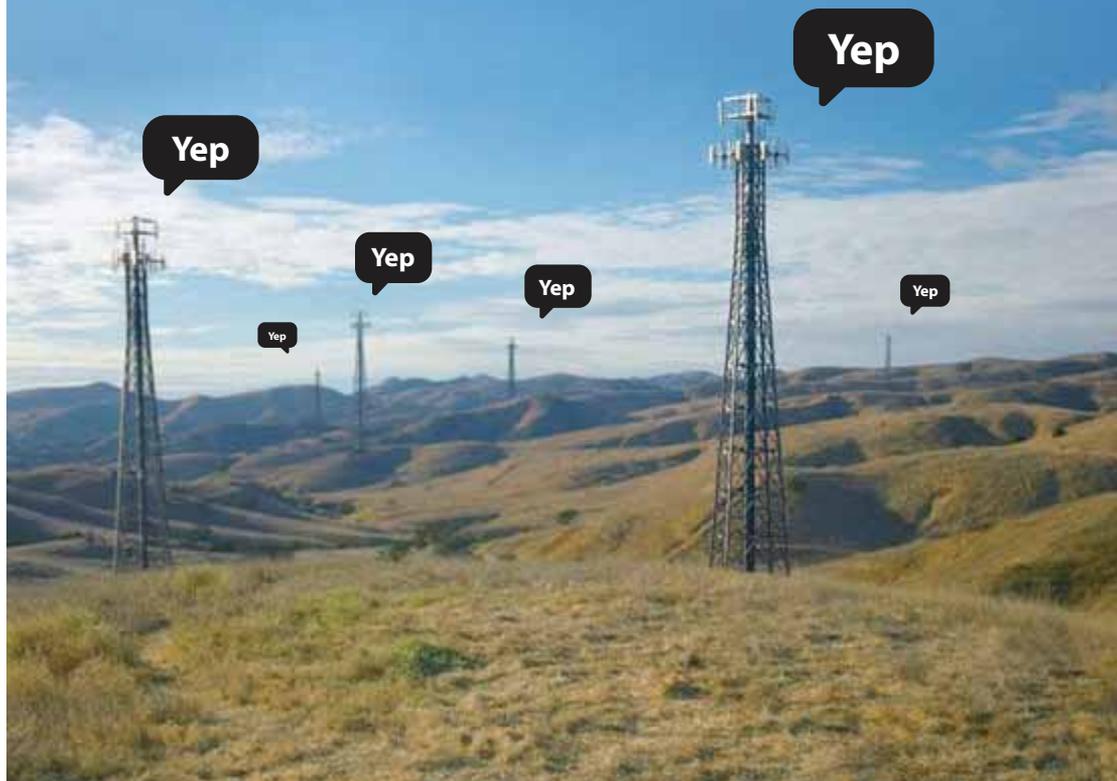
A redesigned copper-stamped hardcover edition of *The Prophet* (Penguin Classics), by Kahlil Gibran, features a new foreword by *Milk and Honey* author Rupi Kaur. **\$16**



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JANUARY 20, 2019 | 3

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—Megan O'Neill

Gold foil accents the cover of this **Lively Floral Notebook**. \$15 for a set of three, [riflepaperco.com](http://riflepaperco.com)



He'll look sharp in the nubby **Barberis Italian Wool Tie** in a soft coral shade. \$69, [tmlewin.com](http://tmlewin.com)



Beautifully organic, Kendra Scott's **Jillian Gold Stud Earrings** in Coral Kyocera Opal add a dainty hint of the mellow coral hue. \$70, [kendra-scott.com](http://kendra-scott.com)



Handwoven in Great Britain since 1837, the Bronte by Moon Merino **Lambs-wool Parquet Throw Blanket** adds a much-needed pop of sunset to your home. \$63, [hurnandhurn.com](http://hurnandhurn.com)



Light up your birthday cake with these **Neon Coral Marble Candles** from Meri Meri. \$9, [merimeri.com](http://merimeri.com)



An eclectic sofa companion, Target's Opalhouse brand adds gold undertones, fringe and a velvet finish to this **Coral Euro Pillow**. \$30, [target.com](http://target.com)



