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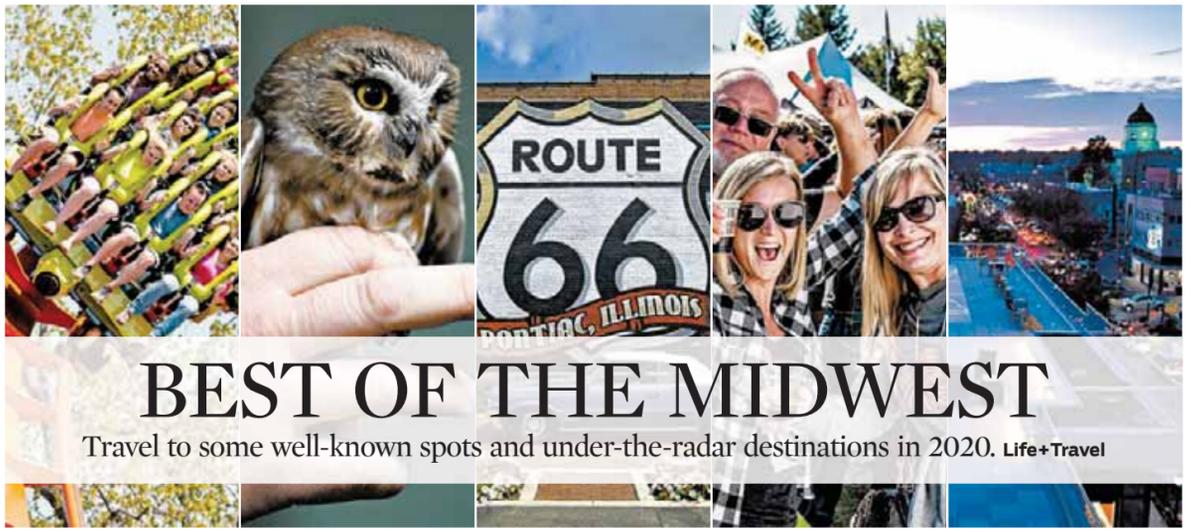
Bears brass need to watch QB matchup

A+E

A brief history of weed in the movies

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Schools still rate in moving decisions



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BREAKING NEWS AT CHICAGOTRIBUNE.COM

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Kenneth "Captain Ken" Kloster Sr. pilots his boat to his home on Dollar Island in Les Cheneaux Islands on Lake Huron on Nov. 23.

'Period of extremes'

Homeowners along Lake Huron's shores face 'very scary' challenge: How to handle generation's worth of water level changes in span of just a few years?

BY TONY BRISCOE

CEDARVILLE, Michigan — On a frigid morning in late fall, resort owner Mark Engle studied the mangled planks and dock posts scattered along an ice-glazed channel that feeds into Lake Huron.

Les Cheneaux Landing Resort, tucked behind an archipelago of 36 islands off Michigan's Upper Peninsula, once had a 175-foot dock with slips for a dozen boats, a boathouse and a bait shop.

In the past two years, Lake Huron rose through the floorboards of both buildings and overtopped the adjoining dock. Now, the weather-beaten boathouse sits stoically marooned, beset on all sides by crystal clear water.

All that Engle has left to carry him through the next tourist season is a small makeshift dock.

"Man can't seem to make anything big enough, strong enough to maintain an advantage over the lake," Engle said. "I've been dealing with Lake Huron since 1982. And I'm afraid the lake is winning the battle."

Near-record high lake levels have astonished residents and business owners in the tiny hamlet of Cedarville, an unin-

WEATHER: High waves slam the Lake Michigan shoreline as the region is drenched in a wintry mess. **Page 9**

corporated waterfront community built around boating. The consternation isn't solely from the high water — in 1986, lake levels were slightly higher — it's also from the pace of the rise. Less than seven years earlier, many docks and boat-

Turn to **Lakes, Page 14**

Raising ire, Iran admits it hit plane

Reversal of days of denials sparks furor at home and abroad

BY ANTON TROIANOVSKI, ANDREW E. KRAMER AND FARNAZ FASSIHI
The New York Times

KYIV, Ukraine— Iran's admission that its forces errantly downed a Ukrainian jetliner — reversing three days of denial — did little to quell growing fury inside the country and beyond on Saturday as the deadly tragedy turned into a volatile political crisis for Tehran's leaders and overshadowed their struggle with the United States.

Ukrainian officials criticized Iran's conduct, suggesting that the Iranians would not have admitted responsibility if investigators from Ukraine had not found evidence of a missile strike in the wreckage of the crash, which killed all 176 people aboard. Protests erupted in Tehran and other Iranian cities as dumbfounded citizens found a new reason to mistrust Ayatollah Ali Khamenei, Iran's supreme leader, and other officials. Protest videos showed some shouting "Khamenei is a murderer!" and anti-riot police tear-gassing violent demonstrators.

President Volodymyr Zelenskyy of Ukraine, in his first reaction to Iran's announcement, said his

Turn to **Iran, Page 24**

TRIBUNE EDITORIAL

A call to action to reach Chicagoland's disconnected youth

Today, the Tribune's Editorial Board launches "Chicago Forward — Young lives in the balance," a six-month community-wide initiative to address the challenge of reaching the area's disconnected youth. **Pages 16-17**

Living Well

Debunking medical myths, how to quiet your brain and more. **Inside subscribers' copies**



Family finds son researched suicide at school

To explain 12-year-old's death, parents scoured Lincoln Park home

BY MADELINE BUCKLEY

In his last school play performance, 12-year-old Gabe Deely played a member of the Lollipop Guild in the "The Wizard of Oz," waving a giant lollipop while wearing a brightly colored costume topped off with a red hat adorned with a yellow flower.

The seventh grader at St. Clement Catholic School in Chicago loved theater and choir. He approached his Lollipop Guild part with seriousness, but had fun with the somewhat whimsical role. He was a little nervous before the show, but his older sister, who played Auntie Em, was there with him.

His family remembers him that night as a happy kid, doing a goofy dance and waving the lollipop.

Months later, just before Thanksgiving 2018, Gabe died of

suicide.

His family couldn't make sense of it, having seen no warning signs. They struggled to even comprehend a child that young contemplating suicide.

Searching for an explanation about their son's death, Carol Deely and her husband scoured the computers and phones at their Lincoln Park home. They found nothing.

Later, though, they learned he

Turn to **Suicide, Page 12**



CAMILLE FINE/CHICAGO TRIBUNE

Carol Deely speaks about her son, Gabriel Deely, who took his life at age 12 in November 2018.

Tom Skilling's forecast High 30 Low 25

Chicago Weather Center: Complete forecast in Nation & World, Page 34

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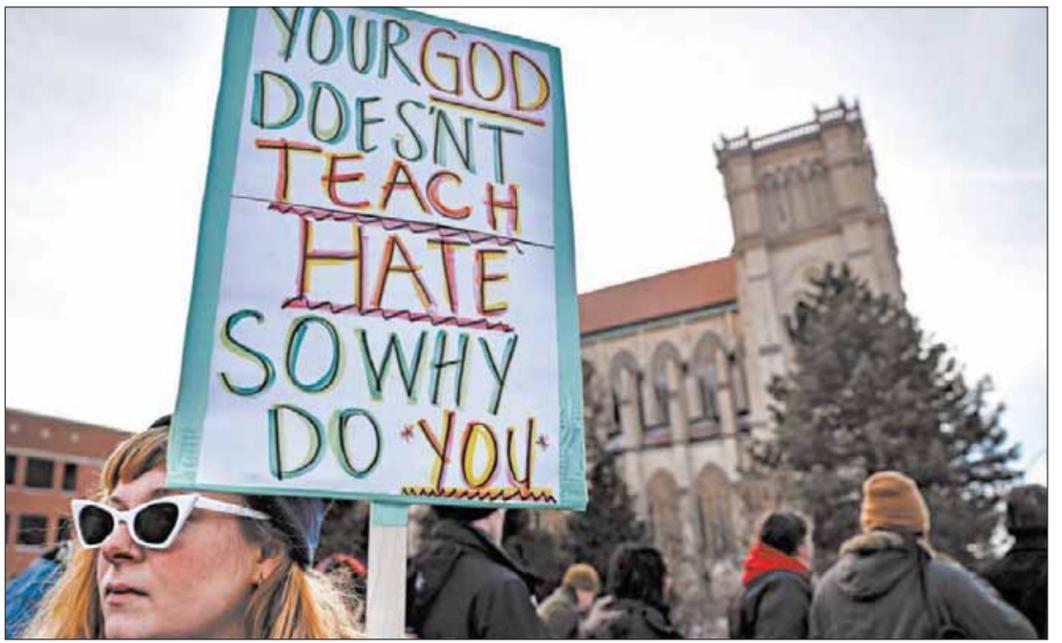
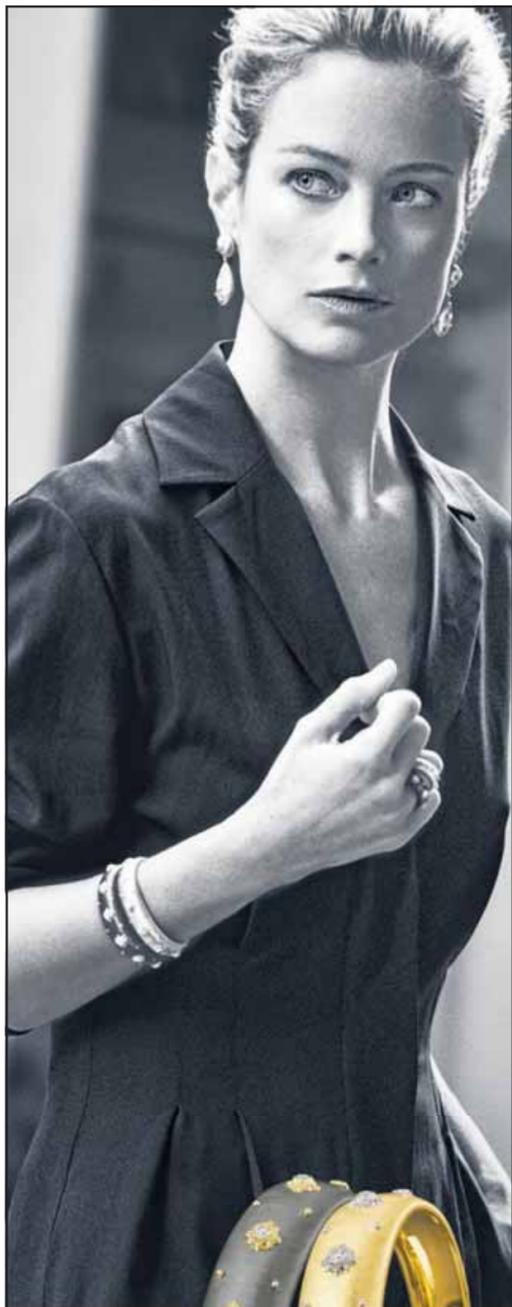
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JOHN MINCHILLO/AP

Protesters in Covington, Kentucky, gather in 2019 after a video circulated of white students and a Native American man.



JOHN KASS

Media mob, Sandmann and film 'Richard Jewell'

While watching Clint Eastwood's great new film "Richard Jewell," about the heroic security guard of the Atlanta Olympics who saved lives only to be savaged by the media mob, I thought about another innocent.

Nicholas Sandmann, the kid from Covington Catholic High School in Kentucky. He suffered the same kind of agony and humiliation.

It was only a year ago that Sandmann was all over the news, branded as a hateful racist in a MAGA hat. The media got it wrong. Sandmann was in the news again the other day, after CNN settled that \$275 million libel suit he filed. Terms were not disclosed.

Jewell and Sandmann were each publicly stripped of their honor through no fault of their own. Yes, "honor" is a terribly old-fashioned word, a bizarre medieval concept to some, but others can't live without it.

Jewell was a security guard at the 1996 Atlanta Olympics. He spotted a bomb in Olympic Park and police began pushing people away. If it weren't for Jewell, many would have died. But he was torn apart by the media mob in wild, speculative stories pinning him as the prime suspect in the bombing.

But Jewell wasn't the bomber. The real bomber, Eric Rudolph, was eventually caught.

I've been a reporter most of my life, and "Richard Jewell" was unsettling. I've been in media packs staking out a story on some front lawn, the people frightened and unprepared and hiding inside.

Still, I'm glad I watched it. All of us need to be reminded.

"Richard Jewell" has been criticized for hinting that an Atlanta Journal-Constitution reporter — the woman who broke the story that Jewell was a suspect — offered to trade sex to an FBI agent for the leak on Jewell.

It wasn't proved, and was a terrible accusation against a now-dead reporter, and Eastwood should not have included it in the movie.

And still, for all that, Richard Jewell

is an important film because it illustrates the herd mentality of journalism on a breaking, emotional story and how that can go horribly wrong.

And what of Sandmann? What was his true crime?

He was in the March for Life.

And he wore a red Make America Great Again Hat in support of President Donald Trump.

Sandmann, Jewell and the destruction of reputation is old news now for some. Don't worry. There's always something new to grab at your eyeballs.

Trump is the only story for some. Look at any newspaper or TV network news show, and you'll see a few who can only write and talk about Trump. And when they're not talking Trump, they're insulting his supporters and vowing revenge — perhaps hoping for another French Reign of Terror? — against any American who doesn't hate Trump as much as they do.

Trump impeachment is a story. Harvey Weinstein, Jeffrey Epstein, and what of Megxit? That's a fine story, because the saga of Prince Harry and Meghan fleeing the royal family is amusing, like some madcap romantic comedy, unless of course, the stress kills elderly Queen Elizabeth.

And in Chicago we had a man who said he was bit on the buttocks by a coyote in the wealthy Gold Coast neighborhood. Anytime you see "buttocks" and "coyote" in a headline, copy editors get their wings.

But I'd rather think about Nicholas Sandmann. You remember Sandmann?

CNN settled, but NBC is being sued too, as is The Washington Post and others. Let's hope the dollar amounts, if any, are made public because, as we're told, democracy dies in darkness.

Sandmann, then 16, was branded as a racist over a video confrontation with an old man, Native American activist Nathan Phillips, who pounded a drum in Sandmann's face.

A CNN analyst wanted him punched in the face. Other journalists and commentators at major news organizations, and comics, poseurs and wits, called him terrible names and allowed his reputation to be destroyed.

Leftist mobs in the Twittersphere, that oily sea of anonymous partisan hate, clicked on anything that poured more hate on Sandmann. And journalism, desperate for clicks, served him up.

But Sandmann wasn't a hater. The haters were a group of angry Black Hebrew Israelites screaming horrible racist and homophobic taunts at the Covington kids and at Native Americans.

Sandmann wasn't doing any of that. He was just a white kid in a MAGA cap, confronted by the old man with the drum, and he smiled, nervously.

And for that, he was flayed by the media. All of it could have been avoided by the application of another terribly old-fashioned word: reporting.

But there was a mad media rush, and later, when passions cooled and it was established that the attacks on Sandmann were unfair, the subject came up on ABC's "The View."

I must confess that I don't watch "The View." It could be that I have a weak stomach and worry to see bits of flesh from some hapless conservative dangling from the teeth of the hosts.

But after the Sandmann story was straightened out, Whoopi Goldberg wondered why the media keeps making the same mistake.

"Because we're desperate to get Trump out of office," said co-host Joy Behar. "That's why."

And the studio audience laughed.

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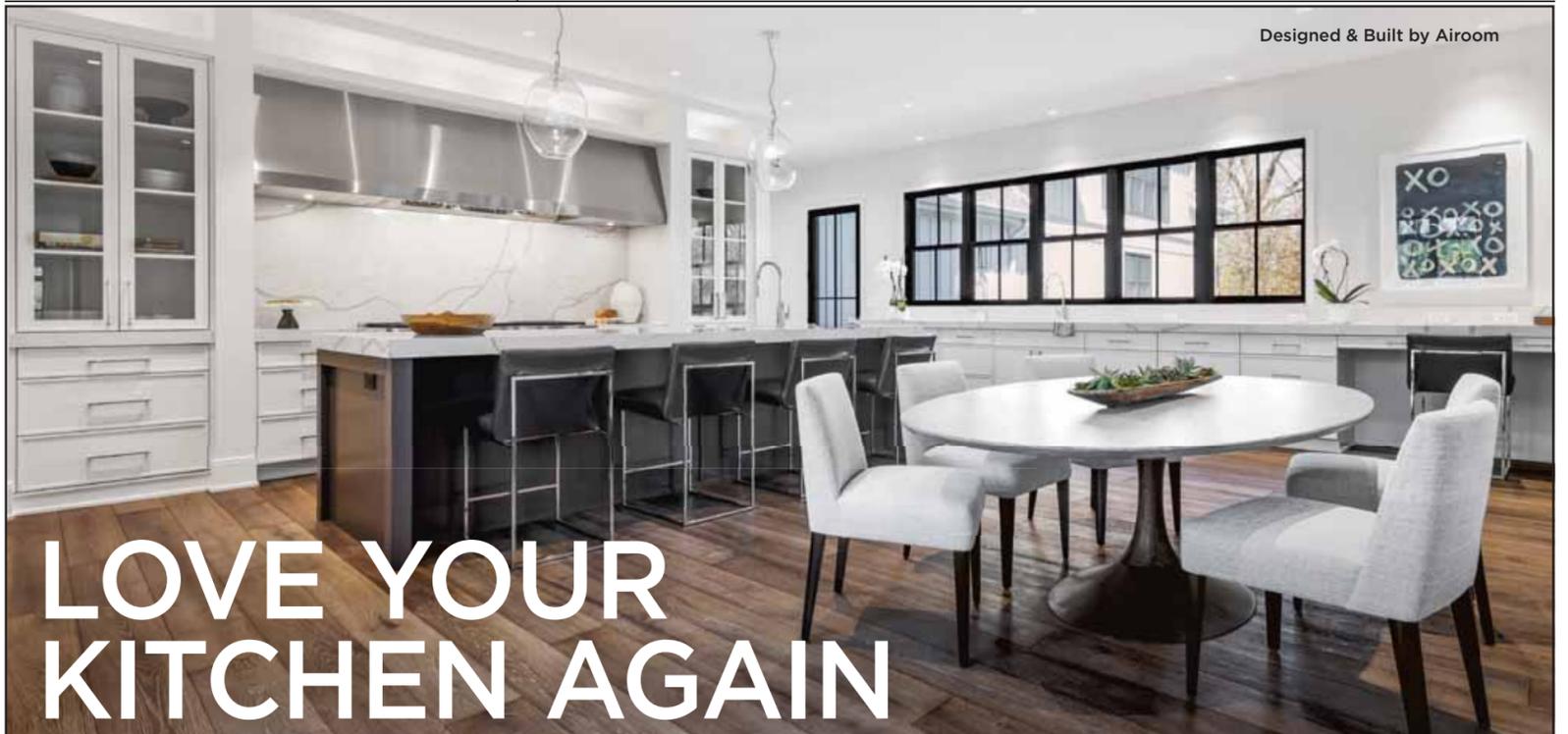
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ANTONIO PEREZ/CHICAGO TRIBUNE

On the second day of legal recreational cannabis sales, people wait at the Midway Dispensary store in Chicago.

Questions about driving ability arise on legal cannabis frontier



MARY SCHMICH

On Jan. 1, the day recreational cannabis became legal in Illinois, Michael Halberstam and his partner got in a Lyft headed for O'Hare and immediately noticed that the car reeked of weed.

Should they say something to the driver? They wondered.

Traffic was light and they had a plane to catch and the driver didn't seem impaired, so they let it go.

"It was legalization day," Halberstam says, "and so we were prepared to be somewhat tolerant of the jubilant mood of marijuana imbibers on that day."

Besides, for all they knew, a previous passenger was the source of the stink.

A few days later, on their return from O'Hare, they got into an Uber headed home. On the road, the driver took a vape hit that, in Halberstam's words, "yielded an unmistakable smell."

Again, they wondered: Say something to the driver? Report him? Again, they let it go. But afterward, Halberstam, who's the artistic director of Writers Theatre in Glencoe, posted a provocative question on Facebook:

"I'm all for marijuana legalization but this has me asking questions. I didn't report either driver because they both seemed like nice guys and ultimately functioned perfectly well. So... what to do moving forward? What would YOU do?"

He was flooded with responses, most of which boiled down to: Report 'em.

That verdict made Halberstam uncomfortable — was it fair to jeopardize the jobs of hardworking drivers? — but saying nothing didn't seem right either.

Halberstam's quandary and many

more questions involving driving high are bound to proliferate as cannabis consumption becomes more common. Unfortunately, the answers to the questions are rarely straightforward.

On Friday, I called Richard Miller, a professor of pharmacology at Northwestern's Feinberg School of Medicine, for some illumination.

Does smoking weed affect driving? "Absolutely," he said. "You should not smoke weed and drive. It has the potential for reducing your ability to drive. It definitely affects motor function."

He was careful to note that different bodies react to cannabis differently, and that a dose that impairs one person might not impair another.

"Not everybody who drinks alcohol and drives a car has a car crash, right?"

"Not everybody who drinks alcohol and drives a car has a car crash, right? But you increase the likelihood that you'll have one, right?"

— Richard Miller, a professor of pharmacology at Northwestern's Feinberg School of Medicine

But you increase the likelihood that you'll have one, right?"

Debate on the topic is complicated by the fact that reliable data remain in short supply.

"We've established that smoking weed could be bad for our driving," Miller said. "But in the real world, where weed has been legalized, has that actually happened? Look at a country like the Netherlands, where weed has been legal since 1970. Have you read that the Netherlands has been swept with a tsunami of car accidents? Clearly not. Same in California."

Driving under the influence of marijuana remains illegal in all 50 states, including those that have legalized it for recreational use. But determining how high is too high to safely drive remains hard to measure.

The science is sketchy. The technology is poor. There's a national

standard for how much alcohol is too much and a roadside breathalyzer for testing it. Neither is true for marijuana.

A few studies have connected driving high with car accidents. According to a 2018 report from the Insurance Institute for Highway Safety and the Highway Loss Data Institute, crashes were up by as much as 6% in Colorado, Nevada, Oregon and Washington compared with neighboring states that hadn't legalized recreational marijuana. But even that report conceded that measuring marijuana impairment is hard.

In short, in Miller's words, "We just don't know yet."