Can't find something you love in a coral hue? Knit your own with Wool and the Gang's **Crazy Sexy Wool**, great for chunky scarves, snoods, sweaters and hats. \$24, [woolandthegang.com](http://woolandthegang.com)



KitchenAid named Bird of Paradise its color of the year in 2018, and guess what? It's a perky coral, perfect for the **Ultra Power Hand Mixer**. \$70, [kitchenaid.com](http://kitchenaid.com)



The **Big Easy Crew Neck Sweater** from Free People is the best combo of slouchy and cheery. \$128, [macys.com](http://macys.com)



Bring the dynamic hue to your nails with **Living Coral Patent Shine Nail Lacquer** by Butter London, an official beauty partner of Pantone. \$12, [ulta.com](http://ulta.com)

Target's **JoyLab Crew Neck Sweatshirt** is ultrasoft with a relaxed, comfortable silhouette. \$25, [target.com](http://target.com)



The new **iPhone XR** comes in six high-fashion finishes, including a coral color that actually leans toward salmon. \$749, [apple.com](http://apple.com)



The Nomad Collection's **Stalking Tiger Wallpaper** will do wonders for an otherwise blah room—without the commitment. (You can unstick it whenever you want!) \$110 per roll, [homedepot.com](http://homedepot.com)

Get a heavenly glow with **Cloud Paint**, a pillow cream blush for cheeks and lips that has become a cult favorite among beauty junkies for its user-friendly application. \$18, [glossier.com](http://glossier.com)



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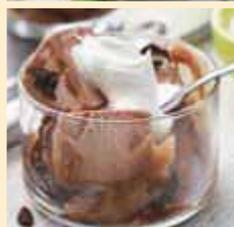
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## Ask Marilyn

By Marilyn vos Savant

I noticed I was holding print material farther away to see clearly, and my eye doctor said I've developed presbyopia. So now I wear glasses to read. When I look at my hand through my glasses, is it the same size as my hand without my glasses?

—Fernando Caicedo, Tampa Bay, Fla.

You can think of presbyopia as an age-induced form of farsightedness (hyperopia). Corrective lenses will cause objects (and print) to appear slightly larger than life. The opposite occurs with glasses for nearsightedness (myopia). They make images appear slightly smaller. This is why the eyes of people who wear glasses appear a bit smaller or larger (to onlookers) when they remove their glasses.

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# THE WALKING TIRED

Think you're getting enough sleep? You may be fooling yourself. (Experts say most of us are.) Here's what you need to know to sleep better, and how using a sleep tracker can help—or hurt.

By *Christie Aschwanden*

Sleep—we know we need it, but too often it's the first thing to go when we're crunched for time. Our blasé attitude toward sleep has created a society of zombies walking around at half-power. And the worst part is that we might be too tired to even notice!

"Most of the time when someone says they only need five or six hours of sleep, that means their ability to tolerate sleep deprivation is better than most," says Meeta Singh, M.D., medical director at the Henry Ford sleep laboratory in Detroit. "They're actually walking around with sleep debt and have forgotten what it feels like to be awake and alert."

For older people, there are other repercussions. A recent summary of sleep data gleaned from 10 million Fitbit users over nearly 6 billion nights corroborated previous research showing that the amount of deep sleep we get decreases with age. "You start slowly losing the robustness of 'slow wave' sleep," the dreamless, non-REM sleep that is among the most restorative, says Sigrid Veasey, M.D., a professor of medicine at the University of Pennsylvania's Perelman School of Medicine.

In other words: Do nothing to change your sleep habits over the years and it's a slippery slope to zombieland. Luckily, with a boost from the self-tracking movement, science is uncovering more keys to help improve our sleep.

## WHY WE'RE ALL IN DENIAL

**If skipping sleep causes so much damage,** why do we think we can shake it off? People who regularly skimp on sleep are like chronic alcoholics, Veasey says: This state of impairment has become their baseline, so it's hard for them to recognize that anything is wrong. When people who've

had one night of impaired sleep take cognitive tests, they'll say they did "terrible," Veasey says. But after that first day, they stop noticing their impairment: "Their performance goes down almost linearly with time, but they seem to lack perception that this is happening."