But we do know that consuming cannabis affects the way we function. That's why people use it. And that's

why caution is called for. It's why we need tools and laws that minimize the risk.

As for Halberstam's quandary? It's not just a question of driving safely, he said, it's one of driving professionally. Professionals don't drive and vape.

I asked him what he plans to do the next time he gets into an Uber or a Lyft and detects weed in the air.

"I think I would ask a question," he said. "I'd say, 'I'm in your car. I can smell marijuana.' I might start a dialogue rather than sitting there passively and going home and reporting them. I'd say, 'Unless the marijuana is saving you from having a psychotic attack or emotional meltdown, please don't vape while you're driving me to the airport.'"

He laughed.

"Or I'll go back to taking the train."

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Chicago Tribune CHICAGOLAND

Legislative panel backs expanding sales tax

Pritzker advocates for another way to ease property taxes

BY JAMIE MUNKS
AND DAN PETRELLA

Gov. J.B. Pritzker, focused on winning over voters on a new graduated-rate income tax, is dismissing a proposal floated by a property tax relief task force that would expand the Illinois sales tax base to help fund public schools.

"That's not something that I am supportive of; I think there are other ways for us to go about it," Pritzker said of the idea, which was included in a draft report from the 88-member panel. "But I think it's worthy of people bringing up all of the ideas because look — there are a lot of things we ought to consider and it's not just one thing that's going to solve the property tax challenge that we've got in the state."

The final report from the legislative panel was due Dec. 31, and both the missed deadline and the contents of the 36-page draft — shared with multiple news outlets this week — set off partisan squabbling. The difficulty in reaching a consensus on recommendations, even among Democrats, indicates that the historically thorny issue of substantial property tax relief could once again vex lawmakers this spring.

Expanding the reach of the sales tax while reducing the tax rate was a proposal backed by two task force subcommittees, signaling significant support from some of Pritzker's fellow Democrats. Additional revenues could be used to boost state funding for schools and to stock a new property tax relief fund, said Rep. Sam Yingling, the Grayslake Democrat who is chairing the massive task force.

"I don't think we can have a realistic conversation about property tax relief without addressing the need to diversify the education funding revenue stream," Yingling said. "It's just not possible."

An attempt to expand the sales tax would come as Pritzker asks voters in November to change the state's constitution to impose a graduated-rate income tax to replace the state's current flat tax, to generate an estimated \$3.6 billion.

Republicans have repeatedly attacked Democrats over pushing tax increases rather than cuts, and a sales tax expansion push coupled with the income tax overhaul could play into that Republican narrative during a legislative election year.

Broad property tax relief has proved a difficult issue to address in Illinois spanning decades of leadership in the state. But some Democratic lawmakers have been hesitant to fully



Gov. J.B. Pritzker, seen speaking at Soldier Field in Chicago on Nov. 11, has promised to deliver tax relief to property owners.



House Republican Leader Jim Durkin, seen at the Capitol in May, said, "For a state that is so in need of property tax reform, the Democrats have instead proposed tax increases."

back Pritzker's graduated income tax plan without a direct tie to property tax relief.

Last spring, lawmakers considered a proposal that would have frozen property tax rates if voters approved the graduated income tax, and if the state took on a larger share of funding education. But that proposal didn't advance out of the House, and the massive task force was created instead.

Pritzker has promised to deliver tax relief to property owners and points to several pieces of legislation he's signed since taking office as steps toward that goal. Those include a consolidation of downstate and suburban police and firefighter pension funds, increased school funding from the state, and his \$45 billion "Rebuild Illinois" construction program.

"Those all work to allevi-

ate local property tax need," Pritzker said.

The idea of expanding the sales tax to include some services, such as haircuts, dry-cleaning, and accounting and legal work, has long been discussed and discarded.

Sen. Don DeWitte, a St. Charles Republican and a member of the task force, said new state revenue from legal adult-use cannabis and a recommitment of 100% of Illinois Lottery revenues to schools are other potential streams to increase the state's share of education funding.

If the task force's final recommendations include the sales tax expansion, that would touch off "a very long conversation and discussion," DeWitte said.

"That one is going to require very careful analysis and construction," DeWitte said. "The first thing people will think is that it's an

increase in taxes, unless we find a way to show it's a shift and not an increase."

That was the reaction of some top House Republicans, who denounced the draft report and said Democrats rejected their ideas that included limiting the so-called unfunded mandates on schools and local governments.

"For a state that is so in need of property tax reform, the Democrats have instead proposed tax increases," House Republican Leader Jim Durkin said at a news conference this week. "Heaven help the middle class."

The Civic Federation, a nonpartisan budget watchdog, has advocated for an expansion of the sales tax to some services as part of a broad fiscal overhaul that also would include limiting state spending and taxing retirement income.

Lawmakers' "priority

should be a comprehensive plan for what we're doing to fund our government," Civic Federation President Laurence Msall said.

"Merely expanding the sales tax base and then saying that the new services will go to relieve property taxes is not likely to have an impact unless there is a comprehensive plan for whether that amount of revenue will be sufficient for putting a freeze on school district property taxes or whether there's going to be some greater revenue sharing by the state," Msall said.

Lawmakers have tried to overhaul the state's property tax system through nearly a dozen task forces, special commissions and blue-ribbon panels since the 1970s.

In the mid-1990s, Republican Gov. Jim Edgar championed a plan to raise state income taxes by more than \$1 billion, with a corresponding reduction in local property taxes and an infusion of new funding for schools.

But the plan ran into staunch opposition from Edgar's fellow Republicans in the Senate.

The latest draft report raises the prospects of such a tax swap, with one subcommittee calling for "the removal of school districts from the property tax system so that the state of Illinois has sole funding responsibility for K-12 schools."

But a key Democratic lawmaker who was a member of the task force said the idea is "astronomically untenable."

Rep. Mike Zalewski, a Riverside Democrat who chairs the House Revenue

Committee, said the shift would require billions of dollars in new funding beyond the nearly \$9 billion in general revenue the state is spending this year. Local school districts together spent nearly \$20 billion during the 2017-18 school year, according to the most recent figures from the Illinois State Board of Education.

"Within the confines of the current budget and the current way we fund things, it doesn't seem like it's in the immediate future," Zalewski said.

The last major change the General Assembly approved was a 1991 law that capped increases in property tax collections in the collar counties at 5% or the rate of inflation, whichever is less.

The law was extended to Cook County three years later, and other counties were later allowed to adopt the caps by ballot referendum.

The draft report contemplates a number of changes to the tax caps, including eliminating them altogether and leaving it up to local governments to decide how much revenue is needed to fund operations.

Yingling said he remains optimistic the General Assembly will act on a number of the recommendations the task force is putting forth.

"I think we're at a very unique nexus at this point in time where the legislature understands and has the willpower to do something about the property tax crisis," Yingling said. "There is a definitive recognition that something has to be done and it has to be done now."

Bystanders rush to help boy in coyote attack

Runners, walkers defend, provide aid in Lincoln Park

BY ROSEMARY SOBEL
AND ELYSSA CHERNEY

Andersonville resident Maryanne Metz and a friend were finishing up a stroll through Lincoln Park along a deserted but scenic dirt path Wednesday afternoon when they heard children screaming.

"It sounded like many children. Like a schoolyard would sound ... high-pitched voices," said Metz, who didn't think much of it because she assumed they were classmates on a school trip.

As they walked on, suddenly they spotted a woman yelling at the top of her lungs who was slowly walking backward, holding a child in her arms.

Then they saw the "scrawnier than a wolf" and "limping" coyote, which didn't make a sound and had the boy's little shoe hanging from its jaws.

"It wasn't that big, and it looked not to be well, actually," she said.

"She was just screaming. Screaming. She was trying to scare the coyote away. She didn't want to turn her back on the coyote," Metz said.

"We could see the boy was bleeding very badly," she said.

Metz's friend scooped up a large branch that was lying on the ground and charged toward the coyote.

"She ran, chasing it with the stick," Metz said, adding that her friend's bold move didn't surprise her. "Adrenaline kicked in, and she was so angry."

Meanwhile, two runners on DePaul University's track

and field team had nearly finished their 10-mile route in Lincoln Park when they also heard screams coming from a path near the Peggy Notebaert Nature Museum.

They halted their practice and dashed over to find the young boy, crying and bleeding, as a large coyote hovered about 15 feet away and then ran into the bushes.

"We just ran over there instinctively ... and just saw a kid bleeding from his head, all over his jacket, all over his face," said Ryan Taylor, a 19-year-old sophomore, as he recounted the experience Thursday afternoon during an interview in the campus athletic center.

Taylor and Dominic Bruce, also a 19-year-old sophomore, are credited with helping the boy in the aftermath of the attack, thought to be the first in the city in at least a decade.

Bruce said he took off his sweatshirt and wrapped it around the boy's head to stanch the bleeding. Fearing the coyote might return, he said he swung a stick around to keep the animal away.

Metz spotted a CTA bus that was stopped, and they ran and boarded it. The driver called another driver, who brought a bottle of water. They found some tissues and applied pressure to his head until the paramedics arrived, she said.

After a few minutes, they heard sirens so Metz got off the bus and directed emergency responders to "go into the cul de sac," where the bus was parked.

The paramedics cleaned the blood off the boy's face, wrapped his head in bandages and loaded the boy, whose face was "white as a sheet," into an ambulance after contacting his parents.



DePaul runners Ryan Taylor, left, and Dominic Bruce rushed to aid a boy who was bitten by a coyote.

"He was such a brave little boy. He was scared and bleeding all over. And yet he seemed fairly calm."

The runners said they hope the boy is recovering well at Lurie Children's Hospital.

"It was terrible to watch this kid go through so much pain. ... I'm really proud of him for just being OK, just

getting through it all, just being very patient with authorities," Taylor said.

Animal control workers caught a coyote Thursday evening on Chicago's North Side, but authorities said it might not be known for weeks whether it's the same animal that attacked the 6-year-old boy the day before about 2 miles away.



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ABEL URIBE/CHICAGO TRIBUNE

Large waves crash against the Lake Michigan shore Saturday near 57th Street Beach

Turbulent lakefront slowly calms as snow moves in, officials say

BY DEANESE WILLIAMS-HARRIS, PAIGE FRY AND MADELINE BUCKLEY

Snow had begun falling near O'Hare and Midway airports Saturday evening, as a turbulent display of the lake's power slowly calmed at the shorelines.

Earlier Saturday, high waves hammered areas at the lakefront and caused closures on portions of Lake Shore Drive and bike paths, as the region was soaked in a wintry mess.

National Weather Service meteorologist Casey Sullivan said, "The worst of the wind is over, and wind is expected to slowly diminish into the night. It will take longer for the waves to calm down."

"Certainly looks like the worst is behind us," said NWS meteorologist Lee Carlaw. Still, waves will continue to be "elevated and choppy" near the shores.

Officials were still expecting between 2 to 5 inches of snow by midnight or so, before moving out of the area, and Sullivan cautioned motorists to be mindful of possible slippery conditions.

As of 7 p.m., snow was beginning to fall near O'Hare and Midway airports.

Earlier Saturday, conditions at the lakefront caused officials to close portions of the bike path and Lake Shore Drive.

Officer Michelle Tannehill, a spokeswoman for police, said the northbound bike path remained closed between Ohio Street and Fullerton Avenue as of early Saturday afternoon. Meanwhile, as of 6:15 p.m., South Shore Drive was reopened from 67th to 71st streets after being closed for much of the day because of high water, according to the city's Office of Emergency Management and Communications.

On the North Side, the vehicular traffic that was earlier impacted in the northbound right lanes on Lake Shore Drive from Oak Street to North Avenue had been cleared. "All lanes on NB Lake Shore Dr. are open at this time," the OEMC tweeted at 2:45 p.m.

Still under a Winter Weather Advisory until 3 a.m. Sunday, parts of Cook County along the shoreline were expecting winds to reach up to 50 mph as rain showers threaten to create slick conditions.

Cook County and Lake counties in Illinois and Indiana also remain under a lakeshore flood warning until 6 a.m. Sunday, NWS meteorologist Matt Friedlein said. Along the lakeshore, expect to see high waves — 12 to 18 feet — occur because of wind gusts up to 50 mph, and because the lake is nearing records amounts in its water depth.

Occasional waves may also reach up to 23 feet, according to a warning from the National Weather Service.

Late Saturday morning in the Loop, pedestrians hustled in and out of stores, into the subway and onto buses, pelted by a cold rain and a persistent, bitter wind.

Nearby in Millennium Park, Jorge Mellado, 41, a tourist from Mexico, asked a passerby to take his photo in front of The Bean, the gray atmosphere reflected behind him. Undeterred by the cold weather, Mellado persisted in checking Chicago tourist sites off his list. He also planned to visit Willis Tower and downtown museums.

The weather presented a marked difference, though, from his home in Monterrey.

"Yeah, it's freezing," he said ruefully, adding that his girlfriend thought he was crazy for walking from his hotel room to the Millennium Park sculpture.

Some native Chicagoans, though, didn't give the cold rain a second thought. Waiting for a bus, Eva Richardson said she has lived in Chicago all her life.

"This is a good day," she said, noting it was not yet snowing. "This could all be frozen."

As of 6:40 p.m., 1,145 flight cancellations were reported at O'Hare, and 88 cancellations at Mid-

way, officials said. General delays at O'Hare averaged 26 minutes while Midway averaged about 15.

Additionally, the Federal Aviation Administration's Elizabeth Isham Cory said the weather, ice and snow has prompted officials to launch a "Traffic Management Program" for flights arriving at O'Hare. The program is "designed to get aircraft in safely, considering the challenges of wind, ice and snow," Isham Cory wrote in an email.

The program was causing "some arriving flights to be delayed an average of six hours and 11 minutes," according to the FAA.

About 3,600 customer outages were reported by ComEd, mostly in its northwest territory, but crews were out working to restore power, a spokesman said.

Suburbs including Oak Park reported high winds causing heavy branches to fall onto power lines.

In Evanston, some portions of the lakefront were flooded. At Elliot and Clarke Square parks near Main Street and Sheridan Road, water lapped around picnic tables and upended trash cans as powerful waves — a light brown color from the stirred-up sediment — crashed over the rock berm on the shore. People in cars were pulling up to photograph the sight.

Lightfoot: Urgent need for pot spots

Aldermen didn't vote on first try at establishing sites

BY JOHN BYRNE

The city has to move forward with rules creating public spots where Chicagoans can legally smoke weed, Mayor Lori Lightfoot said Friday, but she wouldn't tip her hand about whether she will make changes to her plan after aldermen had problems with her first attempt.

The City Council license committee is set to reconvene Tuesday, after aldermen didn't vote this week on Lightfoot's plan to allow tobacco shops to get licenses to let them host cannabis smokers.

Lightfoot on Friday said the time to act is now, lest many residents be left with nowhere they can legally smoke the marijuana they purchase in the recreational dispensaries that opened Jan. 1.

"We have to have places for people to legally consume marijuana, particularly renters whose landlords are not going to let them consume in their residences," she said at a City Hall news conference. "So that was the whole thrust of carving out some spaces. We're going to take this step by step. But I think the first place to start, is with the tobacco places. These will be separate rooms with separate ventilation. The votes are there, and we'll bring it back up next week and get it done."

Lightfoot was noncommittal when asked whether she will amend the ordinance to address the concerns of aldermen who worry there won't be

enough such businesses on the South and West sides that will shell out \$4,400 for the on-site consumption licenses, or that cannabis dispensary owners will open their own tobacco stores next to the dispensaries that will turn into de facto weed party houses.

"(Aldermen) have given us some feedback, which we will take into consideration," she said. "But we do need to move forward, and it's just a question of when, not if. Because we have to give people a legitimate place where they can go and consume without worries about being evicted or something happening to them on the street. We'll see. We're taking into consideration the helpful feedback that we received, but we have to move forward."

Also Friday, Lightfoot said it's right for law enforcement to investigate after powerful former lobbyist Mike McClain, a long-time confidant of House Speaker Michael Madigan, referred in an email to a state worker who he said "kept his mouth shut" about "the rape in Champaign." The email, first reported by WBEZ-FM 91.5, did not include any other details.

The situation is about McClain, not Madigan, Lightfoot said when asked whether it will affect her ability to work with the House speaker in Springfield this spring. "Look, this is about Mike McClain and his actions," she said.

Lightfoot will need Madigan's help to pass an ambitious legislative package in Springfield that includes a graduated real estate transfer tax she wants for Chicago and changes to the tax structure for the city's proposed casino.



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OFFICE OF THE ILLINOIS SECRETARY OF STATE

'Rape in Champaign' email part of state probe

Sources: Possible link to inmate's early release focus of investigators

BY RAY LONG AND DAVID HEINZMANN

State investigators are looking into whether an explosive email that refers to keeping quiet about a "rape in Champaign" could be tied to an inmate who got out of prison early and then sexually abused a young girl, sources familiar with the probe told the Tribune.

The development comes after politicians from both parties spent last week calling for an investigation into the email, which was sent in July 2012 by Mike McClain, a close confidant of Democratic House Speaker Michael Madigan.

At the time, McClain was going to bat on behalf of Forrest Ashby, a longtime state prisons employee who was embroiled in a disciplinary case.

"For God's sake do not let this disciplinary meeting get out of hand. This man is a good compliance person, as I told you. The (attorney general's) office and the Sheriffs love working with him," McClain wrote to top aides of then-Democratic Gov. Pat Quinn. "He has kept his mouth shut on Jones' ghost workers, the rape in Champaign and other items. He is loyal to the Administration."

The email, which surfaced last week in a story published by WBEZ, comes as McClain, a former high-

powered Commonwealth Edison lobbyist, faces federal scrutiny as part of a wide-ranging government corruption probe.

The Illinois State Police said Friday that it would work with the state inspector general to investigate what's alleged in the email. The Illinois attorney general and the U.S. attorney's office also are involved.

On Saturday, a law enforcement source with knowledge of the investigation told the Tribune that officials are looking into whether McClain's "rape in Champaign" reference could involve the early release of prisoners under Quinn, who came under fire for the practice in 2010.

The source said investigators are looking at the case of Scott Wayne Thompson, who is being held at a state facility for sex crime offenders in downstate Rushville. Thompson received early release from prison and then was charged with and convicted of sex abuse, records show.

"I can confirm it is one possible scenario that is being looked at," the source said.

The Tribune examined sex assault and sex abuse charges in Champaign County in 2009 and 2010, and looked at inmates who were released early from prison.

Corrections records



E. JASON WAMBSGANS/CHICAGO TRIBUNE 2012
Lobbyist Mike McClain, center, appears outside House Speaker Michael Madigan's office at the State Capitol.

show that Thompson was sentenced to 2 1/2 years in prison for failing to register as a sex offender from a 1999 case in Piatt County, where he was convicted of aggravated criminal sexual abuse of a victim under age 13.

In addition to the typical day-for-day credit for time served, Thompson was given an extra 180 days of good-time credit 60 days into his sentence, said a senior administration official who has reviewed corrections records.

Thompson was released from prison on May 20, 2010, the official said. About three months later, Thompson was arrested on charges of sexual abuse of a minor, Champaign County court records show. Prosecutors said Thompson was alone with a 10-year-old girl at an Urbana home when the abuse occurred, the News-Gazette reported.

In February 2011, Thompson pleaded guilty and was sentenced to 3 1/2 years in prison, court records show. Other records show that in June 2012, Thompson was released to

the Illinois Department of Human Services, which runs a treatment and detention facility for sex offenders in Rushville.

At the time, Ashby worked at Rushville as a hospital manager, according to McClain's email to state officials. That meant Ashby potentially was in position to know about Thompson being admitted to the facility for the sex crime.

On Saturday, Ashby declined to comment. "I'm not at liberty to discuss," he said. "At this point, sir, I can't give you a statement."

As McClain tried to help Ashby in his disciplinary case by emailing top Quinn aides in 2012, the early release issue was a political liability for the governor.

Quinn had tried to cut costs by giving inmates accelerated good-time credit, and some of those who were released early went on to commit crimes, including murder. Quinn's opponents ran attack ads that nearly cost him both the primary and general election in 2010.

Quinn told reporters last

week that he didn't know about it, and the Quinn aides whom McClain emailed did not respond to requests for comment. McClain could not be reached Saturday.

Asked for further details about the state probe, the law enforcement source declined to elaborate.

"It is an ongoing investigation, and it would be inappropriate for me to comment on (any other) details of the investigation," the source said.

The disclosure of McClain's email led Democratic Gov. J.B. Pritzker to denounce the email "as horrific" and refer the matter to a state watchdog agency and law enforcement officials to find out if any wrongdoing was committed.

In 2018, Pritzker's campaign had hired Ashby as campaign consultant for "faith-based outreach" on what it said was McClain's recommendation. Ashby also got a contract with a state law enforcement training board that was suspended on Wednesday.

The McClain email also drew condemnation from lawmakers, including Speaker Madigan, who called the allegation in the email sent by his friend McClain "extremely serious and troubling."

"I had no knowledge of the incident referenced," Madigan said in a statement.

House Republican leader Jim Durkin of Western Springs called for a House panel to investigate and take testimony. Madigan denied Durkin's request,

saying Pritzker has assured him the matter had been referred to the appropriate authorities.

Rep. Kelly Cassidy, a Chicago Democrat, called on Champaign County State's Attorney Julia Rietz and the U.S. attorney's office to open an investigation and seek testimony from McClain and relevant members of the former Quinn administration.

Rietz said she had spoken to the attorney general's office Thursday afternoon and would be assisting the investigation to unravel the meaning of McClain's reference.

"Certainly, if there's a victim in my county I want to do everything I can to bring the perpetrator to justice," she said.

The email disclosure added to McClain's woes. Last week, McClain said federal authorities had asked him to cooperate in their government corruption investigation that includes his activities as a ComEd lobbyist.

The Tribune has reported that the FBI raided McClain's Quincy home in May. In November, the Tribune reported that authorities secretly recorded McClain's phone conversations. The Tribune also first reported that federal authorities have asked questions about Madigan and his political operation as part of their ongoing investigation, according to four people who have been interviewed.

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Thompson



Bill Conway, a candidate for Cook County state's attorney, speaks Thursday in front of the Cook County Building in Chicago.

Conway's campaign gets another hefty contribution from father

\$2.35M donation lifts total to \$5.5M for Foxx Dem foe

BY LOLLY BOWEAN

Democratic Cook County state's attorney candidate Bill Conway's wealthy father recently gave his campaign a \$2.35 million campaign infusion, bringing the total he's so far donated to his son's election efforts to \$4.85 million, state records show.

So far, William Conway's contributions to his son's run against Cook County State's Attorney Kim Foxx make up the majority of the approximately \$5.5 million Bill Conway has raised for his campaign, records show. William Conway is a billionaire co-founder of the Carlyle Group, a private equity firm based in Washington, D.C.

Disclosure of the latest donation came Thursday night, just hours after Bill Conway held a news conference to outline his ethics plan, during which he blasted Foxx for allowing

embattled Ald. Edward Burke to host a fundraiser for her previous run for state's attorney.

The senior Conway donated the money on Jan. 2, but it was posted to the Illinois State Board of Elections' website late Thursday night, records show.

News of the hefty donation comes just as the race is kicking into high gear.

Conway took swipes at Foxx on Thursday because Burke, the 14th Ward alderman now facing federal public corruption charges, held a fundraiser for her in 2016 at his home.

Foxx donated to charity the contributions that came directly from Burke, her campaign staff said. Her campaign kept other donations raised at the event, the Sun-Times has reported.

In response to Conway's slams, Foxx's team on Thursday called it a "hypocritical attack from a candidate who has taken (money) from his billionaire father's arms dealing empire that to this day is contributing to the violence we're

seeing around the world."

In addition to Conway, Foxx is also being challenged in the March 17 primary by former Chicago Ald. Bob Fioretti and former prosecutor Donna More. Two Republicans are seeking the GOP nomination: former Cook County Judge Patrick W. O'Brien and former county prosecutor Christopher Pfannkuche.

While Conway has gone after Foxx for her handling of the controversial Jussie Smollett case while he tries to link her to Burke, Fioretti has been challenging the signatures on her petition to try to get her kicked off the ballot.

On Thursday, Conway released his four-part plan to root out corruption. He also said he would refuse campaign contributions from property tax attorneys.

When questioned on Thursday about his father's financing of his campaign, Conway deflected. Among other things, the Carlyle Group has investments in the defense industry.

"My family has resources. I haven't been shy about that."

— Bill Conway, Democratic Cook County state's attorney candidate

"My family has resources. I haven't been shy about that," he said as he stood outside the Cook County Building. "I wish Mrs. Foxx would spend less time attacking my family ... and more time trying to get politics out of that office and getting corruption out of this city."

He refused to talk about his father's connections and relationships that helped his firm become prominent.

"I have never worked at that firm," Conway said. "I dedicated my life to public service."

Conway has raised millions of dollars, but the bulk of his campaign funding has come from his father.

In the last quarter of 2019, his father gave him three big donations — one for \$650,000; one for \$550,000; and another for \$800,000, records show.

Meanwhile, Foxx had more than \$757,000 on hand as of Sept. 30, records show. Since then, she raised more than \$544,000, records show.

Foxx has made criminal justice reform and the use of restorative justice practices a focus of her tenure. But it's been her handling of the Smollett case that has drawn national attention and given fuel to her toughest critics and opponents.

Smollett allegedly staged a hate crime and was charged with 16 counts related to hiring two men to pretend to assault him while using racist and homophobic slurs. Foxx later dropped all charges against the actor, who is famous because of his role on the series "Empire."

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Staffers removed at 2 CPS campuses

Investigations target Jones Prep and Lincoln Park

BY HANNAH LEONE

Two staff members at Chicago high schools have been removed from their respective campuses amid investigations into activity that had "recently come to light," according to emails sent to parents Thursday.

On Thursday, separate emails informed families of students at Lincoln Park High School and Jones College Prep that a staff member had been removed from their schools. Both emails began the same way: "The safety of your children is always our top priority, which is why I must inform you of a situation that has recently come to light."

Addressing the Lincoln Park boys basketball team families, Principal John Thuet said he'd been "made aware" that members of the team "took an overnight trip over winter break that was not a school sponsored event."

"The staff member who led the trip has been removed from the school, and the district is investigating this situation in accordance with CPS policy," Thuet wrote.

At Jones, an email from Principal P. Joseph Powers said there'd been "an allegation that one of our staff members engaged inappropriately with students" and that the employee was removed from the school.

The Office of the Inspector General is investigating, according to Powers' email.

Both principals' emails ended on the same note: "While I am unable to discuss details regarding the investigation, I am always available to discuss steps the district takes to keep students safe and matters related to your child."

Neither principal has responded to inquiries from the Tribune, and CPS officials did not provide additional information.

Jones is a selective enrollment school in Printers Row, while Lincoln Park is a neighborhood school with a performing arts magnet program as well as honors and International Baccalaureate programs.

hleone@chicagotribune.com

Burning through pot while Trump fiddles toward war



REX W. HUPPKE

America's most-beloved Week in Review was on hiatus over the holidays. But it's back, and I'm tasked with wiping the dust off the desk at What-the-(BLEEP) headquarters and wading into the weekly news trough to separate the good slop from the bad, asking, as always: "What the (BLEEP) just happened?"

Illinois is facing a pot shortage and I'm not mad, I'm disappointed: Recreational marijuana has been legal in Illinois for less than two weeks and dispensaries are already running out or running low, leading me to ask my fellow Illinoisans to please stop smoking all the pot.

Seriously. I haven't even had a chance to try legal weed yet, and already you dope-hogs are bogarting the doobage.

According to a report by my colleague Ally Marotti, "Illinois marijuana shops sold more than \$10.8 million worth of recreational weed in the first five days of sales."

That amounted to more than 271,000 purchases and some dispensaries have already had to stop selling recreational product.

Slow it down, people. How high do you need to be?

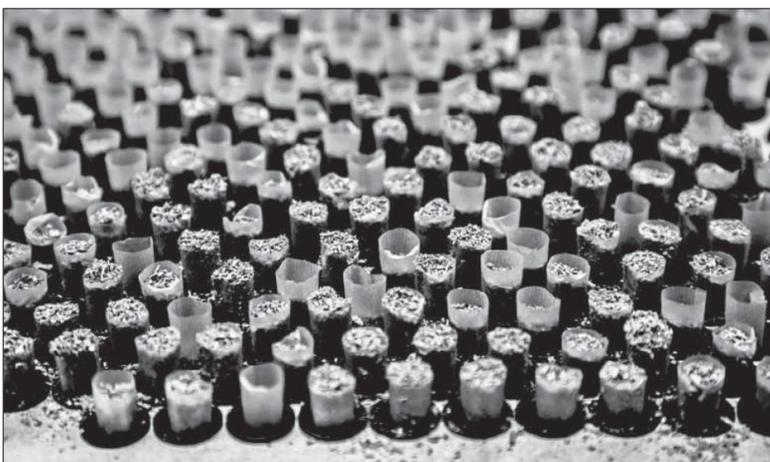
Pot-curious people like me, wondering if legal marijuana tastes different from the illegal marijuana we may or may not have tried in college, should have a chance to leisurely get around to buying some whenever we get over the paranoia of doing something that still feels like it should be illegal.

Iran fires missiles, Trump bellows, two Republicans find a spine: The Trump administration's explanation for the U.S. military strike that killed one of Iran's top commanders has been on par with throwing a pot of spaghetti at the wall and hoping a noodle or two will stick.

There were claims it was based on exquisite intelligence of an imminent threat, but the administration wouldn't share that intelligence, even with congressional lawmakers in a secure setting, leading to an event as rare as a unicorn sighting: a Republican critical of Donald Trump.

After a briefing Wednesday on justification for the airstrike, Republican Sen. Mike Lee, of Utah, said it was "probably the worst briefing I've seen, at least on a military issue, in the nine years I've served in the United States Senate." He and Republican Sen. Rand Paul said they support a resolution that would limit Trump's ability to take military action against Iran.

Careful guys, if you start sprouting spines, soon every Republican will want one.



ZBIGNIEW BZDAK/CHICAGO TRIBUNE

Marijuana joints are made at Cresco Labs in Joliet in December.

Insult-A-Columnist Holiday Food Drive ends, Rex apparently rocks: The Second-Annual Insult-A-Columnist Holiday Food Drive, which benefits the Greater Chicago Food Depository, ended on Dec. 31, and the results were awesome.

You kind and generous people expressed your opinion of me, via a RexStinks or RexRocks team, and donated more than \$100,000 to help people throughout Cook County facing food insecurity. That amounts to more than 300,000 meals, and it will help the food depository supply pantries and other programs throughout the year.

For reasons I don't fully understand, the RexRocks team won in dramatic fashion. The final tally was RexRocks \$57,076.03, RexStinks \$35,136.25. My

crippling insecurity will struggle to accept this outcome, but the market has spoken: I rock.

As promised, certificates for the top 20 donors from each team have been printed and are being sent to the kind folks at the food depository. They will mail the certificates out, and I'll cover all shipping costs.

Also as promised, I'll soon write a column extolling my amazement, and I'll post a video of me doing a horrifying celebratory dance outside the Tribune offices. It will be utterly sickening.

In the meantime, my sincere thanks to all who donated and spread the word.

Search warrants issued in Smollett special prosecutor investigation: The baffling Jussie Smollett case took a step toward

clarity — maybe? — as a Cook County judge ordered Google to turn over the former "Empire" actor's emails, private messages and other data to the special prosecutor investigating the case.

Per a Tribune report on two search warrants issued: "The warrants, filed last month in Circuit Court, sought a trove of documentation from Smollett and his manager's Google accounts — not just emails but also drafted and deleted messages; any files in their Google Drive cloud storage services; any Google Voice texts, calls and contacts; search and web browsing history; and location data."

Police believe Smollett staged an attack on himself. Smollett claims two Nigerian brothers involved in the alleged attack are homophobic and lied to police

about the attack being staged. And questions abound as to why State's Attorney Kim Foxx's office dismissed disorderly conduct charges shortly after Smollett was indicted.

The new search warrants, one would hope, will bring the truth closer to the light. Which would be nice, because this whole thing has been murky from the start.

Royal family has opening for new members: Prince Harry and Meghan Markle shocked the world by announcing they would "step back" from Britain's royal family and spend part of their time living in North America, prompting many to think: "If I'd known it was that easy to 'step back' from family, I would've done it years ago."

It's not clear where in North America Markle, an actress and Northwestern University graduate, and Harry, the youngest son of Prince Charles and the late Princess Diana, will be spending their time. And I don't care.

What matters is that the royal family consider me as a possible replacement for that ungrateful duo. Unlike them, I am perfectly comfortable being rich and not having to work, and I will dress up in whatever silly outfits are required.

If anyone at Buckingham Palace needs to reach me, my email is at the bottom of this column. God save the queen!

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BRIAN CASSELLA/CHICAGO TRIBUNE

The burglary of MOCA Modern Cannabis comes as the dispensary has been dealing with supply shortages of cannabis.

Cops: Pot dispensary burglary an inside job

BY ROSEMARY SOBEL AND ELVIA MALAGÓN

The burglary of a Logan Square cannabis dispensary shop Monday was an inside job, Chicago police said Friday.

"We do not suspect this was a random burglary," said head Chicago police spokesman Anthony Guglielmi in an emailed statement.

Additionally, Guglielmi said the shop reported

more than \$100,000 in cash was taken.

A MOCA Modern Cannabis spokeswoman said no one was available to comment on the recent developments about the burglary. A representative did not immediately respond to an email.

Just after 8 a.m. Monday, officers responded to a report of a burglary at the shop, 2847 W. Fullerton Ave., while the business was closed. The break-in started

at the side door, possibly with a person using a keycard, and the person then took off with cash from the shop, according to police.

None of the merchandise inside was taken during the burglary.

Early Friday, the shop tweeted it'd be open for medical and recreational patients, and in another tweet said it has a new waiting room that was in "full effect," for its patrons.

The burglary comes as

the dispensary has been dealing with supply shortages of cannabis.

The shop had planned to open Monday for only medical patients, but it later posted on its Facebook page that the shop would remain closed until further notice. Friday, the shop was scheduled to be open until 7 p.m.

No arrests have been made, said Officer Steve Rusanov, a police spokesman. Area Central detectives are investigating.

Rule changes move forward for police, ICE cooperation

Would require documentation of help request

BY JOHN BYRNE

A plan to require Chicago police to document requests for help from federal immigration officials moved forward Friday, setting the stage for the city to adopt new rules that fall short of the complete end to such cooperation that some aldermen and activists want.

Though Mayor Lori Lightfoot campaigned for mayor on a platform of closing loopholes in Chicago's Welcoming City Ordinance that allow police to provide information in some instances to U.S. Immigration and Customs Enforcement agents, she has not followed through since taking office in May.

The city is engaged in ongoing litigation against President Donald Trump's administration, which withheld federal public safety grant money from Chicago and other so-called sanctuary cities. To change the city's rules now by ending the carve-outs would jeopardize that lawsuit, according to the Lightfoot administration.

Instead, Lightfoot introduced an ordinance last month aimed at codifying limits on such cooperation and making sure there's a record of the interactions and requests from ICE for help. The mayor's office called the package "the first step in a longer process of strengthening the city's immigration protections, which must include eliminating exceptions to the Welcoming City Ordinance."

Nubia Willman, director of the city's Office of New Americans, said Friday that Lightfoot will act to remove the loopholes once the litigation is resolved.

Southwest Side Ald. Michael Rodriguez, 22nd, said he's confident the mayor will follow through. "We received a public commitment today," Rodriguez said. "We've received private commitments from the mayor that she's on board with ending the carve-outs. She campaigned on it, and the same is true for me. I campaigned on it, I publicly committed to it today. So

I'm going to hold myself accountable, and I know the mayor will as well, to work with us on the carve-outs once the litigation gets past us."

Chief of Patrol Fred Waller on Friday told aldermen that police no longer remain on the scene if ICE agents carry out immigration raids for non-criminal activities. Video of police watching immigration agents carry out a raid in September on the Southeast Side have alienated residents there, who now fear calling 911 to report crimes, according to Ald. Susan Sadlowski Garza, 10th.

Friday's vote sets up the full City Council to likely pass the changes next week.

Aldermen and activists have long pushed to fix what they said were the shortcomings in the Welcoming City Ordinance.

There are currently four factors that allow police to provide information about people living in this country illegally to ICE officials: when the people living in the U.S. without legal permission have outstanding criminal warrants; when they have past felony convictions or a pending felony charge; or when their names appear in the city's controversial gang database.

After her election, Lightfoot said she opposed the "knee jerk" closure of the loopholes because she wanted to take a more deliberative look at fixing the gang database.

Lightfoot did order the Chicago Police Department to deny ICE access to all the department's databases related to federal civil immigration enforcement, arguing that move addressed activists' concerns. But immigrant supporters said she didn't go far enough to eliminate the possibility of police cooperation.

Also Friday, the Health Committee approved the mayor's nomination of Alison Arwady to be city Health Commissioner. Aldermen had previously blocked Arwady's appointment because many were angry the mayor won't reopen city-run mental health clinics.

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At least 1,000 anti-abortion marchers rally in Loop

BY MADELINE BUCKLEY

At least 1,000 anti-abortion marchers shut down Loop thoroughfares Saturday afternoon, rallying from the Daley Center to the Congress Plaza Hotel in the annual March For Life Chicago, chanting and carrying signs such as "Abortion isn't health care."

The annual event, billed as "the Midwest's largest pro-life event," attracted a few dozen counter-protesters as the nation becomes increasingly polarized over Roe v. Wade, the landmark 1973 Supreme Court case that established a woman's right to terminate a pregnancy.

Crowds of people wore blue and white knit hats with the four stars of the Chicago flag and "March for Life" across the front. The event featured about a dozen speakers, including Dr. Karen Deighan, associate professor of obstetrics and gynecology at Loyola University Medical Center;

Pat McCaskey, vice president of the Chicago Bears; and U.S. Rep. Dan Lipinski, one of the few remaining pro-life Democrats in Congress.

The Chicago Police Department estimated the event attracted about 1,000 people, though an event spokesman said as many as 9,000 participated.

Speaking at the Daley Center, Lipinski referenced the cold and windy weather, with rain expected to turn into 2 to 5 inches of snow later Saturday.

"Nothing is going to stop the pro-life movement," he said to cheers from the crowd.

Maria Ignacio, a marcher visiting from California, said she "extra admires" the Midwesterners who participate in the winter March for Life event, rather than the much milder West Coast events.

"It's really cool to be out here with hundreds of people who believe what you

believe," she said.

But 18-year-old Chicagoan Katherine Simeon is used to the January marches, having come with her church for the past several years.

"We believe life is sacred," she said.

Mikal Mandichak, 18, said he did not attend for religious reasons but rather because he "loves living" and wants to give others the chance to do so.

Across the street, at the corner of Washington and Dearborn streets, the counter-protesters gathered with a large sign that proclaimed: "Trump Pence Out Now," chanting the same words.

Khandijah Green, 23, said she came out to stand on the other side because she believes women should have the right to choose when and whether they give birth.

She noted, though, that those rallying on both sides represent people likely to be set in their viewpoints.

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Michaels' concern for Lizzo's health misguided



HEIDI STEVENS
Balancing Act

Unless Jillian Michaels is holding a chart of Lizzo's bloodwork, she has no business speculating what diseases the pop singer is at risk of developing.

"Why are we celebrating her body?" Michaels asked Alex Berg, host of "AM to DM," a BuzzFeed News morning show. "Why does it matter? Why aren't we celebrating her music? 'Cause it isn't going to be awesome if she gets diabetes."

Her comments, understandably, struck a nerve.

The interview took place Wednesday morning. By Thursday morning, the "AM to DM" clip had been watched close to 3 million times.

The short answer is we are celebrating her music.

The longer answer is we're also celebrating her body, because her body is such a gorgeous, glorious part of her music. She struts on stage and spends hours dancing and running in heels and playing the flute while twerking and pulling off feats that most of us couldn't muster for a minute and a half.

We're also celebrating her body because she celebrates her body. And her body doesn't look like the bodies that usually get celebrated in this culture — the bodies we put on billboards and magazine cov-

ers and runways and red carpets and commercials for tropical vacation destinations and jewelry stores and lingerie stores and all the other consumer goods and services that signal love and worth and appeal and acceptance. Lizzo's body type doesn't get a lot of love in this culture. So she piles love on it herself.

That's worth celebrating, because it gives her fans and followers permission to define their own self-worth and cherish their bodies for what those bodies accomplish and where those bodies take them and how those bodies feel.

Michaels sees it differently.

"I'm just being honest," she said in Wednesday's interview. "I love her music. My kid loves her music. But there's never a

moment where I'm like, 'I'm so glad that she's overweight.'"

Michaels, a personal trainer and the former host of NBC's weight-loss show "The Biggest Loser," makes her money selling a certain body type — taut, toned, compact. It boosts her bottom line to disparage bodies that don't fit that mold.

But her concern for Lizzo's health feels phony.

For starters, it's worth noting that Michaels has been sued multiple times for endorsing diet cleanse supplements that consumers allege were ineffective and harmful.

Beyond that, it's disingenuous to pretend you can diagnose a person's risk factors simply by looking at them. Lizzo's blood sugar may very well be perfectly

fine. A person half her size may very well have dangerously high levels. Same goes for cholesterol and blood pressure and triglycerides. Her ability to dance and run and sing and play flute simultaneously on stage certainly implies an impressive level of physical fitness.

But we're not really talking about her health, are we? We're talking about her looks.

We live in a culture obsessed with an extremely narrow set of beauty standards. And shaming people for their weight lets the beauty gatekeepers criticize people's appearance under the guise of caring about their health. You don't see health gurus sitting on BuzzFeed morning show coaches wondering whether pop stars wear

seat belts or bike helmets or sunscreen or live around secondhand smoke or visit tanning salons or have been tested for the breast cancer gene. Those risk factors aren't so sexy to speculate about.

Weight, though? Weight is fair game. Millions upon millions are made demonizing and dehumanizing bodies that have been deemed too large. Lizzo appears to be having none of it, and that is infinitely worth celebrating.

Join the Heidi Stevens Balancing Act Facebook group, where she continues the conversation around her columns and hosts occasional live chats.

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Suicide

Continued from Page 1

had used a school iPad to research suicide, leading them to believe that he was thinking about his death. They were heartbroken at what they believed was a missed opportunity for intervention.

"We thought we couldn't be hurt any worse, but this was pretty close," his mother said.

The iPad had been kept at St. Clement, a school in the Lincoln Park neighborhood that is overseen by the Archdiocese of Chicago. The Deelys received two weeks of search history from the school that showed that Gabe had researched bullying, along with suicide. He had also accessed sexually inappropriate content that should have been blocked.

"Many parents monitor their kids' devices. I did," Deely said. "I just assumed the school was too."

The Deelys said that after they obtained the two weeks of search history for the iPad, they got a lawyer involved because they wanted the iPad with full search history from the school or the archdiocese. The school's principal and vice principal told them they had to communicate with the archdiocese lawyers, with whom they negotiated to receive the search history. A letter Carol wrote to Cardinal Blase Cupich went unanswered.

"Their actions compounded our grief," she said. "They were more interested in protecting themselves than protecting children."

A spokeswoman for the archdiocese in December declined an interview and did not answer specific questions. In a statement, the spokeswoman said archdiocese schools "are required to implement systems to ensure it is not used to access digital content inappropriate for students," and that St. Clement had met that requirement.