Meanwhile, people around them see that they've developed a short temper, seem depressed or are uninterested in normal activities.

## YOUR BRAIN ON THE NIGHT SHIFT

snooze, but not all of your neurons are resting, Veasey says. While you rest, your brain solidifies the synapses involved in the important memories you want to keep (like the name of your new dentist) while pruning the synapses involved in less important memories (such as where you put your keys two nights ago).

Sleep also gives your brain a chance to clear out debris that accumulated during the day. In 2014, a team of scientists led by Maiken Nedergaard at the University of Rochester Medical Center published research suggesting that the brain rids itself of metabolic waste through a kind of plumbing system that works mainly while we sleep. Just as the lymphatic system clears unwanted waste from the rest of the body, what's called the glymphatic system eliminates debris and toxins from the brain and the central nervous system. Skimp on sleep, and this janitorial service can't keep up, so the rubbish starts to accumulate in your noggin.

## GETTING BACK TO BASELINE

singh, in which you take a week to allow your body to sleep as long as it wants. Most of us don't have that kind of luxury, but maybe you can find a day or two to set aside extra bed time. Then pay attention to how much you sleep when you don't set an alarm.

And listen up, weekend sleep warriors: You can't undo the Monday-through-Friday damage simply by sleeping in on Saturdays and Sundays. "You certainly feel better after catching up on sleep, but people who go five days of short sleep [defined as less than seven hours per night] aren't back to baseline for attention skills for at least four nights," Veasey says.

To fully recuperate, you need to get your body back on its natural schedule. Exactly how long this takes is unclear, Veasey says, because most studies have not lasted long enough. What's known is that your feelings of well-being rebound before your cognitive performance—so pay closer attention to your focus and performance than whether you feel rested.

**What really happens when you sleep?** You may be taking a break from consciousness when you

**It's true that some people need more rest than others,** and the best way to determine how many zzz's you need to function normally is with a sleep vaca-

tion, says Singh, in which you take a week to allow your body to sleep as long as it wants. Most of us don't have that kind of luxury, but maybe you can find a day or two to set aside extra bed time. Then pay attention to how much you sleep when you don't set an alarm.

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## SLEEPING WITH THE STARS

Here's to beds, bedfellows and zzz's in memorable movies and TV shows.

—Neil Pond



**Nyuk, Nyuk, Nyuk**

Hollywood's notoriously strict Hays Code prohibited the depiction of men and women in bed together for decades. But that didn't keep the **Three Stooges** out of the sack in dozens of their comedy shorts, beginning in the 1930s.



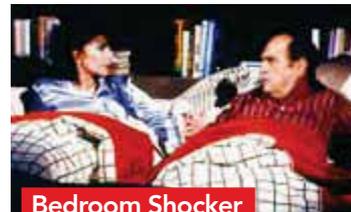
**TV Trials**

TV censors famously kept real-life couple Lucille Ball and Desi Arnaz sleeping in twin beds on **I Love Lucy** (1951–1957). Their singles were pushed together in early episodes, then separated after the birth of their TV son, Little Ricky. But another series (**Mary Kay and Johnny**) broke ground years earlier (1947–50) as the first sitcom on network television in the United States—and the first to show its stars, real-life married couple Mary Kay and Johnny Stearns, actually sharing a bed.



**What a Kiss**

Walt Disney's 1959 animated **Sleeping Beauty** popularized the age-old fairy tale about a beautiful princess, an evil witch, a handsome prince—and a sleeping curse that could be undone only by a lover's kiss.



**Bedroom Shocker**

Comedian Bob Newhart famously ended his 1982–90 network sitcom, **Newhart**, with a real shocker, not because it showed him in bed—but because it showed him in bed with his "wife" (Suzanne Pleshette) from his 1970s sitcom, **The Bob Newhart Show**. It revealed that the entire **Newhart** series had been a crazy dream!