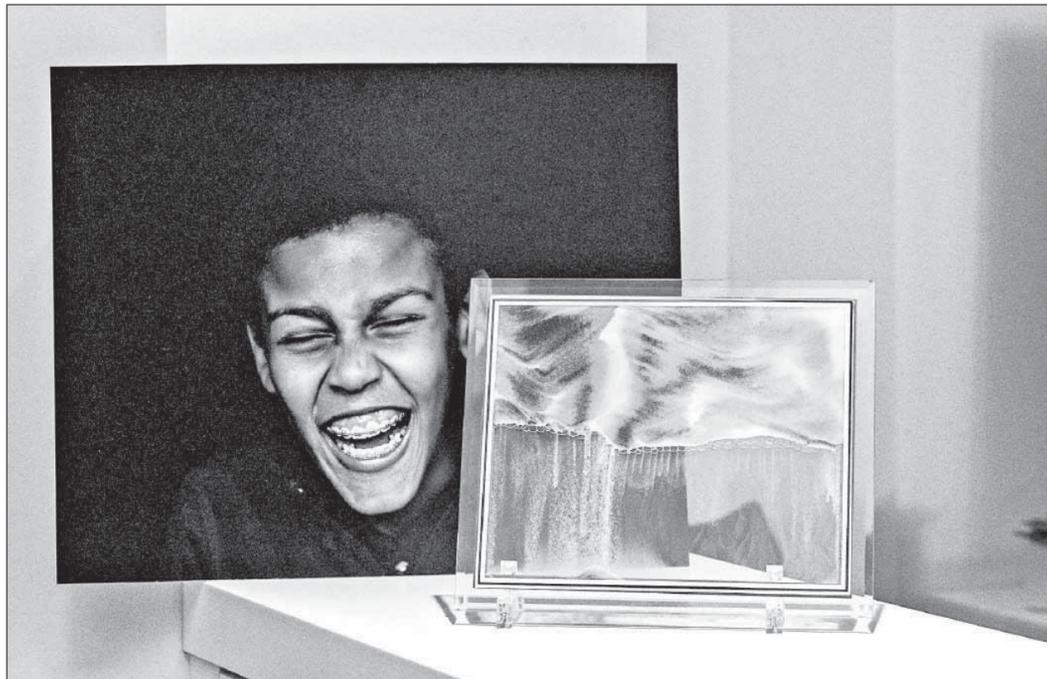
Now, Carol Deely is on a mission to encourage schools and parents to use technology-monitoring software that would alert adults if children search for certain keywords, like suicide or guns. The technology grew popular after the Parkland, Florida, school shooting.

She founded a nonprofit organization, Gabriel's Light, to raise awareness for the issues and work with schools on monitoring their technology. Deely is also working on including educational programming related to bullying. She said she is seeking to obtain 501(c)(3) status for the organization. In the meantime, the group has set up a fund through the Chicago Community Trust, which partners with local organizations, to handle donations.

"You have to be diligent. If you're going to give a child a device, it's your responsibility," Deely said.

'So cheerful'

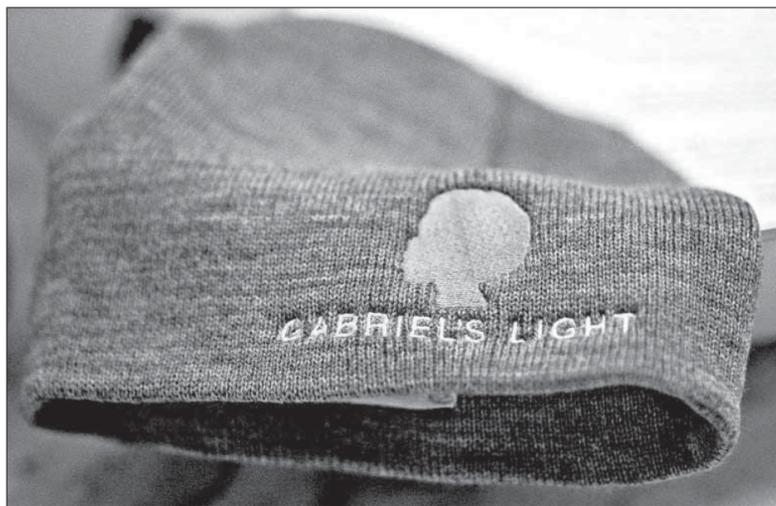
Carol Deely had her third child as she neared 40, but she and her husband, Brendan, wanted to continue expanding their family. So they adopted Gabe in 2006 through an agency that facilitates adoptions in Ethiopia. His middle name, Chufamo, was his Ethiopian



A photo of Gabriel Deely is displayed in his family's home. Gabriel, who took his life in 2018, loved the color orange.



Carol Deely picks up a picture book featuring her son, Gabriel, in her Lincoln Park home.



A hat features the logo for Carol Deely's organization, Gabriel's Light, a nonprofit founded late last year to work with schools and parents to help them use monitoring technology.

birth name.

He was their first boy, joining a family of three girls, then 6, 4 and 3 years old. Later, the Deelys adopted their fifth child, another boy, from Ethiopia.

Gabe was born in July, and the Deelys brought him to their Chicago home just before Christmas. That first holiday, they were jet-lagged and tired with an infant, but they celebrated with family members and made it to Mass at St. Clement Church, where Carol and Brendan were married in 1996.

Gabe grew into a little boy who liked to make people laugh. He played basketball and other sports, mostly for the socializing. He was never competitive, his mother said. He liked acting and singing, often participating in school plays.

"He had this super cute smile," Deely said. "It was

hard to get mad at him."

They visited Ethiopia several times, and Gabe met his birth family. They learned he looked a lot like his birth mother. He was once the model for a picture book about adoption. Around 5 years old then, he smiles from the cover of the book, his mouth open as if he was talking. The book is now propped on a coffee table in the family's living room.

"He was just so cheerful," Deely said, crying softly in her home, decorated throughout with touches of orange, Gabe's favorite color. "We had such a close family."

Suicides among children

The winter that followed Gabe's death on Nov. 14, 2018, was a blur. The other four children dropped out of

their activities. One of Gabe's sisters wore the same outfit to school every day, until a teacher asked her if she needed money for new clothes. They did family therapy and individual therapy.

"What was the first thing that made us happy again?" Deely wondered, months later. "I can't remember."

Though still struggling, the family is improving slowly, having survived all the "firsts" of the first year, like his birthday, and the first Christmas without him.

Children can understand the concept of suicide around the age of 7, said Jonathan Singer, a professor of social work at Loyola University Chicago and president of the American Association of Suicidology. The youngest suicidal client he has had was 4.

"There is some research to suggest kids that age

understand suicide better than they understand the concept of death by itself," he said. "It's easier for them to think about doing something to themselves that results in their death rather than just some abstract concept of dying."

The number of young children dying by suicide remains a small proportion of total suicide deaths, making it difficult to study and determine patterns, Singer said.

In Cook County, there have been more than 2,300 suicide deaths since 2015, according to data from the medical examiner's office. Of those, 68 were minors younger than 18, and 14 were children younger than 13. The youngest reported suicide victim in Cook County since 2015 was 10.

But a study by the Centers for Disease Control and Prevention published in October found that the suicide rate among young people aged 10 to 24 rose from 2007 to 2017, even as it held steady in an earlier period from 2000 to 2007.

'He was thinking about it'

When their examination of their home technology yielded nothing, the Deely family was still trying to understand what happened. So about two weeks after Gabe died, the St. Clement principal and vice principal came to their home at the family's request.

They said they would hand over the iPad and help in any way they could, Deely said. Later, though, they told the family the archdiocese's legal department said they couldn't release the iPad, and the administrators stopped communicating with the family, Deely said.

Then, as the Deely family was facing their first Christmas without Gabe, they received the two-week search history from St. Clement, Carol Deely said. They learned he had used the school tablet to research suicide. Later, they received a death certificate from the Cook County medical examiner's office that listed the death as a suicide.

"He was thinking about it," Deely said of the suicide. "How could we have missed it?" she said, beginning to cry.

Deely had signed an agreement when the school issued the iPad that said the school monitored it. She

Need help?

For 24/7 help, call the free and confidential National Suicide Prevention Lifeline at 1-800-273-8255.

said she later learned from school administrators that they only individually monitored iPads if they had reason to be concerned. She also noted that her son had accessed inappropriate content that should have been blocked in a school.

She worried about the contagiousness of suicides. If another student was using the school's devices to plan a suicide, the school would not know. Parents might have a false sense of security, believing school devices to be monitored.

When asking experts for best practices in monitoring her youngest son's technology use, she learned about a company called Bark, which sends parents and schools alerts when someone uses certain search terms. She pays \$9 a month to use it for her family devices. Schools can use it for free. The monitoring technology is used in 155 public school districts, or private or charter schools in Illinois, 45 of which are in the Chicago area, according to a Bark spokesperson.

If someone searches suicide, for example, Deely gets an alert with suggestions on ways to handle it.

"It takes the monitoring away from a teacher or parent who would have to look through stuff," Deely said.

The technology is most often used by schools to identify risks related to school shootings, though some of the monitoring software is still a work in progress, Singer said. He noted an example where a school was flooded with warnings after a bomb cyclone went through the area because students' use of the word "bomb" triggered the alerts.

Schools also need to ensure they have the proper staff and expertise for screenings and intervention in order to react appropriately when they get alerts from the technology.

"They need to set that up in advance," he said.

Still, using technology to aid in suicide prevention is the way of the future, he said.

"We will be using technology moving forward as a way of identifying and responding to youth suicide risk," Singer said.

As time has passed, the Deely family has slowly emerged from the raw freshness of their grief. It's a bittersweet feeling. Deely is relieved the family has survived the first year, but the more time that passes, the longer Gabe has been gone, which hurts too.

The family wants something positive to come from their experience, so they founded the nonprofit, Gabriel's Light, late last year in order to work with schools and parents to help them use monitoring technology.

One suburban school they have worked with had the monitoring technology but realized it was not set up properly. The school corrected it the day before Thanksgiving, Deely said, and received an alert about a student. A social worker was able to intervene.

"That's the type of thing we want to do," she said.

NU students' citations at Sessions protest tossed

By GENEVIEVE BOOKWALTER

Evanston officials dropped all charges Thursday against five Northwestern University students who police cited for disorderly conduct in connection with the November protest of a campus presentation by former Attorney General Jeff Sessions.

The announcement came at a municipal court hearing Thursday at Evanston's Lorraine H. Morton Civic Center. City Attorney Michelle Masoncup declined to comment on the decision to dismiss the citations.

The students said they were surprised and relieved at the city's decision, even though they still face disciplinary measures from Northwestern officials.

"I didn't expect it," said student Kelsey Phalen, 23, about the city's decision.

Ross Patten, 21, said after the hearing that he was "feeling good."

"It's been an immense amount of stress," said Patten.

Attorney Molly Armour, one of the lawyers representing the five students, said they received a total of 11 citations for disorderly conduct following an investigation after the protest.

Northwestern officials said in a statement Thursday that "the University is following the agreed upon process between the City of Evanston and Northwestern. Now that it is a civil matter, it is up to the City of Evanston to handle the matter as it deems appropriate."

The citations were issued after the former attorney general came to Northwestern Nov. 5 at the invitation of the College Republicans.

According to the Daily Northwestern, about 150 people protested the event, some climbing through open windows and pushing through doors to interrupt the speech.

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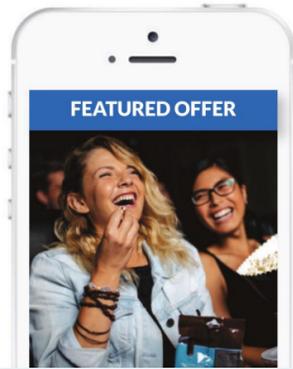
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CLIMATE CHANGE GREAT LAKES, HIGH STAKES

‘Period of extremes’

Lakes, from Page 1

houses were sitting on dry land.

In 2013, Lake Huron bottomed out, hitting its lowest mark in more than a century, as did Lake Michigan, which shares the same water levels, according to data from the U.S. Army Corps of Engineers and the National Oceanic and Atmospheric Administration. Around that time, the lake withdrew so far from the shore around Engle’s resort — then a collection of 12 rustic cabins and three docks — that mud was all that remained beneath his boathouse.

In just 3 1/2 years, levels rose more than 4 feet and last summer peaked at nearly 6 feet above the record low.

“We’re living in a time period of extremes,” Engle said, looking out at a waterfront that has morphed into a graveyard of flotsam. “If you look at what’s happened in the last five or six years, it’s kind of scary. Very scary. And it’s out of our control.”

In a special report on climate change, the Tribune is visiting each Great Lake to discover how communities are evolving.

Nowhere is coastal volatility more evident than Lake Huron, home to 30,000 of the Great Lakes’ 35,000 islands and its longest shoreline. Commerce, ecology and recreation all suffer the consequences of the erratic highs and lows of the lake.

Lake levels are governed by precipitation, runoff and evaporation, an equation that’s extremely difficult to forecast over six months, let alone over several decades, according to scientists. But foremost researchers on Great Lakes hydrology say they believe climate change is contributing to these steep swings between lows and highs, and could become more pronounced in the future.

“There’s no way we can heat the Earth, change the moisture budget and not expect it to have an impact on the lake levels,” said Richard B. Rood, a professor in University of Michigan’s Department of Climate and Space Sciences and Engineering.

Climate change is amplifying variability in lakes that are naturally predisposed to fluctuation. Unlike lakes Ontario and Superior, which are regulated by dams and binational regulatory boards, lakes Michigan and Huron, measured as one body of water because they are connected at the Straits of Mackinac, have no such controls and consequently have experienced the greatest variation from record low to high in the Great Lakes.

“I think it’s reasonable to expect in the next 10 to 30 years, perhaps longer, one of the main outcomes of climate change might be more variability, higher highs and lower lows,” Rood said.

Scientists say human activity is changing the planet’s climate faster than at any point in modern civilization, heralding costly and, in some cases, life-threatening consequences in every region of the country, according to NOAA’s comprehensive 2018 report on global warming.

As the amount of heat-trapping greenhouse gases has spiked over the past century, the Earth’s warmer atmosphere is capable of holding additional moisture, which scientists say is resulting in more frequent and severe storms. Across the Great Lakes region, precipitation has increased 14%, and the frequency of heavy storms has risen 35% since 1951, contributing to widespread flooding. In the past two years, the states of Michigan, Wisconsin, Indiana and Ohio each have endured a string of 12 consecutive months that have been the wettest in 124 years.

Water has filled the Great Lakes to the brim, affecting the entire region, from the most famous island in the Great Lakes — Mackinac Island, where parts of its 8-mile bike path and walking trail have been closed due to powerful waves — to the lesser known but just as picturesque Les Cheneaux Islands (pronounced lay-shen-no and meaning “the channels” in French).

Twenty miles east of the Straits of Mackinac, the rugged and heavily wooded shorelines of Les Cheneaux Islands serve as a major migratory pathway for birds. They are home to some of the most pristine wetlands in the Great Lakes, serving as a vitally important fish habitat. Myriad wildlife traverse the rugged terrain, including black bears, gray wolves, beavers, muskrats and minks. And, tourism is the bedrock of many communities. The full-time population of around 2,000 people triples in the summer.

Here, it’s just as common, if not more so, for visitors to arrive by boat rather than by car. For locals, it is a rite of passage for children as young as 10 to learn to captain a

boat. The area is known for its collection of antique wooden boats, specifically the sleek, mahogany Chris-Crafts of the early 20th century.

But the area is beholden to water.

An economic rise and fall

On a misty weekday morning, the serpentine waterways of Les Cheneaux Islands were covered by a veil of ice. Chad Cortes and his crew threw on heavy-duty canvas coveralls over multiple hoodies and cast off into the solitary waters.

Cortes, owner of North Shore Docking, keeps a full calendar. He constructs docks over the summer and chops timber in the winter. On this day, he was clearing a passage through the ice.

A pontoon boat attached to a steel barge became a makeshift ice breaker. The water was still, save for the hum of the boat motor and the crackling of ice as they wended through Snows Channel. The signs of devastation were all around them.

The water lapped precariously close to the exclusive Les Cheneaux Club, established in 1888 as the meeting place of the area’s pioneering families, on Marquette Island. Alligator Island was virtually submerged, with only treetops sprouting above water.

Pointing to a home where water encroached the backyard, Cortes said the owner had considered installing stone barriers for protection. However, those plans have been dashed. Once land is covered with water, according to state and federal law, it’s no longer private property — it’s a public thoroughfare.

“Right now, he’s in the process of trying to apply for permits to protect his yard, but the Corps of Engineers and the (state of Michigan) say that’s no longer his yard,” Cortes said. “For 30 years, it was his yard, and it’s not his property anymore.”

Most docks in the Les Cheneaux area are crib docks, sturdy structures built on top of wood-framed boxes filled with large stones. When lake levels fluctuate, these docks may need to be raised or extended.

In recent years, many property owners have transitioned to the more expensive and less durable floating docks. These hybrid structures are solidly anchored to the shoreline like crib docks, but the majority of the structure rests atop a buoyant platform that rises and falls with the water.

Regardless of the choice of dock, property owners are often left waiting. Obtaining required permits from the Army Corps could take several months. And even when plans are rubber-stamped, the handful of local dock companies are booked for more than a year.

This year alone, Cortes’ four-man team installed around 35 temporary stake docks and 10 crib docks.

“It’s definitely made for the busiest year of my life,” he said. “We’ve seen every company in town, whether its construction or docking, just swamped with work.”

Though Lake Huron’s levels peaked for the year in July, dock builders like Cortes are expecting a lot more work in 2020 as the water has remained uncharacteristically high into the winter months.

Lake levels are expected to top monthly records in January and February, when ice cover in the Great Lakes is generally at its highest. The combination of high water and ice, Cortes said, is a recipe for shoreline damage.

When water freezes and turns into ice, it expands and drives into the shoreline. Sturdy dock posts and cribs can typically withstand these forces. But when water levels creep up to the walls of boathouses or the planks of docks, the ice can push and pry them from their mooring.

This was the very process that formed the Great Lakes as glaciers gouged rock and soil during the last ice age, which began about 2 million years ago and culminated in melting snow and ice filling these pockets with water.

Rhythm of the water

By this summer, Engle only had one permanent dock left where guests could tie up their boats, and it barely stood above water. Built in the early 1900s, the storied, wooden dock had welcomed steamboats carrying visitors from Mackinac City at a time when most could only arrive to the cloistered lakefront community of Cedarville by boat.

The stalwart landing had withstood decades of capricious lake



A dock of a boathouse at Snows Channel at Les Cheneaux Islands has been dismantled or washed away.



Robert Smith, president of Les Cheneaux Watershed Council, gazes at the lake near his home in the Upper Peninsula of Michigan on Nov. 20. “You’re living on the lake, on the lake’s terms,” he said.

5 facts many may not know about Lake Huron

It’s the “forgotten” Great Lake: Lake Huron is often overlooked compared with the other four Great Lakes. Superior has a reputation as the coldest, deepest and largest. Lake Erie, the warmest and shallowest Great Lake, is a world-renowned fishing ground. Ontario, bookended by the Niagara Falls and St. Lawrence Seaway, is the gateway to the ocean. And, at Lake Michigan, tourists flock to Chicago for its remarkable skyline along the shore.

Despite its remarkable size and pristine waters, Huron has been referred to as the “forgotten” or “orphaned” Great Lake because it lacks some of these distinguishable features.

It has 30,000 islands: The Great Lakes have 35,000 islands. Of these, 30,000 are in Lake Huron. The majority are sprinkled in Canada’s Georgian Bay. Perhaps the most famous island — not only in Huron, but in all of the Great Lakes — is Mackinac Island, the site of sacred grounds for Native Americans and a historically significant battleground from the War of 1812. Manitoulin Island is the largest freshwater island in the world and home to six First Nation tribes.

It’s the clearest Great Lake: When invasive zebra and quagga mussels arrived in Lake Huron, they filtered out microorganisms at a rapid clip. A 2017 study by the Michigan Tech Research Institute revealed Lake Huron has surpassed Lake Superior in clarity due, in part, to the introduction of the mussels.

It’s home to “Shipwreck Alley”: There are 14 federal marine sanctuaries in the United States. The only one in the Great Lakes is in Lake Huron. Thunder Bay National Marine Sanctuary is a 4,300-square-mile preserve near Alpena, Michigan, that holds the remains of 100 known shipwrecks. A combination of rocky shoals and treacherous weather earned the area the nickname “Shipwreck Alley.”

It’s connected to Lake Michigan: Because lakes Michigan and Huron are connected at the Straits of Mackinac, where water oscillates back and forth, scientists recognize them as one lake — the world’s largest by surface area.

— Tony Briscoe

levels, storms, drought and harsh Michigan winters. An October storm destroyed it.

Now Engle fears it’s only a matter of time before vacationers go elsewhere.

“They know what’s going on, but are they really going to come back year after year if they don’t know if they’ll have a place to tie their boat? Not knowing if the beach is washed out, not knowing

if you can take a walk down here and keep your feet dry. It really does have an effect on our business.”

A limestone quarry is the largest employer. A casino in the neighboring community supports a fair number of jobs. There’s also work in timbering and selling lumber in the densely forested outpost (how Cedarville earned its name). But the vitality of the community

depends on tourism, according to Elliot Nelson, an educator with the Michigan Sea Grant.

“Tourism is the lifeblood of the community,” Nelson said. “So water levels like this impact everything up here. It’s not just ‘I can’t get to my summer home.’ It’s, ‘My whole resort that I make a living off of is flooding, and there’s not as many people coming.’ And less people come up during the sum-

“Tourism is the lifeblood of the community. So water levels like this impact everything up here. It’s not just ‘I can’t get to my summer home.’ It’s, ‘My whole resort that I make a living off of is flooding, and there’s not as many people coming.’ And less people come up during the summer, and the grocery stores are suffering.”

— Elliot Nelson, an educator with the Michigan Sea Grant



ZBIGNIEW BZDAK/CHICAGO TRIBUNE PHOTOS



A storm washed out a Mackinac Island road in Michigan on Nov. 22.

it over the winter.

“We made it through ’86 water, and we will make it through this situation,” Kloster said.

Hard to pin down

Gauging lake levels — the balance of water flowing in and leaving — sounds simple. But it’s a complicated equation for scientists to project.

Annually, the lakes start to rise in the spring as melting snow and rain pour into the Great Lakes and the many tributaries that feed into them. As the year progresses, warmer temperatures also cause lake water to expand, and levels generally reach their peak over the summer. The Great Lakes begin their seasonal decline in late fall and early winter when cold air rests over warm water, a time when high rates of evaporation can be seen as fog steams above the surface.

While these seasonal processes are routine, the degree of rise and fall hinges on which factors — precipitation, evaporation and runoff — dominate.

With climate change, precipitation patterns are expected to remain wildly unpredictable.

For every degree of temperature rise, the atmosphere can hold 4% more moisture, meaning there’s a potential for greater precipitation. Scientists are confident this has contributed to heavier bursts of rainfall and runoff in the Great Lakes region, perhaps heralding a wetter future.

Because they exchange water at the Straits of Mackinac, lakes Michigan and Huron share the same water level, and, together, scientists recognize them as the world’s largest lake by surface area. This sprawling lake surface — larger than the state of Pennsylvania — gives lakes Michigan and Huron an enormous area to catch the boosted rainfall the region has experienced over the past century.

“Precipitation anywhere in that surface area is going to add to that lake volume,” said Eric Anderson, a scientist with NOAA’s Great Lakes Environmental Research Laboratory. “And if you have a drought, you’re opening up the whole surface for evaporation.”

In addition, Huron, by itself, has the largest drainage basin — the area of land containing creeks, streams and rivers that flow into the lake. This makes it especially susceptible to abnormally wet conditions.

The Lake Michigan-Huron basin, in particular, has been seeing extensive storm patterns, University of Michigan professor Rood said.

“This has been magnified over historic times of wetness and flood, because heating due to climate change has provided more moisture for those storms,” he said. “It has to do with their locations, but ultimately it has a lot to do with the availability of water that would have a direct influence over the basin.”

But more intense storms don’t necessarily equate to overall higher long-term precipitation. In fact, research suggests these erratic downpours could be interspersed with prolonged drought, which supports the theory that lake levels may undergo more dramatic swings.

From the late 1990s to the early 2010s, when a strong El Niño weather pattern left the Midwest in the throes of crippling drought and heat waves, low lake levels were the prevailing narrative.

A warmer climate favors lower lake levels because higher temperatures increase evaporation. And, once that moisture rises into the atmosphere, it’s anyone’s guess where it will fall as precipitation. This is why water availability is among the hardest trends to predict.

Lately, evaporation has also been hard to pin down because of highly variable ice cover.

In the past decade, the polar vortex phenomenon has visited the Great Lakes at least three times, essentially flash freezing the lakes and preventing evaporation. The Arctic is warming twice as fast as

anywhere on the planet, and some scientists believe that warmer global temperatures are causing the polar vortex, the whirlpool of bitterly cold air perched atop the North Pole, to destabilize and spill into the Midwest and Northeast more frequently.

From 1973 to 2010, Great Lakes ice cover declined an average of 71%, but back-to-back polar vortex winters between 2013 and 2015 were the catalyst for resurgent water levels in lakes Huron and Michigan.

In March 2014, ice covered 92% of the Great Lakes, the most in 40 years. Because ice reflects sunlight, it keeps water temperatures low and, by blanketing the surface, prevents evaporation.

But that pool of cold air resting over the Arctic is dwindling. Though it may provide sporadic episodes of bone-chilling weather, it could eventually vanish, Rood said.

Once it does, Rood said that could pave the way for a long-term decline in lake levels.

Polar opposites

While many millions of dollars have been spent in big cities like Chicago to protect and repair stretches of lakefront, small towns like Cedarville don’t have that luxury. In the Upper Peninsula, the small population gets less attention, and state and federal assistance is scarce.

It’s also a region where residents pride themselves on self-reliance. During Lake Huron’s record highs and flooding in 1986, Mark Clymer, supervisor of Clark Township that includes Cedarville, recalls state aid was limited to the distribution of sand bags — without sand.

While devastation from the lake was considerable then, the extreme lows and highs of the past decade came at an especially vulnerable time on the heels of the Great Recession.

Many places in the Upper Peninsula, including Cedarville, had a longer road to recovery than most of the country. Clymer said financial woes prevented some residents from raising their docks and performing other work that would’ve insulated them from rising lake levels.

By the time real estate prices began to rebound and the economy started to perk up, residents were gobsmacked by a meteoric lake level rise that wrought widespread damage, complicating rebuilding efforts.

Clymer’s township was one of five northern Michigan communities given a grant to brainstorm how to cope with lake level extremes and increasing storm intensity, among other climate change challenges.

In recent months, public officials and residents have laid out a number of pressing concerns, including erosion, water quality and infrastructure. Perhaps the greatest challenge is identifying who’s responsible for the damages.

“It’s more so about, who’s going to pay for the improvements,” Clymer said. “The insurance companies, the government or the people that own the property? There isn’t an easy answer. It’s only in a time of crisis like this that people open the hood and say, ‘Oh jeez. Maybe I should’ve changed the oil after 5,000 miles.’”

Forecasts by the Army Corps and NOAA anticipate Lake Huron will remain at near-record highs again this summer.

This raises the question: How does a community dependent on the lake persevere when it has to deal with extreme lows and extreme highs?

Clymer isn’t sure there is an answer.

“One of the buzzwords out there is ‘adaptive management,’” Clymer said. “To me, those are polar opposites. You are either adapting to something or managing it. When you smush them together, it’s a train wreck.”

“Management is about control,” Clymer continued. “Adaptability is about letting go of control and allowing things to unfold.”

About this series

Tribune reporter Tony Briscoe is reporting from each of the Great Lakes to reveal how climate change is creating new threats to the planet’s largest system of fresh water. In Part Two, Briscoe visited Lake Huron.

Today: Homeowners near the Great Lakes face a ‘very scary’ challenge: How do you handle a generation’s worth of water level changes in just a few years?

Next: The native Americans of Manitoulin Island explain the importance of water to their culture and their efforts to protect it.

Part One about Lake Erie examined how algae blooms are making the shallowest Great Lake more toxic. To read Part One, go to chicagotribune.com/news/environment/great-lakes/

This series received financial support from the Pulitzer Center’s Connected Coastlines initiative. For more information, go to pulitzercenter.org/connected-coastlines



Boathouses separate from docks in the rising waters in Snows Channel at Les Cheneaux Islands on Nov. 20.



Boats are constructed at the Great Lakes Boat Building School in Cedarville, Michigan, on Nov. 21.

mer, and the grocery stores are suffering.”

Because much of the shoreline is sheltered, the Les Cheneaux waterways are known for their remarkably placid waters. Even when storms stir up waves on the outer banks of the islands, the channels remain mostly calm.

However, the community has always moved with the rhythm of the water. And both past and present residents have described the mysterious way the water swiftly rises and falls, not only seasonally or over the years but in a matter of hours.

Claude Dablon, a Jesuit missionary who lived in Cedarville in the mid-17th century, brooded over the phenomenal oscillation in historical records.

“Inconvenience arises from the tides, concerning which no fixed rules can be given. ... We have at times noted such irregularity — in this action, and again such precision, that we cannot yet pronounce upon the principle of these movements, so regular and again so irregular.”

Today the water still behaves

irregularly.

One November morning, less than a mile downstream from Engle’s resort, a surreal sight greeted passersby: a boathouse drifting in the tranquil waters. The night before, an unexpected rise buoyed water levels roughly a foot, contorting an 80-foot pier and unmooring the building.

Still, mainlanders, like Engle, have reason to be grateful.

Peering out at Dollar Island, a tiny spit of land in the middle of Snows Channel where water has sidled up to the frame of a house, Engle wondered about his neighbor. For Kenneth Kloster Sr., there is no inland retreat.

“He’s in real trouble,” Engle said.

But Kloster was unperturbed as he recalled how he lucked into his unique home.

While vacationing at a colleague’s home on nearby Marquette Island in the summer of 1981, Kloster noticed a man nailing a sign to the Dollar Island boathouse. He hopped into his powerboat and cruised over.

“And lo and behold, there it was:

a for sale sign,” Kloster recalled. “Three days later, I owned it. That was meant to be. It was a million-to-one chance that would happen.”

A number of tales surround how the island got its name, but according to records, the federal government sold the island in the 1800s for a dollar. Kloster insists it was named for a fur trader who lost the island in a wager that was settled for a dollar.

For nearly four decades, the island has been Kloster’s slice of paradise. He treasures the sights and sounds of boats passing by between Cedarville and the neighboring town of Hessel, and the remarkable stargazing.

But the lawn with the firepit is underwater. “The cave,” an outdoor domelike structure where Kloster once told his children scary stories, has been flooded. And the gazebo attached to the house by a walkway has been weighted down with large stones to keep it from drifting away.

Despite the circumstances, Kloster is an ardent optimist. He’s living in the home and renovating

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EDITORIALS

CHICAGO FORWARD YOUNG LIVES IN THE BALANCE

A call to action to reach Chicagoland's disconnected youth

This isn't a new problem. In the 1890s, Chicago social reformer Jane Addams tackled it by building one of the nation's first playgrounds. She had determined that "children robbed of childhood were likely to become dull, sullen men and women working mindless jobs, or criminals for whom the adventure of crime became the only way to break out of the bleakness of their lives." Childhood play, she surmised, was as essential as the other offerings of food, shelter and security at the Hull House settlement she founded with other activists of her time.

That first playground, which the Tribune hailed as a "jolly romp" when it welcomed a "clamorous throng of youngsters" at Polk and Halsted streets in 1895, is long gone. But the goal endures: that in order to keep our young adults engaged and productive, we must begin reaching them when they are children.

Today, the Chicago Tribune Editorial Board launches "Chicago Forward — Young lives in the balance," a six-month, communitywide initiative to address the challenge of reaching Chicagoland's disconnected youth.

Our aim is to engage the most innovative and creative voices — through editorials, live events and ideas proposed by you, our readers — so that, as a community, we can explore new approaches, forge new partnerships and discover new solutions to help our youth, and prevent them from slipping into the quiet torrent of disconnected lives — out of school, out of work, out of touch.

For generations, Chicagoans have invested deeply in mentoring, tutoring, anti-violence and life-skills programs with the goal of keeping our region's most at-risk youth on a positive track toward paying jobs and stable lives. The stakes have always been high — we take pride in being "the city that works," after all — yet the proliferation of guns and the intractable presence of gangs in our neighborhoods has upped the ante. And while some pockets of Chicago are experiencing unfettered growth and prosperity, others remain burdened with chronic poverty and insecurity — the "bleakness," as Addams called it. Live in wealthy Streeterville and the life expectancy is 90 years, one recent study found. Less than 10 miles south, in Englewood, it's just 60.

A staggering challenge

Within Chicago, about 47,000 youth ages 16 to 24, or 15%, were neither in school nor working in 2019, according to Thrive Chicago, a nonprofit that seeks to align the efforts of youth service providers. Chicago is well above the 12% national average. And an estimated 6,000 CPS freshmen aren't expected to make it to graduation, according to Communities in Schools, a dropout prevention group. By one measure, a 2012 Columbia University study, each disconnected young person costs society about \$37,000 a year, or \$900,000 over his or her lifetime, in lost earnings, lower economic growth, lower tax revenues and higher government spending. That's nearly \$2 billion a year for Chicago.

By cold statistics alone, it's a staggering cost. Yet it is the young lives themselves that compel us — and, we hope, you — to take action.

Young lives such as Javier, Caleb and Willie, who at 6 and 7 already have a mentor to help prevent them from joining those statistics.

These rambunctious West Side



BRIAN CASSELLA/CHICAGO TRIBUNE PHOTOS

Friends of the Children mentor Chanel Dotson helps Valentine, 6, draw her emotions after school on Jan. 3 at the Oak Park Library.



Friends of the Children mentor Keenan Palmer talks to Willie, 7, on the playground after school on Jan. 2 in Douglas Park.

first-graders participate in Friends of the Children, an intensive mentoring program for children who, as the organization says, "are statistically at serious risk of continuing the cycle of poverty in their own lives." Each of the boys meets twice weekly with Keenan Palmer, 28, a trained mentor and employee of Friends of the Children. If the boys (girls are matched with female mentors) stay in the program, they will have a dedicated mentor for 12 1/2 years.

On a recent balmy January afternoon, we joined Palmer and his mentees at Douglas Park, where the benefits of Addams' playground idea were evident. The three boys made a jolly romp of their time on the jungle gym and swings, and then tumbled into Palmer's car for a dinner of Happy Meals. Palmer has been working with these boys (plus five others) since early 2019, and their bond is deep. He says his own childhood in a tough neighborhood in Kansas City, Missouri, with a single mom and little money, helps him relate to the boys now in his charge.

The Friends program is unique. Potential child mentees are identified during the first few weeks of kindergarten at partner CPS schools. It can take months for mentors to earn the trust of wary parents, whose own contacts with school officials, outside

catch up, maybe prepare for a job, maybe get back on track.

Plenty of programs exist. Thrive Chicago estimates more than \$40 million a year in federal, state and local public funding currently supports or could support disconnected youth in Chicago. Millions of dollars more come from private sources. Since Jane Addams' day, thousands of institutions, nonprofits, churches, community groups and driven individuals have been running programs, conducting voluminous research, launching new ideas and providing generous financial support to keep young people on track — yet the problem persists.

Why? In a 2018 report, Thrive Chicago, which partners with the University of Chicago Urban Labs on research, identified four reasons.

- Lack of clear data identifying the characteristics of disconnected youth and their needs.
- Lack of a comprehensive view of existing services.
- Little evidence about how to effectively reach disconnected youth.
- Poor translation of existing evidence into improved practices.

How you can be part of the solution

This, we believe, is where our Chicago Forward initiative, and your involvement, can make a difference. Think of this editorial as an RFP — a request for your proposals.

Six years ago, we launched a similar opinion leadership campaign to create a "New Plan of Chicago." We were inspired by the great architect and planner Daniel Burnham, who in 1909 laid out a vision for Chicago's future in his seminal Plan of Chicago, which set the stage for a century of staggering growth. Burnham didn't address the city's formidable social problems, though, so we took up the challenge and asked you, our readers, to help.

The response was overwhelming. We were flooded with thousands of ideas, several of which came to life and improved Chicago. We expect nothing less this time.

We urgently call on you to join

us again in this "Chicago Forward" campaign, "Young lives in the balance: How to reach Chicagoland's disconnected youth." We call on you and your employers, your organizations, your community groups to help this critical mission succeed. Please use the online form at bit.ly/2sLkhSf to submit your idea.

We'll examine this issue in editorials and devote our commentary pages to ideas, including the best ideas generated by our readers. This is your chance, your place, to be heard.

We also will hold three events as part of this campaign. Two will focus on discussions with civic and community leaders and young people who have stories to tell. One will focus on how the arts engage young people and will include performances by some of Chicago's most talented artists.

We'll invite you to join us for these events.

Our new "Chicago Forward" project has the support of community sponsors: Bank of America, AT&T, the University of Illinois at Chicago and the Robert R. McCormick Foundation. Their financial assistance expands our resources to confront one of metropolitan Chicago's most enduring challenges, and we're grateful for their support. Their logos will appear on the Editorial page when we're writing about this issue. We independently will deliver the journalism, from shaping how this series of editorials unfolds, to evaluating your proposals, to advocating achievable, affordable solutions.

Chicago is a city of bold ideas. More than a century ago, Jane Addams proposed the radical idea of building a playground. In the past few years alone, more than 300 playgrounds were added to Chicago neighborhoods, where children such as Caleb, Willie and Javier can hang with a mentor and just be kids. Will a push on a swing by a mentor with a beaming smile keep these boys from slipping through the cracks? We know it will take more than a jolly day at the park, but we see the potential in these small, crucial moments.

We look forward to hearing your bold ideas.

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CHICAGO FORWARD YOUNG LIVES IN THE BALANCE



BRIAN CASSELLA/CHICAGO TRIBUNE

Friends of the Children mentor Keenan Palmer takes Caleb, 7, from left, Javier, 6, and Willie, 7, to McDonald's after school on Jan. 2 in North Lawndale.

These three mentors shaped my life and inspired me to be a mentor too

BY KEENAN PALMER

Editor's note: In November, we asked readers to tell us about the mentors who had changed the course of their lives. We heard from many of you and published some responses in December. As we launch our new community initiative, "Chicago Forward — Young lives in the balance: How to reach Chicagoland's disconnected youth," we'll explore mentorships and other programs that succeed in keeping our young people on a track toward healthy and productive lives.

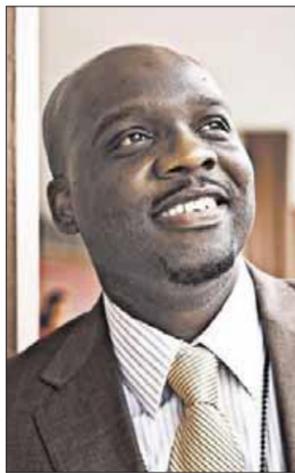
This letter comes from Keenan Palmer, who is also featured in our editorial about the Chicago Forward project. Palmer works for Friends of the Children, a private organization that pairs salaried, trained mentors with some of our community's most vulnerable children — and commits to mentoring those children for 12 ½ years. The group has been operating in Chicago for just a few years, but it was founded in Portland, Oregon, in 1993 and operates in 18 cities. Over 26 years, Friends reports impressive results among the youth in the program: 83% receive their high school diploma or equivalency; 98% wait to parent until after their teen years; and 93% avoid involvement in the criminal justice system.

In my life, I have known many good people — but there were three exceptional people who saw beyond my behavior and challenging circumstances and treated me as a person with great potential.

Third grade was the first of many rough years for me. I was the only black student in my very white school. After getting into a fight on the playground, the police took me out of the school in

handcuffs, placed me in the back of a police car and booked me at the station. I was immediately expelled from school. I was 8 years old. It is hard to overstate the amount of anger that this injustice inflamed in me.

Fast forward two years to fifth grade. I attended an urban school in Kansas City, Missouri. Because of my emotional outbursts, I was placed in an alternative classroom — where I was fortunate to meet



HOUSTON CHRONICLE

Lannie Milon Jr.

Ms. Baker. Unlike my previous teachers, she didn't focus on reprimanding my poor behavior. Instead, she invested a lot of time with me and made me feel loved, smart and appreciated. She was the first person to encourage me to dream about my future.

Even with Ms. Baker's love, I still struggled with my anger as I started middle school. My outrage grew exponentially when my best friend was a victim of gun

violence.

Fortunately, I was persuaded to join the football team, where I met Coach Everett. He wasn't the pat-you-on-the-back and tell-you-you're-doing-a-fine-job type of man. He was the opposite. He worked us hard, holding us to the highest of standards — in everything from politeness to accountability and teamwork. He was my first positive male role model. He taught me how to talk through my anger and showed me what it felt like to be respected as a human being.

By high school, my challenge wasn't with behavior, but rather a lack of motivation. I could not envision anything for myself after high school — until I met Dr. Lannie Milon, our new vice principal.

I had never had a black, male teacher before. But on top of that, I could relate to him — I could see myself in him. Mr. Milon was young. He looked and talked like us. We listened to the same music. To this day, I have no idea what he saw in me, but I remember clearly when he asked me to become the president of the high school's Distinguished Gentlemen Club. As part of the club, he had me volunteering for community service projects. He also made me sign up for an ACT-prep

class and apply to colleges if I wanted to attend Saturday open gym. Never in my dreams did I expect to go to college. Dr. Milon is the reason I did.

Today, I work as a professional mentor with Friends of the Children in Chicago. This full time, salaried job allows me to be there for eight young Chicago boys in Austin and North Lawndale. I provide them with consistent, adult support — something that was missing in my life and the lives of so many other people living in poverty and trauma.

The boys I work with have all seen too much trauma in their short lives. I know that with proper support, they all have the potential to thrive. I am proud to be that person in their lives. Serving as a professional mentor is the best tribute I can pay to the three people who positively changed my life.

I am grateful to each one of these people who played a crucial role for me at a critical time in my life. Without each one of them, my life could have spiraled in a very different direction. I would not be the man and mentor I am today without them.

Keenan Palmer is a professional mentor at Friends of the Children in Chicago.

WHAT OTHERS ARE SAYING

What progressives call the problem of income disparity, Americans in "flyover" states consider more sweeping quality-of-life issues. The biggest such issue confronting many Americans is the rise of homelessness.

In big cities, especially on the coasts, homelessness is inescapable. It's going to become more widespread this year, thanks to a recent Supreme Court decision. In December, the nation's highest court upheld a lower court ruling that established a constitutional right for the homeless to sleep on public property when denied access to shelters.

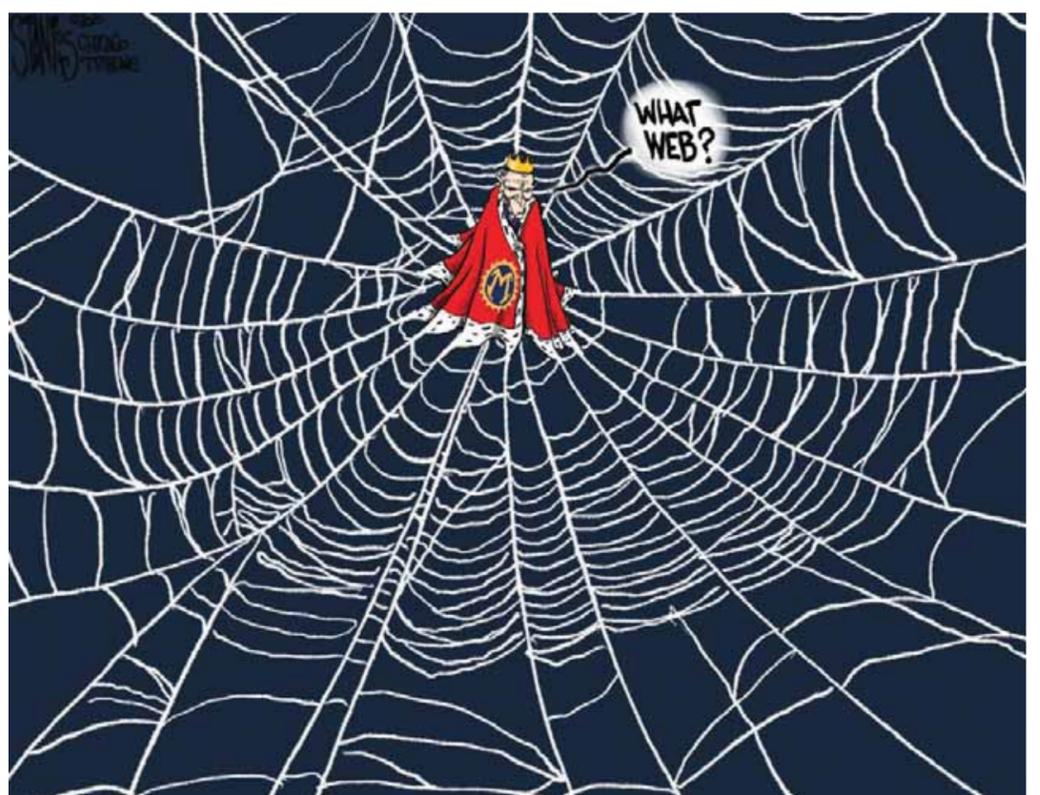
This means that local governments will be almost powerless to confront the problem. Americans already feeling a diminished quality of life will see the outward manifestation of their uneasiness every time they visit a public park or courthouse. ...