### Same Ol' Same Ol'

Bill Murray sleeps alone in **Groundhog Day** (1993), but gets caught in a time loop and wakes up over and over again to relive the same day—repeatedly. His clock-radio alarm rouses him every morning to Sonny & Cher's "I Got You Babe."

### Dreamy Leo

There are lots of folks who think Leonardo DiCaprio is one dreamy movie star. In the sci-fi mindbender movie **Inception** (2010), he plays a thief who steals corporate secrets through "dream-sharing" technology—and even plants ideas and dream scenarios into his marks' noggins so he can poke around.



**The Big Snore**

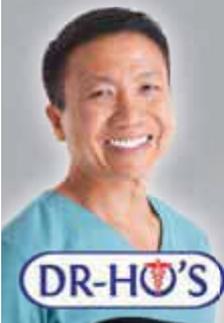
Homer Simpson's snoring kept Marge awake for several seasons. Her sleep didn't improve until a 2014 episode of **The Simpsons** when Homer, apparently diagnosed with sleep apnea, got a CPAP machine.

continued on page 10

“ - Fred Calvert

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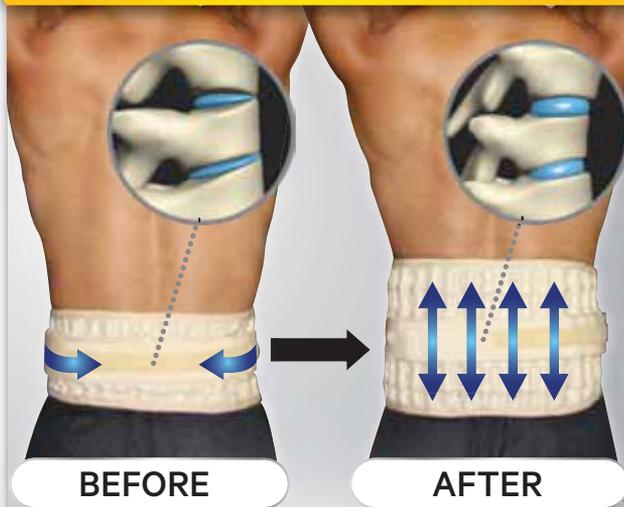
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PROVEN SLEEP SOLUTIONS

Ready to get out of zombieland? Here are three realistic strategies.

**1. Pick a bedtime and stick to it—every night.**

There's a very clear linear relationship between a consistent bedtime and the amount of sleep you get, says Karla Gleichauf, senior data scientist at Fitbit. People whose bedtimes are consistent within 30 minutes per night get an average of 35 minutes more sleep per week than those whose bedtimes vary by two hours over a week.

**2. Shift your body clock with strategically timed light.**

If your body clock is mismatched to your work or life schedule, the best way to shift it is with light, which influences how your body secretes sleep hormones like melatonin, says Amy Bender, senior research scientist at Calgary Counselling Centre in Alberta. Someone who wants to become more of an early bird can dim overhead lights and shut off electronic devices at least an hour before bed and then seek bright light in the morning. To train yourself to stay up later, seek out sunshine or bright lights late in the day. The same principles can help you adjust to a new time zone.

**3. Embrace the nap.**

Falling asleep on the job was once considered a firing offense, but that attitude may be changing as businesses and sports teams adopt napping as a performance strategy. Consider skier Mikaela Shiffrin, who took a nap between ski runs on her way to an Olympic gold

*continued on page 12*

\*Little to no out of pocket cost with primary and secondary insurances. Co-pays and deductibles apply. Not affiliated with Medicare. Before and after images of spinal decompression represents the application of spinal traction applied to the lower back. Individual results may vary.

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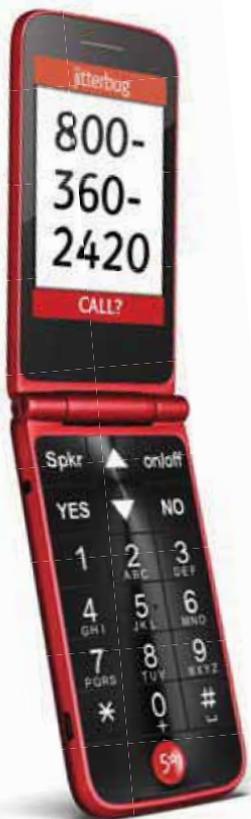
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medal in Pyeongchang.

If you can swing it, using that post-lunch slump as a time to grab a few zzz's could help you think better. A 2016 study enlisted nearly 3,000 adults age 65 and older to examine the relationship between napping and cognitive function. The results found that people who took a nap of an hour or so after lunch scored higher on cognitive tests than those who didn't nap or who napped for 90 minutes or more. Even more interesting: Napping didn't prevent people from sleeping at night.



## ARE SLEEP MONITORS HELPING OR HURTING?

Since fitness trackers such as Fitbit and Apple Watch have added sleep monitoring capabilities, more of us are getting a picture of our habits. And tracking your sleep can be a good thing if it nudges you to get more sleep. But don't let it rule your life, says sleep scientist Amy Bender.

Fixating on the data can create an anxiety loop that makes you sleep and feel worse, she says. The problem of sleep anxiety induced by self-tracking has become common enough that researchers have given it a name—orthosomnia. "Some people put a lot of reliance on what their tracker is saying, and it can impact how they feel that day," Bender says. Use it for a nudge, but not as a judge.

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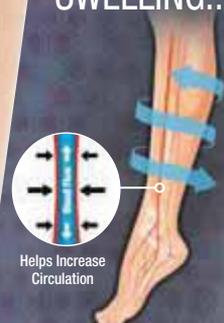
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# What America Eats

## CELEBRITY KITCHEN

# CHILI WITH A TWIST



Bloody Mary mix and fresh ginger are surprise ingredients in **Maneet Chauhan's** flavorful chili. A judge on Food Network's *Chopped* and *Wedding Cake Championship*, the Indian-born chef also owns four Nashville restaurants, including Chauhan Ale & Masala House and the newly opened Chaatable.

### Slow-Cooker Bloody Mary Chili

Heat 1 Tbsp **extra-virgin olive oil** in a large skillet over medium-high. Add 1 finely chopped **red onion**, 1 chopped **red bell pepper** and 2 chopped **celery** stalks; cook 4 minutes. Add 1½ lb **ground turkey**; cook 5 minutes, stirring to crumble. Season lightly with **kosher salt** and **black pepper**. Stir in 2 Tbsp grated **ginger**, 2 Tbsp **tomato paste** and 2 minced **garlic cloves**; cook 2 minutes or until fragrant.

Transfer mixture to a slow cooker. Stir in 1 (32-oz) bottle **Bloody Mary mix**; 1 (15-oz) can **cannellini beans**, drained and rinsed; 1 (15-oz) can **pinto beans**, drained and rinsed; 1 (15-oz) can **black beans** or **chickpeas**, drained and rinsed; 1 cup chopped **green onions**; 2 Tbsp chopped **cilantro**; 2 tsp **smoked paprika** and 1 tsp **ground cumin**. Cover and cook on HIGH 4 hours or until thickened. Adjust seasoning as needed. Serve with shredded **cheddar cheese**, additional green onion, **cilantro** and **lime wedges**. **Serves 6.**



### In the Kitchen With Maneet

**Must-have ingredient:** chaat masala, a bright-flavored Indian spice blend that typically contains dried mango powder, cumin, coriander, chili powder and more. It's sprinkled on everything from roast meats to fruit.

**First thing she ever cooked:** "Masala omelets each morning with my dad."

**Food trend she loves:** "Fermentation—it's a practice I've been doing my entire life."

**Desert-island kitchen tools:** a mortar and pestle to grind spices, a spoon to taste dishes and peel ginger "and a big smile!"

**Trend that's ready to retire:** "Bacon in and on everything!" —Alison Ashton

"This recipe was inspired by my husband, Vivek, who loves Bloody Marys."  
—Maneet Chauhan

Go to **Parade.com/chutney** for Chauhan's three easy chutney recipes.

CHILI BY ALISON ASHTON; CHAUHAN BY STEWART COHEN PICTURES

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