In tandem with the increased focus on homelessness, expect the president to shine the spotlight on San Francisco. The City by the Bay has become a haven for petty thieves, drug addicts and the mentally ill, culminating in disturbing images of an American city once known around the world for its beauty earning a new reputation for streets with outdoor drug markets, discarded heroin needles, human waste on the sidewalk.

Trump beta-tested attacks on the liberal bastion in September, when he threatened to use the EPA to stop needles from flowing into the Pacific Ocean. That was before San Francisco voters elected a socialist as district attorney, who campaigned on a platform of ending prosecutions of gang enhancements and public urination.

Justin Wallin, RealClearPolitics

SCOTT STANTIS



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CHANGE OF SUBJECT

BY ERIC ZORN



It was a long time between presidential polls in Iowa. I didn't mind the gap.

The polling drought in Iowa ended last Sunday with the release of a CBS/YouGov survey of nearly 1,000 likely participants in the Feb. 3 Iowa presidential caucuses.

It had been a little more than seven weeks since the mid-November release of the last two surveys of Iowa voters taken by pollsters deemed reliable enough by the Democratic National Committee to count as "qualifying" for the purposes of limiting the number of candidates eligible to participate in major televised debates, including Tuesday's debate in Des Moines.

A few possible reasons:

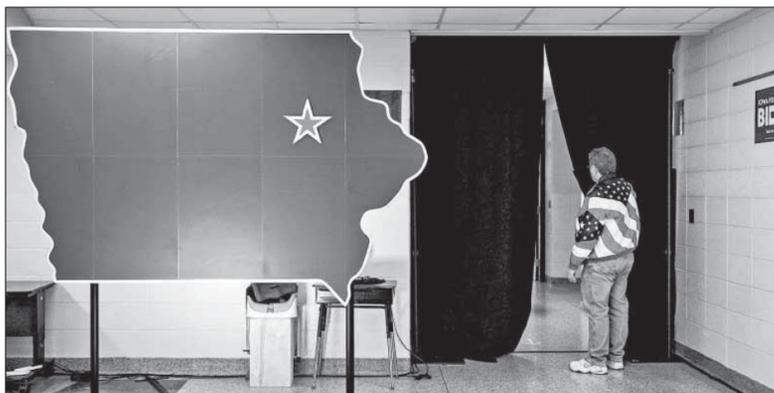
The holidays got in the way. They always do for pollsters, since all the travel and related whoop-de-do make it difficult to solicit responses, but this time Thanksgiving and Christmas were packed as close together on the calendar as possible, making it worse.

The impeachment got in the way. Pollsters were more interested in taking the nation's pulse about the Democrats' effort to remove President Donald Trump from office than they were in gauging incremental shifts in popularity in the large and ever-evolving field of Democratic presidential hopefuls.

Newsroom budgets got in the way. Polls are more expensive than ever — "The swarm of robocalls Americans now receive, along with the development of call-blocking technologies, means that lots of people don't answer calls from unknown numbers," according to a recent Pew Research Center overview. "Response rates have gone from 36% in 1997 to 6% today" — and many journalistic organizations that sponsor polls are cutting costs. What, after all, is the value to the bottom line of posting results that other news organizations almost immediately repost?

A sense of futility set in. Why bother? Iowa is famously hard to poll. Voters there have exhibited a willingness to change their minds up to the last minute, making early polls more or less name-recognition contests, and turnout for caucus events tends to be low.

"The rules of the game make it even harder," said Michael Traugott, an emeritus professor of political science at the



BRITAINY NEWMAN/THE NEW YORK TIMES
An attendee listens to former Vice President Joe Biden, a presidential candidate, speak during a campaign stop at Tilford Elementary School in Vinton, Iowa, earlier this month.

University of Michigan and former president of the American Association for Public Opinion Research. In a multicandidate Democratic field "caucus participants can get second, third and more chances to vote if their candidate doesn't get 15% support in a given round," Traugott said. "It's very difficult to forecast where they're going to end up."

The dearth of qualified polling caused understandable consternation among Democratic hopefuls who hadn't yet met the survey requirements to make the debate stage — 5% in four qualifying polls or 7% in two qualifying early state polls between Nov. 14 and the Friday (Jan. 10) deadline — but who felt that their momentum ought to be carrying them there. Other candidates had dropped out — notably Sen. Kamala Harris — and voters had had the chance to watch several debates, yet their official numbers were stuck.

Andrew Yang, in particular, sent a letter to the DNC on Dec. 21 asking the party to commission its own polls since the news organizations and universities weren't coming through. "Big shifts can happen within short periods in this race," he wrote, but with the "meager number of polls currently out in the field ... a diverse set of candidates might be absent from the (Tuesday debate) stage in Des Moines. ... This is a troubling prospect for our party."

Yang also joined eight other candidates in signing a letter to the DNC initiated by

New Jersey Sen. Cory Booker asking that candidates who have demonstrated sufficient fundraising ability — 225,000 unique donors is the current standard — be exempt from the polling threshold requirements prior to debates.

I like the idea. It doesn't sit quite right with me to allow poll takers — no matter how objective or well intended — and those with the time or inclination to respond to their queries to become gatekeepers for democracy. And the either/or method for keeping debates manageable small seems fair enough.

Generally, I read every story about poll results and obsess over minor movements even when they're well within the margin of error, but I've got to say I wasn't particularly bothered by a paucity of public opinion data coming out of Iowa between mid-November and early January.

(CBS/You Gov showed only minor movements over that span among the top five contenders — Bernie Sanders, Pete Buttigieg, Joe Biden now tied at 23%; Elizabeth Warren at 16% and Amy Klobuchar at 7%, if you must know. A Des Moines Register/CNN/Mediacom Iowa poll released Friday evening showed Sanders at 20%, up 5% since November; Warren at 17%, up 1%; Buttigieg at 16%, down 9%; and, unchanged, Biden at 15% and Klobuchar 6%.)

The break invited us to consider the issues and the resumes of the candidates,

not their jockeying position in the horse race. It invited us to stop focusing for a moment on viability and focus instead on suitability. And it fed the dream that on-the-ground, retail campaigning, not just big infusions of cash, was quietly but surely changing the dynamics of this important upcoming contest.

Kind of refreshing, really.

Go, you Bobcats!

Admit it. Just about every one of you political nerds who has read this far down in today's column recognizes the words "Quinnipiac University" simply from the ubiquitous expression, "a Quinnipiac University poll."

Fewer than 1 in 100 of you knows where it is — Hamden, Connecticut — or what relation polling has to its academic mission. I certainly had no idea until, when doing some background reading for the above, I came across stories that explained Quinnipiac was an obscure school of about 2,000 students until the late 1980s when it hired a new president from Marist College — sound familiar? — who decided to emulate Marist and use polling to generate name awareness.

Others colleges and universities whose names you will likely recognize only from polling stories include Monmouth, Suffolk, Emerson, Winthrop and Siena.

Quinnipiac now reportedly spends more than \$2 million a year on the Quinnipiac University Polling Institute. This sounds a little nuts until you realize that many schools spend a lot more than that on inter-collegiate sports in far less successful efforts to raise their national profile, and until you learn Quinnipiac has since boosted enrollment to more than 7,400 students, which has expanded its academic offerings.

Re: Tweets

Still speaking of polls, the winner of this week's reader survey to select the funniest tweet was "Nothing says 'I secretly think my God is powerless' like bringing a gun into church" by writer and director Andrew Bradley, who tweets as @BettyBowers.

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Chicago Tribune

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PERSPECTIVE



BEBETO MATTHEWS/AP

Presidential candidate Sen. Elizabeth Warren, D-Mass., arrives at a campaign event Tuesday in New York. The website Voteview has rated her the most liberal member of Congress.

Why Elizabeth Warren is not so electable



STEVE CHAPMAN

The most important consideration for Democratic primary voters this year is not which candidate would make the best president, because the worst of their candidates would be a gargantuan improvement over Donald Trump. The most important consideration is which one gives them the best chance of beating Trump. Everything else is a distraction.

Elizabeth Warren presents herself as the most electable contender in the field. “I’m the only person who will be on the debate stage who’s beaten a popular incumbent Republican anytime in the last 25 years,” she boasted recently in Davenport, Iowa. “In other words, I know how to fight, I know how to win, and that’s what I plan to do.”

But Warren’s record is not exactly one of slaying dragons. It’s more one of trapping mice. Massachusetts Democrats lose to Republicans about as often as the Harlem Globetrotters succumb to the Washington Generals.

The state has more than three times as many registered Democrats as

Republicans. There is not a single Republican in its congressional delegation.

Democrats have controlled both houses of the state legislature since 1959, often with supermajorities. In statewide elections, it takes considerable incompetence for a Democrat to lose, and even that may not be enough.

Take that race Warren cites. In 2012, she challenged Scott Brown, a Republican who had won a special election to fill the vacancy left by the death of Ted Kennedy. Brown got 52% of the vote in a low-turnout contest in January 2010. At the time, Congress was debating Barack Obama’s health insurance reforms, which a majority of Bay State voters opposed. Brown’s victory was, to a large extent, a fluke.

Two years later, he lost to Warren, but her victory was nothing to brag about. In a strong Democratic year, in a heavily Democratic state, she got 53.7% of the vote.

Compare that with Obama, who got 60.8% of the vote — even though his opponent was a former governor of Massachusetts named Mitt Romney. Or compare it with Massachusetts’ other senator, Democrat Edward Markey, whose worst showing in his three races was better than her best. In her home stadium, Warren has been an underperformer.

Speaking of her home state, Demo-

crats should make a sober assessment of history before nominating someone from there. They tried it in 1988 with Michael Dukakis, who lost to George H.W. Bush, and they tried in 2004 with John Kerry, who lost to George W. Bush. The GOP tried it in 2012 with Romney.

No one has been elected from the Bay State since John F. Kennedy, 60 years ago. (The elder Bush was born there, but he was no more identified with Massachusetts than Abraham Lincoln was with Kentucky.)

There’s a reason for this losing record: Massachusetts is an ideological outlier. A 2019 Gallup Poll found that of the 50 states, it has the highest share of people who identify themselves as liberals (35%) and the lowest share of self-described conservatives (21%).

That’s roughly the inverse of the national electorate, which is 37% conservative and 24% liberal. It’s also roughly the inverse of the Great Lakes swing states — Pennsylvania, Michigan and Wisconsin — that delivered victory to Trump.

Warren, if anything, leans even further left than the state she represents. The website Voteview, which tracks every roll-call vote, has rated her the most liberal member of Congress for the entire time she has been there. Based on her voting record, the website FiveThirtyEight’s Harry En-

ten concludes she is “far to the left of Obama.”

By his calculations, Warren would be the most liberal nominee since 1972, when George McGovern got a pathetic 37% of the vote and carried a single state. You can guess which one.

If Democrats want someone with demonstrably broader appeal, there is Amy Klobuchar of Minnesota, a state far closer to the national ideological norm. In her three Senate races, her vote shares were 58%, 65% and 60%. In 2012, she ran more than 12 points ahead of Obama, which means that more than 300,000 people who voted for Romney also voted for her.

In 2016, Hillary Clinton won just nine of the state’s 87 counties, though that was enough to carry Minnesota. In 2018, Klobuchar won 51 of them, including most of those that Trump had carried.

Democratic voters, who have grown more liberal, may be tempted to nominate Warren because of her indelibly liberal positions. Democratic voters intent on their most critical goal — expelling Trump — should look elsewhere.

Steve Chapman, a member of the Tribune Editorial Board, blogs at www.chicagotribune.com/chapman.

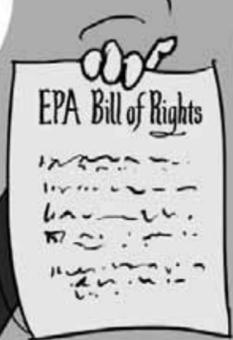
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PERSPECTIVE



DANIEL LEAL-OLIVAS/AFP-GETTY

Royal memorabilia featuring Prince Harry, Duke of Sussex, and Meghan, Duchess of Sussex, are for sale in a store near Buckingham Palace in London Friday.

Advice to Prince Harry and Meghan Markle: Don't let the haters get you down



CLARENCE PAGE

Yes, like numerous other people across the civilized world, I was oddly surprised but not really shocked to hear that Prince Harry, the Duke of Sussex, and his American-born wife, Meghan Markle, the Duchess of Sussex, have decided to pretty much call it quits on the royalty thing.

Many other observers were far more upset. Suddenly Brexit, the American presidential race and the lethal tensions between the United States and Iran had to compete for our attention against the breaking news posted by the royal couple on an elegant new website: Harry and Meg will “step back as ‘senior’ members” of the royal family and work to “carve out a progressive new role” in the family and work to become “financially independent.”

The British tabloid press, seldom a friend to the couple's privacy or dignity, pounced on the news like wolves on a lamb chop, erupting with such colorful and even overwrought descriptions as “selfish,” “rogue royals,”

“a seismic shock” and “an atrocious lapse of judgment.”

I saw that coming. Although Queen Elizabeth and the rest of the royal family showed as much enthusiasm in public as Britain's reserved culture and traditions would allow, the tabloids didn't hold back.

“Harry's girl is (almost) straight outta Compton,” the Daily Mail blared in 2016, citing the Los Angeles neighborhood of Meghan's mom, Doria Ragland. In 2017, Rupert Murdoch's Sun apologized for a 2016 story with the misleading headline, “Harry's girl on Pornhub.” Even worse was the BBC host who compared the couple's newborn baby to “a chimp.” Not nice.

But not every Brit was in a snit. “If the media paid more attention to Britain's communities of color,” wrote black British journalist Afua Hirsch in a New York Times op-ed, “perhaps it would find the announcement far less surprising.”

Indeed Hirsch, author of the award-winning book, “Brit(ish): On Race, Identity and Belonging,” and currently teaching journalism at the University of Southern California, describes a Britain of rising interracial and interethnic tensions amid debates over Brexit, immigration, native nationalism and the nature of the glue that holds a society together.

“If the media paid more attention to Britain's communities of color, perhaps it would find the announcement far less surprising.”

— British journalist Afua Hirsch in a New York Times op-ed

I've seen this before. I worked temporarily in the Chicago Tribune's London bureau in the mid-1970s, at a time when “Paki-bashing,” street violence by skinhead thugs against immigrants of color, mostly from South Asia, was making the sort of headlines that the crack epidemic made here in the 1980s.

It's not a headline for Great Britain alone. Today we see xenophobia toward immigrants rising across Europe, partly in response to mass migration by refugees from the Middle East. Tolerance for diversity is like the weather. It rises or retreats depending on atmospheric conditions, particularly the political atmosphere.

It was against that backdrop that

the wedding of the Duke and Duchess of Sussex seemed like a much-needed breath of fresh air, much like President Barack Obama's election added new energy to hopes for peace on earth and opportunities for all, regardless of race, religion or ethnicity. Remember those days?

Alas, politics got in the way. For everyone who saw new possibilities in Obama's themes of “hope” and “change,” there were other people who saw the dangerous possibilities of their opportunities closing. A lot of us who cheered Obama's victory as a new day for peace and brotherhood got a wake-up call when Donald Trump, whose campaign leaned on those same fears of immigrants and job-threatening automation and trade policies, pulled off a surprising victory in the Electoral College.

It was a surprising victory even for journo like me who had been writing about those job and displacement issues for years. That only underscores the value of paying attention, even in times of great victories, to those who are not cheering.

Clarence Page, a member of the Tribune Editorial Board, blogs at www.chicagotribune.com/pagespage.

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VOICE OF THE PEOPLE

Enforcing recycling would be win-win

Chicago's poor reputation for recycling is no secret.

The city passed an ordinance in 1993 making owners of buildings with five or more units responsible for setting up their own recycling. The more recent and robust Recycling Ordinance went into effect on Jan. 1, 2017. This ordinance outlines fines for non-compliance ranging from \$500 up to \$5,000.

So, the owners of multiunit residential buildings and small businesses have had more than 27 years to institute recycling, yet it is common to find large buildings without any recycling service. A key reason why many building owners do not comply is that the ordinance is rarely enforced. Cities that have successful recycling programs nurture a culture of conservation, sustainability and clear, rigorously enforced regulations.

Given that our city is sorely in need of new income streams, all buildings should be nudged into compliance. It costs taxpayers when residential blue bins are stuffed to overflowing because tenants of multiunit buildings



HEATHER CHARLES/CHICAGO TRIBUNE 2013

who want to recycle look for blue bins assigned to homes. And tons of recyclable trash from larger buildings ending up in our landfills is a disgrace. Recycling is an investment in our collective future.

Have the city inspectors take a look, give landlords citations, collect the fees, compel compliance with the law: It's a win-win situation. It's that simple.

— Joanne M. May, Chicago

Legalizing more to feed spending

We started by legalizing gambling years ago to generate more money for schools. We all remember how that worked out. Now we have legalized marijuana to generate more money for our politicians to spend, spend, spend. You don't really believe they will use it to pay off our overwhelming debt, do you? I assume prostitution will next be legalized so that there is even more money to spend. I shudder to contemplate what legalization will follow that. Oh glorious, fallen Roman Empire, be

aware: Illinois will soon be joining you.

— Richard Dreger, Batavia

World's problems

The new year is supposed to be a time for optimism, but the only thing I can hope for is for people to get out of their silos, open their eyes and work together on solving the problems facing humanity. People in public office want to stay in office and do only things that will keep them in office. Changing that will require courage.

Here are problems that need solving. The world's population is nearing 8 billion and will be about 10 billion by 2050. We are adding a billion each decade, but the time in between each billion is growing shorter. Think about how much trash we bury or dump in the oceans each day. Much of it will be there forever because it doesn't break down. Think of all the chemicals we make that are dumped into the environment. A few decades ago, we fixed things, and now we just throw those things away, creating more mountains of waste.

Think about how we narrowly avoided a complete financial meltdown 12 years ago when debt was found worthless. The world is drowning in debt. Soon nobody will buy any debt — private, corporate or national debt.

America's new nationalism

policies are in line with those of many other countries. Nationalism has spawned hundreds of wars. I can't see any real hope of stopping global warming and its effects.

No, I don't see anything to be optimistic about.

— Chuck Johnson, Morris

The greatest gift

At the end of last year, a dear friend of mine died of cancer. She was 57 and so full of life. In her short time on this earth, she accomplished many things including receiving her doctorate, opening her own psychotherapy office, obtaining a pilot's license, motoring a boat on Lake Michigan, snorkeling every year in Hawaii, traveling and becoming an accomplished artist.

When people ask how my new year is going, my eyes fill with tears, and I tell them about the untimely death of this amazing woman. Surprisingly, they not only sympathize, but they also stop and really listen. I love telling them about my young friend who didn't get to celebrate the dawning of 2020 with her many friends and family.

I am so grateful to the people who have given me the greatest gift of all: listening and being genuinely interested. My new year's resolution: be present to others and listen.

— Kathleen Melia, Niles

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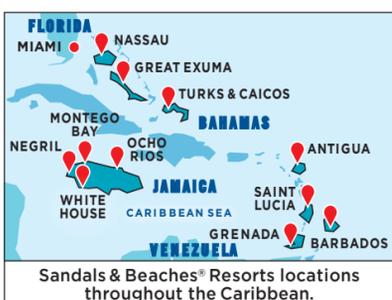


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Chicago Tribune

NATION & WORLD

Life a struggle 10 years after quake

It's another disaster for Haitian families in slum of 300,000

By EVENS SANON AND MICHAEL WEISSENSTEIN
Associated Press

CANAAN, Haiti — Just before 5 p.m., Marie-Mislen Thomas' house fell on top of her three children.

In the first nightmarish hour after a massive earthquake devastated Haiti on Jan. 12, 2010, the Thomases were able to pull their sons Chilo and Jameson from the rubble. It took them hours more to find Rose-Berline, 2.

Her foot was crushed, but she survived with help from a Cuban doctor. A French charity moved the Thomases to Canaan, a swiftly growing shantytown on empty land two hours from their destroyed home in the capital. Another non-governmental organization gave Rose-Berline a prosthetic lower leg and crutches.

Then the Thomases and hundreds of thousands more Haitian earthquake survivors were left on their own.

On the 10th anniversary of the Haitian quake, the Thomases live in a rotting two-room shack that floods when it rains in Canaan, which has become the largest slum in the Caribbean. Home to more than 300,000 people, Canaan has no running water, electricity or other public services despite repeated promises that NGOs, foreign governments and Haitian officials would help.

Rose-Berline has outgrown her prosthesis and a



Rose-Berline Thomas, 12, balances on her right foot as she takes a bucket bath at her family's shack in Canaan, Haiti.

pair of crutches provided by foreign aid workers.

At 12, she runs the Thomas household while her mother works selling housewares in the street. The bone has grown out of her stump, making a new prosthesis impossible to fit, and the Thomases don't have the money to pay for an operation.

For observers, the fate of earthquake victims like Rose-Berline shows outside actors' inability to follow through or make lasting positive change with the billions spent in Haiti after the earthquake, which killed hundreds of thousands and left more than 1 million homeless. The final death toll remains debated.

"The international com-

munity was very efficient during three or four months to provide water, shelter in the form of tents and provisional shelters, provide medicine, food, etc.," said Leslie Voltaire, a Haitian urban planner who has worked to improve conditions in Canaan.

Asked about the long-term response, he offered a different evaluation.

"It has been a disaster," he said. "All the displaced people are found in Canaan or other slums area. They don't have real shelter. They have been building by themselves and without proper guidance by the state. If there is another earthquake it will crumble again."

Voltaire worked for the

Haitian government housing agency after the quake and said he proposed a series of measures to improve conditions in Canaan, including road construction and the building of town centers with public services that would reduce inhabitants' dependence on long commutes to Port-au-Prince.

He said none of Haiti's recent administrations had taken action.

A housing agency spokesman said he could not comment, and Haitian government representatives, including a spokesman for President Jovenel Moise, did not respond to requests for comment.

Many NGOs said they were concerned about the

conditions for quake survivors and the Haitian population overall.

The organization known in English as Doctors Without Borders, for example, said efforts to strengthen Haiti's hospitals, clinics and community medicine had been gravely neglected as global attention diverted from the country.

"Most medical humanitarian actors have left the country and Haiti's medical system is once again on the brink of collapse amid an escalating political and economic crisis," Hassan Issa, the group's head of mission in Haiti, said in an emailed statement.

Marie-Mislen Thomas, 41, and her husband Sadoril, 48, a mason, took out a loan

to pay for school for their five children. They had two more children after the quake and their ages now range from 4 to 14. But the couple used the money for basic needs like food last year as the Haitian economy slumped amid paralyzing political protests.

Her children have spent months out of school, in the streets of Canaan.

"My kids don't go to school, they're now playing with kids who are a bad influence. I am hoping that one day I can move my kids from this neighborhood, move them to something better," Marie-Mislene said.

As the oldest girl in the family, Rose-Berline cooks and cleans while her mother sells tablecloths and other goods nearby. Since her crutches are too small, the girl moves from room to room on her knees.

"Rose-Berline is the mother of the house," Marie-Mislene said. "Rose-Berline does everything in the house. She cooks, cleans, goes to the market to buy food."

Rose-Berline says her dream is to become a nurse.

"I would love to help people in the future. I wish that my father could find work and help us finish school," she said. "I hope I can do more when I grow up."

Other residents of Canaan are less hopeful about the future.

Jean-Claude Jean, 50, was brought to Canaan by U.N. aid workers and lives in a plywood shack with sheet-metal roof.

"They gave me a shelter for 3 years and said that it was only temporary. Now it's 10 years later," he said.

Deadly Australian fires merge into giant inferno

With little rain in sight, blaze likely to burn for weeks

By NICK PERRY
Associated Press

BURRAGATE, Australia — Two wildfires merged to form a massive inferno in southeastern Australia and a man suffered serious burns protecting a home, in a night of treacherous conditions during the nation's unprecedented wildfire crisis, officials said Saturday.

Authorities were assessing the damage after firefighters battled flames fanned by strong winds through the night and lightning strikes sparked new blazes in New South Wales and Victoria, Australia's most populous states. Conditions were milder Saturday and forecast to remain relatively benign for the next week.

"In the scheme of things, we did OK last night," said Andrew Crisp, Victoria's emergency management commissioner.

New South Wales Rural Fire Service Commissioner Shane Fitzsimmons told reporters that officials were "extremely relieved" the fires were not more de-

structive overnight.

A man suffered burns protecting a home near Tumarumba in southern New South Wales and was airlifted to a Sydney hospital in serious condition to undergo surgery, Fitzsimmons said.

Several firefighters received minor burns and one suffered shortness of breath, but they were not admitted to a hospital, he said.

With no heavy rain expected, the 1.58 million-acre blaze that formed overnight when two fires joined in the Snowy Mountains region near Tumarumba, close to the Victorian border, is expected to burn for weeks, officials said.

The fire crisis in Australia has killed at least 26 people, destroyed more than 2,000 homes and scorched an area larger than the state of Indiana since September.

It also has brought accusations that Prime Minister Scott Morrison's conservative government needs to take more action to counter climate change, which experts say has worsened the blazes.

Thousands of protesters rallied late Friday in Sydney and Melbourne, calling for Morrison to be fired and for

Australia to take tougher action on global warming.

The protesters carried placards saying, "We deserve more than your negligence," "This is ecosystem collapse" and "We can't breathe," referring to wildfire smoke that has choked both cities.

Australia is the world's biggest exporter of coal and liquid natural gas. Australians are also among the worst greenhouse gas emitters per capita.

On Friday, thousands of people in the path of fires fled to evacuation centers, while some chose to ignore evacuation orders and stayed to defend their homes.

Evan Harris, who lives in the New South Wales rural village of Burragate, said police and fire crews told him he should leave his cottage because of the threat. He told them he wasn't going anywhere.

Burragate was choked with smoke for several hours Friday and was directly in a fire's path.

A fire strike team and several members of the Australian Army arrived to try to save properties, and they were prepared to hunker down in a fire station if the flames overran them.



RICK RYCROFT/AP

Sheep graze in a field shrouded in a haze Saturday near at Burragate, Australia. Wildfires continue to burn after warm dry weather hastened an early fire season in Australia.

In the end, the winds died down and so did the fire.

But crews worry the flames will flare up again during a fire season that could continue for months.

Harris said he likes to live off the grid in his remote home, which is made from mud bricks. He has no electricity, instead using batteries to power the lights and a small wood burner to heat water. The cottage itself has a warm and cozy feel.

And Harris feels like he has a point to make.

"If this house survives, I think it will be a bit of a wake-up call for people," he

said. "That maybe people should start building like this, instead of over-exorbitant houses."

Harris prepared for the blazes by tacking sheets of iron over his windows and clearing the area around the house of grass and shrubbery that might have caught fire. He dug a hole away from the cottage to house his gas canisters.

Harris said he was disappointed in the environmental destruction and that people should be paying attention to the more sustainable way that indigenous Australians previously lived.

"This is a result of the

human species demanding too much of the environment," he said of the wildfires.

Meanwhile, wildlife experts cautioned that it was still impossible to know how many animals have died in the massive wildfires. Many of the estimates grabbing headlines around the world rely on assumptions about existing population sizes and the effect of natural disasters on animals.

And they do not give credit to animals' survival instincts, the experts say.

The New York Times contributed.



CARLOS GIUSTI/AP

A crack runs through a bridge along Road 116 after a magnitude 5.9 earthquake Saturday in Guanica, Puerto Rico.

Newest temblor rocks a shaken Puerto Rico

By DANICA COTO
Associated Press

SAN JUAN, Puerto Rico — A magnitude 5.9 quake shook Puerto Rico on Saturday, causing millions of dollars of damage along the island's southern coast, where previous recent quakes have toppled homes and schools.

The U.S. Geological Survey said the 8:54 a.m. quake hit 8 miles southeast of Guanica at a shallow depth of 3 miles. It was followed by several aftershocks, in-

cluding a magnitude 5.2 temblor less than two minutes later.

No injuries or deaths were reported, officials said.

Saturday's quake occurred four days after a 6.4 magnitude quake in the same area and amid a spate of more than 1,100 mostly small quakes over the past 15 days.

Gov. Wanda Vazquez estimated damage from Tuesday's earthquake at \$110 million, with a total of 559 structures affected. She said her administration was re-

leasing \$2 million to six of the most affected municipalities.

As a result of Saturday's quake, Puerto Rico's Electric Power Authority said outages were reported across much of southern Puerto Rico and crews were assessing possible damage at power plants.

Deputy Mayor Elizabeth Ocasio in the southern coastal city of Ponce said officials closed the city's downtown area and two other nearby areas because of weakened infrastructure.

"One building completely collapsed," she said. "There is a lot of historic infrastructure in Ponce."

Barbara Cruz, a prosecutor who was in Ponce when the new quake hit, said concrete debris hit the sidewalk as buildings continued to crumble.

"Everyone is out on the street," she said.

More landslides and damaged homes were reported, along with severe cracks on a bridge in the southwest coastal town of Guanica.

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Kushner, playing fewer parts, seizes a lead role

Portfolio shrinks as he focuses on father-in-law's reelection

BY ANNIE KARNI AND MAGGIE HABERMAN
The New York Times

WASHINGTON — When senior administration officials gathered in the Situation Room last Tuesday for a meeting to discuss the repercussions of the killing of Gen. Qassem Soleimani, Vice President Mike Pence had a seat at the table. So did Robert O'Brien, the national security adviser, and Mark Esper, the defense secretary.

But the White House aide whose portfolio is the Middle East was notably absent from the meeting.

Jared Kushner, President Donald Trump's son-in-law and senior adviser, was sitting for a photo shoot for a planned Time magazine cover story. He was also absent from the Situation Room later in the day when it was clear Iran was launching an attack on American forces and the same officials rushed back, joined by Trump and West Wing aides like Mick Mulvaney, the acting chief of staff, and Stephanie Grisham, the press secretary.

Over the past few weeks, Kushner has had little visible part in what has been Trump's most high-stakes moment as commander in chief, the starkest example of how much his role in the White House is changing as the Trump presidency enters its fourth year.

Kushner has also served as the peacemaker in trade negotiations with Mexico and China, smoothing over disputes and serving as a mediator between foreign officials and Trump. But with the North American trade deal expected to become law within weeks, and the president poised to sign a first-phase China trade deal Wednesday, that role will be less of a focus.

Instead, Kushner, who is married to Ivanka Trump,

the president's older daughter, is positioning himself to be the overseer of something of even greater personal interest to his father-in-law: Trump's 2020 reelection campaign.

Unlike the behind-the-scenes role he played in the 2016 campaign — where he was seen as a key figure but, campaign aides said, never took a title and avoided blame — Kushner is positioning himself now as the person officially overseeing the entire campaign from his office in the West Wing, organizing campaign meetings and making decisions about staffing and spending. His more prominent role comes after much of 2019 was spent bogged down by the Russia-related investigations that dogged the president since he took office.

The portfolio marks a sharp departure from Kushner's focus in the early days of the administration, when he sought to be a central driver of administration Middle East policy, acting at times as a shadow secretary of state who circumvented official channels of power within the State Department.

"Since Secretary of State Mike Pompeo has come in, you've seen Jared's role narrow to the Israeli-Palestinian conflict," said Ilan Goldenberg, director of the Middle East Security Program at the Center for a New American Security, who worked under former Secretary of State John Kerry on Middle East issues. "It's been a gradual move, and it's very striking right now."

Kushner declined to comment on his change in focus, but his allies in the White House say he sees no reason to involve himself as extensively in international issues now that the State Department is run by Pompeo, whom he sees as far

more competent than his predecessor, Rex Tillerson. They also pointed to the fact that Trump's national security team now includes many Kushner allies, like O'Brien and Brian Hook, the special representative for Iran who has also worked with Kushner on the peace process.

Kushner's status as a member of the president's family has also made it possible for him to choose the moments and issues where his role is visible.

He played a critical role in persuading Trump to support a criminal justice overhaul, which he has also promoted as a way to help Trump win over African American voters.

But he has never unveiled a peace plan whose delivery date has been delayed indefinitely. And with Israel in its own political limbo, the expectations that Kushner's plan would form the basis of a deal are low.

In recent months, Kushner has been directing the construction of the president's wall along the southern border, telling associates he has a timetable for getting a portion completed by the election and holding regular meetings with status updates on how much mileage has been built. Kushner's wresting of control over the issue has generated criticism from some administration officials, who said he dives into other people's policy areas with abandon and little foresight.

Among Trump critics, Kushner's many roles have not instilled confidence.

"It seems like he just bounces around based on whatever issue intrigues him at any given moment, without regard for his past track record, or inexperience on any given issue," said Brian Fallon, Hillary Clinton's spokesman during her 2016 campaign against Trump.



EBRAHIM NOROOZI/AP

Mourners gather in Tehran to honor the victims of Ukraine International Airlines Flight 752.

Iran

Continued from Page 1

country would "insist on a full admission of guilt" by Tehran.

Contradictions and misuses complicated Iran's message even as it took responsibility for the disaster. Iran's military, in its initial admission Saturday, said the flight crew had taken a sharp turn that brought it near a military base — an assertion disputed by the Ukrainians.

Hours later, an Iranian commander agreed that the Ukrainians were right.

"If there was a mistake, it was made by one of our members," said the commander, Gen. Amir Ali Hajizadeh, who leads the aerospace unit of Iran's Revolutionary Guard, as he accepted full responsibility for the disaster.

Within Iran, citizens vented anger toward their government after the admission.

"Death to liars!" and "Death to the dictator!" shouted Iranians gathered in squares in the capital Tehran, videos shared on social media showed. "You have no shame!" shouted several men, and the crowd joined in a chorus.

Iranians who a few days earlier were united in outraged grief over the U.S. killing of a storied Revolutionary Guard leader, Gen. Qassem Soleimani, were once again out en masse protesting their govern-

ment.

Many protesters carried candles and placed flowers at the gates of the universities and other public places in Tehran. Conservatives and supporters of the government accused the authorities of having misled the public about what had brought down the plane. Its passengers included many young Iranians on their way to Canada for graduate study.

The criticism of Iran over the downing of Ukraine International Airlines Flight 752 now threatens to eclipse whatever international sympathy Iran has garnered in its escalating confrontation with the Trump administration, which has faced widespread criticism over stoking a violent confrontation with Iran's leaders.

In Washington, Secretary of State Mike Pompeo, an Iran critic who was among the first U.S. officials to accuse the country of shooting down the Ukrainian jetliner, posted a message on Twitter that alluded to the outrage in Iran on Saturday.

"The voice of the Iranian people is clear," Pompeo wrote. "They are fed up with the regime's lies, corruption, ineptitude and brutality."

The official reaction from Iran was a mix of contrition and suggestions that the tragedy should be viewed as a consequence of U.S. hostility.

Iran's foreign minister, Mohammad Javad Zarif, wrote that "Human error at time of crisis caused by US

adventurism led to disaster."

Iranian President Hassan Rouhani called the error an "unforgivable mistake." In a statement cited by the Fars News Agency, he offered condolences to the victims' families and said that "the terrible catastrophe should be thoroughly investigated."

Rouhani spoke Saturday with Canadian Prime Minister Justin Trudeau, an unusual event given that Canada severed diplomatic relations with Iran in 2012. After the call, Trudeau said Iran's acknowledgment was a first step but "many more steps must be taken."

He demanded a complete investigation and for Iran to take full responsibility for shooting down the plane, including the payment of compensation to the families of the dead, which includes dozens of Canadians.

Ukraine, for its part, said Saturday it is offering over \$8,000 in financial compensation to the families of its citizens killed in the crash.

Gen. Hajizadeh said the plane had been misidentified as a cruise missile and was shot down with a short-range missile.

Asked why Iranian airspace was not shut to commercial air traffic while Iran's defense forces were on alert for attacks, Hajizadeh had no clear answer.

"I wish I was dead," Hajizadeh was quoted as saying by local news outlets. "I accept all responsibility for this incident."

Associated Press contributed.



SAUL LOEB/GETTY-AFP

President Trump addresses the nation Wednesday, declaring that Iran "appears to be standing down" after missile attacks at Iraqi bases housing U.S. forces. No troops were injured.

3 frantic hours to attacks

After 'squawk' alert, a race to protect US troops from hail of Iranian missiles

BY MARK MAZZETTI, ERIC SCHMITT, LARA JAKES AND THOMAS GIBBONS-NEFF
The New York Times

WASHINGTON — The alert came to the White House shortly after 2 p.m. Tuesday, a flash message from U.S. spy agencies that officials sometimes call a "squawk."

In the coming hours, it warned, an Iranian attack on American troops was almost certain.

A blizzard of potential threats had already come throughout the day — of attacks with missiles and rockets, of terrorist strikes against Americans elsewhere in the Middle East, even one warning that hundreds of Iran-backed militia fighters might try to assault al-Asad Air Base, a sprawling compound in Iraq's western desert.

But the specificity of the afternoon's warning sent Vice President Mike Pence and Robert O'Brien, the White House national security adviser, to the basement of the West Wing, where aides were assembling in the Situation Room. President Donald Trump joined them shortly, after wrapping up a meeting with the Greek prime minister.

Three hours later, ballistic missiles launched from Iran crashed into two bases in Iraq, including al-Asad, where roughly 1,000 American troops are stationed. The strikes capped a frenetic day filled with confusion and misinformation, where at times it appeared that a dangerous military escalation could lead to a broader war. Trump spent hours with his aides monitoring the threats. Military planners considered options to retaliate if Iran killed American troops.

The early warning provided by intelligence helps explain in part why the missiles exacted a negligible toll, destroying only evacuated aircraft hangars as they slammed into the desert sand in barren stretches of the base. No Americans or Iraqis were killed or wounded, and Trump, who indicated to advisers he would prefer to avoid further engagement, was relieved.

Afterward, the president and vice president spoke to Democratic and Republican congressional leaders, and some urged Trump to try to dampen the crisis.

This account of the tense hours surrounding Tuesday's attacks — Wednesday in Iran — is based on interviews with current and former American officials and military personnel in Washington and Iraq.

As it turned out, the missile strikes might end up being a bloodless close to the latest chapter in America's simmering, four-decade conflict with Iran.

Trump declared Wednesday that Iran "appears to be standing down" after days of heightened tensions since the killing of Gen. Qassem Soleimani, although few who closely follow the dynamics of the U.S. relationship with Iran foresee a peaceful future.

"If this is indeed the sum total of Iran's response, it is a big signal of de-escalation that we should gratefully receive," said Kirsten Fontenrose, who handled Middle East issues on the National Security Council earlier in the Trump administration.



PLANET LABS INC.

A satellite image reportedly shows some damage to the al-Asad Air Base in western Iraq.

Bracing for retaliation: Hours before officials at the White House and Pentagon arrived at their desks Tuesday, American troops in Iraq were preparing for Iran's retaliation to avenge the death of the general.

Spy satellites had been tracking the movements of Iran's arsenal of missile launchers, and communications among Iranian military leaders intercepted by the National Security Agency had indicated that the response to Soleimani's killing might come that day.

Al-Asad base in Iraq's Anbar province was the focus of numerous vague threat reports, including one warning that hundreds of fighters from Kataib Hezbollah, an Iraqi militia trained and equipped by Iran, might launch a frontal assault on the base.

The base was relatively vulnerable; no Patriot anti-missile systems protected it, according to a U.S. military official. They had been deployed to other countries in the Middle East deemed more susceptible to Iranian missile attacks. So American commanders prepared to partly evacuate the base and assigned most other remaining forces to hardened shelters to ride out whatever attack would come.

By morning in Washington, the intelligence was still vague enough that White House officials decided to keep Trump's planned schedule, including the meeting with Kyriakos Mitsotakis, the prime minister of Greece.

Administration officials resumed their defense of Soleimani's killing amid increasing criticism that they lacked, or were unwilling to share, the intelligence that they said prompted the strike. At the State Department, Secretary of State Mike Pompeo told reporters at a packed news conference that killing Soleimani "was the right decision."

Days earlier, he had said the killing had been necessary to prevent "imminent" attacks. On Tuesday, he gave a different message, citing the death of an American contractor killed in late De-

cember when Iranian-backed Shiite militias fired rockets at a military base in Iraq.

"If you're looking for imminence, you need to look no further than the days that led up to the strike that was taken against Soleimani," Pompeo said.

Hours later, as Trump met with Mitsotakis, the White House received the "squawk" alert about a likely missile strike. Pence and O'Brien led the initial discussion in the Situation Room about how to confront the threat, assessing the intelligence about the Iranians' likely targets.

Upstairs inside the Oval Office, Trump sat beside Mitsotakis as reporters peppered him with questions about the Iran crisis. The president hedged about threats he had made days earlier that the United States might consider targeting Iranian cultural sites — but he maintained a menacing tone.

"If Iran does anything that they shouldn't be doing, they're going to be suffering the consequences, and very strongly," Trump said. "We're totally prepared."

Conflicting information: After the brief news conference ended, Trump descended several flights of stairs to the Situation Room.

With sandwiches piled on a sideboard in the room, the group that advised the president at different times throughout the day included a handful of seasoned national security officials, including the chairman of the Joint Chiefs of Staff, Gen. Mark Milley, an Army veteran of nearly 40 years; Keith Kellogg, a retired Army lieutenant general who serves as national security adviser to Pence; and Joseph Maguire, acting director of national intelligence.

It also included Pompeo, who has become a driving force in the Trump administration's Iran policy and an advocate of what he often calls "restoring deterrence" against Tehran's aggression in the Middle East. As a forceful proponent of the Friday strike that killed Soleimani, Pompeo had played an

instrumental role in bringing Trump to the crisis point.

But others around the long, rectangular table in the Situation Room had only modest foreign policy experience — including Mick Mulvaney, the acting White House chief of staff and a former congressman from South Carolina; and O'Brien, who was a Los Angeles lawyer before spending 2½ years as Trump's chief hostage negotiator and assumed the post of national security adviser in September.

Appearing on a video screen was Gina Haspel, the CIA director, who was monitoring the crisis from the agency's headquarters in northern Virginia.

In the days before Soleimani's death, Haspel had advised Trump that the threat the Iranian general presented was greater than the threat of Iran's response if he was killed, according to current and former American officials. Indeed, Haspel had predicted the most likely response would be a missile strike from Iran to bases where American troops were deployed, the very situation that appeared to be playing out.

Although Haspel took no formal position about whether to kill Soleimani, officials who listened to her analysis came away with the view that the CIA believed that killing him would improve — not weaken — security in the Middle East.

But at that moment days after his death, the president and his aides were confronting a flurry of conflicting information. Around 4 p.m., reports came in that a training camp north of Baghdad might have been hit. Officials at the White House and the State Department waited anxiously for the Pentagon to provide damage reports about the camp, Taji air base, where American troops are stationed. It was a false alarm, although American officials said Wednesday that they believed that several missiles fired in the barrage a day earlier were intended for the base.

As the reports about Taji came in, loudspeakers at the U.S. Em-

bassy in Baghdad announced that an attack could be imminent. As they had in the previous days, American and Iraqi personnel inside the compound raced toward bomb shelters.

Roughly one hour later, the first missiles bound for al-Asad streaked over their heads.

Missile attacks: At about 5:30 p.m. in Washington, the Pentagon detected the first of what would be more than a dozen short- and medium-range Fateh 110 and Shabab missiles, fired from three locations inside Iran.

Several slammed into al-Asad but did only minimal damage. They hit a Black Hawk helicopter and a reconnaissance drone, along with parts of the air traffic control tower, according to a military official familiar with a battle damage assessment of the strike.

The attack also destroyed several tents.

Minutes later, a salvo of missiles hit an air base in Irbil, in northern Iraq, which has been a Special Operations hub for hundreds of American and other allied troops, logistics personnel and intelligence specialists throughout the fight against the Islamic State. The damage to that base was unclear, although no personnel were killed or wounded.

Why did the Iran strikes do such little damage? Trump attributed it to the "precautions taken, the dispersal of forces and an early warning system that worked very well." A senior American military official dismissed the idea that Iran had intentionally avoided killing American troops by aiming instead for uninhabited parts of the two bases.

Still, American officials acknowledged that Iran's leaders showed restraint in planning the missile strikes, especially after the fiery talk from Tehran after Soleimani's killing.

"We're receiving some encouraging intelligence that Iran is sending messages to those very same militias not to move against American targets or civilians. And we hope that that message continues to echo," Pence said during an interview Wednesday with CBS News.

After the attacks subsided, Trump and Pence made a round of calls to congressional leaders, and even some of the president's hawkish allies said that Trump should be measured in his response to the Iranian strikes.

Recounting his conversation with Trump, Sen. Lindsey Graham, R-S.C., said he told the president, "Let's just stand down and see what happens for a few days."

Advisers also discussed whether Trump should give an address, and several aides, including Jared Kushner and Stephen Miller, as well as Pence, worked on one in the hours before the president spoke on national television. More than a half-dozen drafts circulated as aides scrambled to prepare for the speech.

One military official was given only 20 minutes' notice to head to the White House to stand behind Trump as he spoke in the Grand Foyer of the White House in the late morning, and the president made edits right until he stepped up to the lectern.

Gang violence rocks Miss. prisons

Rival groups have ties going back to streets of Chicago

BY RICK ROJAS AND RICHARD FAUSSET
The New York Times

JACKSON, Miss. — Betty Turner dreaded what her son would face in the state penitentiary in Parchman, the Mississippi Delta prison that has, over the course of more than a century, earned a dark and near-mythic reputation for cruelty and institutional racism. Her fears were realized when he described meals of just a slice of bologna with a packet of mustard, sightings of rats and mold, and nights spent on a mat on a cold, damp floor.

But over the last week, such worries have come to feel almost trifling, as Mississippi's state prisons have exploded with gang warfare, riots, disorder and killing. Five inmates have died, three of them slain at Parchman. Two inmates escaped. Videos and photos of fires and blood-smearred walls, shot by inmates on smuggled cellphones, have spread across social media.

Now Turner's son, 27 and serving a 15-year sentence related to an armed robbery, is wondering whether he will survive.

"When my child tells me he's afraid — and he's not the type to be afraid," said Turner, her voice trailing off. "... That's a problem."

Department of Corrections officials responded to last week's crisis with a systemwide lockdown affecting all of Mississippi's roughly 19,000 inmates. The lockdown was lifted for some regional facilities Tuesday, and the two escaped inmates have been apprehended.

But there remains a sense that Mississippi must now reckon with a disaster that has been a long time coming.

"You've heard the saying: 'Pressure busts pipes,'" said



Sharon Brown, a member of an inmate support group, speaks out on prison conditions last week in Jackson, Miss.

Benny Ivey, who spent more than a decade as an inmate in Mississippi prisons and now advocates on behalf of prisoners.

"This was gang violence — it's the fact of the matter," he added. "But also the fact of the matter, if you ain't treated like animals, you won't act like an animal. They're people, man. They're our loved ones. They are our brothers, our uncles, our daddies, our grandfathers."

Last week, Rep. Bennie G. Thompson, D-Miss., and a roster of state civil rights groups asked the Justice Department to open a civil rights investigation into the state's prison system. In a 23-page letter, they described "extreme" staff vacancies that increase the third-highest incarceration rate in the country.

The letter also described a long record of violence, escapes, uprisings, inadequate health care and institutions where criminal gangs are tolerated. At one

prison, the letter noted, gang members who dominate the kitchen withhold food to punish disfavored prisoners and control who gets a mattress or blanket.

"The Mississippi prison system is in a state of acute and undeniable crisis," the letter states.

Gangs are a fact of life in Mississippi prisons, with many members belonging to one of two rival groups with roots in the streets of Chicago, the Vice Lords and the Gangster Disciples, said Jimmy Anthony, a retired criminal investigator and instructor at the state police academy who serves as a spokesman for the Mississippi Association of Gang Investigators.

Anthony said that sources inside the system have told him that some of the current trouble was sparked by tensions between these two groups, which maintain ties to Chicago leaders and Mississippi street gangs and are heavily involved in the dis-

tribution of illegal drugs in the state.

The recent burst of violence almost ensures that the long-standing problems in the state's prison system will take center stage as the Republican-dominated legislature begins a new session this month and as the state's governor-elect, Tate Reeves, prepares for his Tuesday inauguration.

Among the first tasks facing Reeves, who is white, will be finding a new commissioner of the corrections department; the current department head, Pelicia Hall, announced last month that she would be leaving her job for a role in the private sector.

Civil rights advocates say Mississippi's current penal system has been stressed by tough-on-crime measures, including "three strikes" laws that sentenced repeat offenders to life without parole and were popular during the "war on drugs" era of the 1980s and 1990s. More recently, Republi-

can lawmakers in Mississippi, as in other conservative states, have come to see these policies as straining families and burdening state budgets. According to the Pew Charitable Trusts, the prison population in Mississippi grew by 300% between 1983 and 2013, to more than 22,000 inmates.

In 2014, the legislature passed ambitious, bipartisan and widely lauded changes to sentencing and corrections laws. Just over a year ago, President Donald Trump, who is seeking to reduce the federal prison population, cited Mississippi as a model and praised the "fantastic job" state officials had done.

The 2014 changes and others that followed have helped bring Mississippi's inmate population down to its current level of about 19,000 inmates, said Cliff Johnson, director of the MacArthur Justice Center at the University of Mississippi School of Law. But Johnson, a former federal

prosecutor and a signer of this week's letter to the Justice Department, said that much more needed to be done.

Sen. Brice Wiggins, a Republican, agreed that there would likely be broad support within the Legislature to expand the push to find alternatives to incarceration, as well as boost pay and training for corrections officers.

But he also said lawmakers should tackle gang violence as a threat inside and outside of prisons. "It is an area that is not Republican or Democrat," Wiggins said of the recent unrest. "Everyone, from what I can tell, believes that we need to look at this issue and address it so that it doesn't continue to happen."

Last week, the Mississippi Center for Public Policy, a conservative think tank in Jackson, published an analysis suggesting that the state could fund cheaper alternatives to incarceration like intervention courts, community diversions and drug treatment.

"We need to continue to reform our criminal justice system, and reprioritize and refocus its purpose," Brett Kittredge, an executive with the policy center, wrote in its analysis. "Simply giving a raise of a few thousand dollars to prison guards won't do that."

According to the letter to the Justice Department, the entry-level salary for a Mississippi corrections officer is \$24,900, the lowest of any state. Critics say that job seekers in a good economy are, predictably, gravitating toward safer and less-taxing jobs.

In urging lawmakers to boost funding for her agency, Hall, the outgoing corrections commissioner, told them last year that there were more than 670 vacancies for staff security positions.

"We are operating in a pressure cooker-type situation right now," she said.

Taiwan's president reelected in stinging setback to China

BY STEVEN LEE MYERS AND CHRIS HORTON
The New York Times

TAIPEI, Taiwan — Taiwan's voters delivered a stinging rebuke of China's rising authoritarianism Saturday by reelecting President Tsai Ing-wen, who vowed to preserve the island's sovereignty in the face of Beijing's intensifying efforts to bring it under its control.

Tsai's victory highlighted how successfully her campaign had tapped into an electorate that is increasingly wary of China's intentions. It also found momentum from months of protests in Hong Kong against Beijing's encroachment on the semiautonomous Chinese territory's freedoms.

For China's ruling Communist Party, the outcome is a dramatic display of the power of Hong Kong's anti-government protest movement to influence attitudes toward the mainland in other regions the party deems critical to its interests.

China's authoritarian leader, Xi Jinping, has warned Taiwan that unification between the sides was inevitable. His party has sought to court Taiwanese with opportunities to work on the mainland while isolating Tsai's administration and said that China would use force, if necessary, to prevent the island from taking steps toward formal independence.

The vote, which was a reversal of Tsai's political fortunes, suggested that Beijing's pressure campaign had backfired. It could widen the political and cultural gulf across the Taiwan Strait and might raise the specter of armed conflict, which could have implications for the United States.

In her victory speech, Tsai called for unity as she pledged to work to defend the island's sovereignty and



Taiwanese President Tsai Ing-wen, right, and running mate William Lai celebrate their victory Saturday in Taipei.

improve the economy.

"With each presidential election, Taiwan is showing the world how much we cherish our democratic way of life," she said at a news conference in Taipei. "We must work to keep our country safe and defend our sovereignty."

The vote drew a large turnout, including thousands who flew home from abroad.

Lines of voters snaked through schools and other public spaces.

Willie Yu, 23, who cast his ballot at the Taipei Municipal Jinhua Junior High School, said he had come out to vote because, "I hope Taiwan can preserve its democracy and freedom."

Tsai's main opponent, Han Kuo-yu, a populist mayor, conceded defeat Saturday, saying he had called Tsai to congratulate her on her reelection.

"I can only say that I didn't work hard enough to live up to everyone's expectations," he told his supporters. During his campaign, Han had pledged to restore closer relations with the mainland but then found himself on the defensive because of China's increasingly authoritarian actions. Tsai and her supporters had cited the Hong Kong protests as an ominous ex-

ample of what unification on the Communist Party's terms would portend for Taiwan's young and vibrant, if messy at times, democratic society.

Tsai, from the Democratic Progressive Party, defeated Nationalist Party candidate Han, receiving 57.2% of the vote to Han's 38.6%, with virtually all of the votes counted.

The victory completed a remarkable comeback for Tsai, who only a year ago appeared to have little chance of winning.

China's efforts to intimidate Taiwan allowed her to portray herself as a defender of the island's democracy and sovereignty.

Xi has said that Taiwan could join the People's Republic and still preserve its political and social freedoms under the "one country, two systems" political formula that governs Hong Kong and Macau, former colonies that returned to Chinese rule in the 1990s. Tsai has rejected the proposal.

The question now is whether China will change its tactics, reaching out at last to Tsai's administration or, as some hawkish voices in Beijing have suggested, turning to more forceful actions.

Associated Press contributed.

Taking gross-out factor out of science dissections

Florida school first to experiment with company's fake frogs

BY TAMARA LUSH
Associated Press

NEW PORT RICHEY, Fla. — It's a rite of passage in schools across the country: frog dissection.

Sometimes it happens in middle school, sometimes in high school. Feelings about the lesson are generally summed up in one word: gross. The frogs are slimy and greenish-gray, and they stink because they're pickled in formaldehyde.

One Florida high school recently tried to eliminate the gross-out factor by using fake, yet highly realistic, frogs. The school and the company that makes the synthetic frogs — not to mention animal rights groups like PETA — hope this will change how dissections are handled in classrooms across the U.S.

"The experience is all about understanding the relationship between organs, what they look like, what they feel like," said Chris Sakezles, the founder and CEO of Syndaver Labs, a Tampa company that also makes synthetic human cadavers and other lifelike human and animal body parts. "We do that without the ethical concerns about having to kill an animal. Without exposing them to biohazards."

J.W. Mitchell High School in New Port Richey was, according to PETA and school officials, the first in the world to try out the new technology. The school sits about a half hour north of Tampa, where Syndaver's labs are located, and the partnership started not with a frog, but a bunny.

School Principal Jessica Schultz had brought her pet rabbit to a veterinarian who happened to also work with Syndaver. They got to talking about frog dissec-



High school students dissect a synthetic frog from Syndaver Labs on Nov. 20 in New Port Richey, Florida.

tion and the company's work with synthetic animals for veterinary students. Eventually, Schultz brought some of her students to Syndaver, and they created lesson plans around the synthetic frogs.

In November, her students dissected the first of the fake frogs. They cut the skin and extracted the anatomically correct organs.

"Kids went to town, to be quite honest," said Schultz. "We had kids that literally deboned the fake frogs."

Said Miah Ulibarri, 17, a junior: "I was actually scared to cut it because I kept thinking about cutting into a real frog."

Ulibarri started the year knowing she'd have to dissect something for her forensic science class, and she wasn't looking forward to it. Students could opt out, Schultz said, and many often did during the dissection day.

"Just let the animal be," Ulibarri said. "Why kill them on purpose to dissect them?"

Another student, senior Nail Koney-Laryea, 17, said the frogs had a startlingly realistic look and feel to them. They were still slimy, and a squeeze of the leg yields a fragile bone inside. When kids cut inside the breastbone and stomach, they were able to see individual organs. Unlike real

frogs, the delicate organ tissue didn't dissolve and explode.

"If you blindfolded me before I touched it, I wouldn't be able to tell the difference," said Koney-Laryea, who noted that several students had opted out of dissecting fetal pigs, frogs and rats in previous classes due to moral disagreements with cutting open an animal that was once alive.

Schultz said no students opted out of the dissection unit with the fake frog.

"We have to find ways to engage students with more interactive lessons and more relevant material," she said.

The barrier to widespread use of fake frogs could be the cost: Each frog is about \$150, and PETA helped fund part of this project.

But Syndaver's Sakezles said they're trying to whittle that price down through automated production and recycling of materials. If the kids don't debone the frogs, the skeleton and body can be stuffed with new organs, sewn up and reused. Real frogs cost about \$10 each.

Sakezles says his company is developing fetal pigs, rats and other animals for classroom dissection.

"The plan is to completely replace the use of real animals," he said.



FRANK FRANKLIN II/AP

St. Luke's Cornwall Hospital in Newburgh, N.Y., uses the Hudson Valley Interlink Analytic System to track opioid overdoses as they happen as part of a prevention strategy.

To battle opioid crisis, some track overdoses in real time

BY MICHAEL HILL
Associated Press

ALBANY, N.Y. — Drug overdose patients rushed to some emergency rooms in New York's Hudson Valley are asked a series of questions: Do you have stable housing? Do you have food? Times and location of overdoses are noted too.

The information is entered into a new overdose-tracking system that provides near real-time glimpses into the ravages of the opioid-fueled drug crisis. The Hudson Valley Interlink Analytic System is among a number of surveillance systems being adopted around the country by police, government agencies and community groups. While the number of drug overdose deaths appears to have fallen nationally in 2018 for the first time in nearly three decades, the overdose death rate remains about seven times higher than a generation ago.

If there's a spike in overdoses, the system will send text alerts to health administrators and community workers. And system users can see what drugs are being abused for faster and

focused responses to the ever-evolving problem.

"We can't get ahead of a situation that's already passed. This kind of information has to be given almost instantaneously or else the narcotics that we're trying to track have already been sold, and they're already on to the next batch," said Sgt. Julio Fernandez of the New York National Guard's Counterdrug Task Force, which helped usher in the system.

The Hudson Valley system was adopted earlier this year by two hospitals north of New York City serving areas hard-hit by drug abuse: St. Luke's Cornwall Hospital in Newburgh and Ellenville Regional Hospital. Administrators are talking to other hospitals in the region about signing up.

When a patient comes in, a nurse or another worker enters data about the overdose and the drug. Patients retain their legally required anonymity, but system users can still glean general information about the age, gender and housing status of people in trouble.

The idea is to "get that information out there as efficiently and as quickly as we can," said Daniel

Maughan, a senior vice president at St. Luke's.

The data has helped track the rise of fentanyl being laced into cocaine, Fernandez said. Dawn Wilkin, director of prevention services at Catholic Charities of Orange, Sullivan, & Ulster, said the system has guided workers on where to conduct needle cleanup within days, instead of waiting a week or more.

Wilkin said there have been no text alerts to warn of a spike in overdoses sent out yet, likely due in part to a drop in overdoses locally.

Participation by patients is voluntary. If someone is unresponsive or unwilling to answer questions, workers enter the data that's available. Kathy Sheehan, director of emergency and trauma services at St. Luke's, said many patients cooperate, though there are just as many others who are not willing to speak.

"They're private," she said, "they're maybe afraid of the repercussions."

Around the country, workers on the front lines of the opioid crisis are looking to speedier data access as part of their prevention strategy.

His air dwindling, avalanche survivor faced 'the inevitable'

BY NICHOLAS K. GERANIOS
Associated Press

Buried under about 10 feet of snow after an avalanche last week at an Idaho ski resort, Bill Fuzak made peace with his predicament and prepared for death.

"I had already relegated myself to the inevitable as I knew the air would not last long," Fuzak, 62, wrote on a public Facebook page for skiers. "I'm really surprised how calm I felt but knew there was nothing I could do but wait and pray."

His prayers were answered. Fuzak became one of four survivors extricated from Tuesday's avalanche at the Silver Mountain Resort near Kellogg, Idaho. Two other skiers were killed, and the body of a third skier was recovered Thursday.

Fuzak, a skier who lives in the nearby Spokane, Washington, area, said he was entombed in the snow for about 50 minutes, much longer than most avalanche survivors.

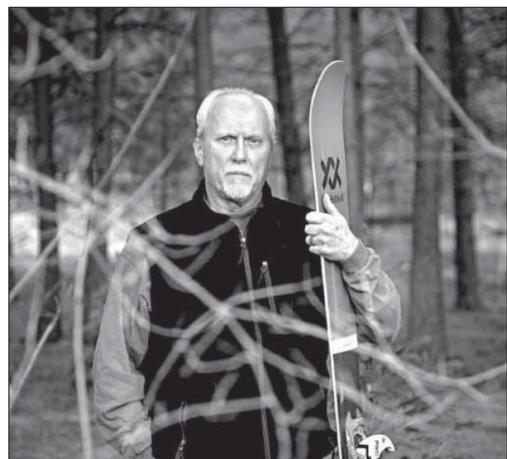
Unable to move anything but his right hand, he cleared snow from his face and mouth. At some point, he passed out.

"The first thing I remember when coming back to consciousness was a group of rescuers cheering that a survivor had been located: me," Fuzak wrote in what he called a "personal summary" on Facebook about the ordeal.

Fuzak wrote that he was among a group of skiers and snowboarders he knew, heading down Wardner Peak on a difficult run called 16-to-1 about 11 a.m. Tuesday.

"The snow started to fracture above us as well as below us and the slide started to propagate and accelerate," he wrote.

Fuzak then fell and said he started "swimming to try and stay on top of the slide."



DAN PELLE/THE SPOKESMAN-REVIEW

Bill Fuzak, who was entombed under 10 feet of snow for about 50 minutes, poses at his home in Colbert, Wash.

The slide eventually stopped. Completely buried, Fuzak managed to punch a hole through the snow that let air flow in.

"Within seconds, another, more powerful slide hit and buried my breathing hole under what felt like feet of snow," Fuzak wrote. "At this point I tried to calm my breathing and conserve air."

He passed out and then woke up to cheers from the rescuers and a ski patrol member holding his hand.

"My hands and feet were extremely cold but I was uninjured, breathing and moving well," Fuzak wrote. "I was more than ready to get out of my encasement; afraid that a 3rd slide would bury me again."

The avalanche came after the ski resort in the Idaho Panhandle received heavy snow and resort crews used explosives the morning of the slide to try to reduce avalanche threats on Wardner Peak, where all of the runs are rated as difficult.

Fuzak and three other skiers who were not identified were rescued, but two skiers died. They were identified by the Shoshone County Sheriff's Office as Carl Humphreys, 58, of

Liberty Lake, Washington, and Scott Parsons, 46, of Spokane Valley, Washington.

The resort did not realize that another skier was missing until a day after the avalanche, when it received a call Wednesday from a concerned family member unable to get in touch with that person.

That prompted searchers to resume their hunt Wednesday and Thursday.

Shoshone County Sheriff Mike Gunderson told KHQ-TV that a third body buried under the avalanche was found Thursday by searchers in a helicopter and identified as the person reported missing Wednesday. He said there were no other reports of missing persons on the mountain.

During the winter of 2018-19, 25 people died in avalanches in the country, The Spokesman-Review newspaper reported. People who are buried in snow for more than 30 minutes have a lower chance of survival than those rescued more quickly, the newspaper said.

The Idaho Panhandle Avalanche Center will investigate the cause of the avalanche, the resort said.

NEWS BRIEFING

Staff and news services

Military: 2 US troops killed in roadside blast in Afghanistan

KABUL, Afghanistan — Two U.S. service members were killed and two others injured when their vehicle was hit by a roadside bomb in southern Afghanistan, the U.S. military said Saturday.

In keeping with defense department rules, the U.S. military did not identify the service members.

The Taliban took responsibility for the attack. A Taliban spokesman, Qari Yusuf Ahmadi, said it occurred in the southern

Kandahar province.

More than 2,400 U.S. service members have been killed in Afghanistan. Last year was one of the deadliest for the United States, with 23 American troops killed, even as Washington engaged in peace talks with the Taliban.

The latest attack seemed certain to stall fresh efforts to restart the on-again, off-again peace talks between Washington and the Taliban.

Libyan PM Serraj welcomes cease-fire, but doubts rival

ROME — Libya's U.N.-backed prime minister on Saturday conditioned his government's participation in a proposed cease-fire to rival forces withdrawing from the outskirts of Tripoli, suggesting no immediate end to the country's civil war.

Prime Minister Fayez Serraj defended his "belligerent activities" to protect the Libyan capital, the seat of his government, on the eve of the start date for the

truce proposed by Turkey and Russia. Serraj spoke while in Rome for a meeting with Italian Premier Giuseppe Conte.

The meeting was the latest diplomatic effort to end the offensive launched by Serraj's rival, Gen. Khalifa Hifter, and return the two sides to a U.N.-supported political process.

The presidents of Turkey and Russia called for a ceasefire starting Sunday.

N. Ireland has a government again after 3 years of acrimony

LONDON — Legislators returned to Northern Ireland's assembly Saturday for the first time in three years after a deal was struck to restore the divided region's moth-balled power-sharing government.

Lawmakers gathered at Parliament Buildings in Belfast and chose a new executive, led by the pro-British Democratic Unionist Party and the Irish nationalists Sinn

Fein. Legislators picked DUP leader Arlene Foster as first minister — a post she held before the previous assembly was dissolved — with Sinn Fein's Michelle O'Neil as deputy leader.

The parties agreed Friday to a deal brokered by the U.K. and Irish governments to revive the Belfast government.

Irish Prime Minister Leo Varadkar said Saturday was a "historic day"



LT. BILL DAVIS/BOSSIER PARISH SHERIFF'S OFFICE

Damage from severe weather killed three people in Louisiana, including an elderly couple. The National Weather Service said a 135 mph tornado touched down in Bossier Parish.

Authorities say at least 11 dead in storms raking parts of South

BENTON, La. — At least 11 people died in severe storms that have swept across parts of the South, bringing high winds and unrelenting rain, authorities said.

The National Weather Service in Birmingham, Alabama, said Saturday via Twitter that three people were killed near Carrollton in Pickens County.

The Alabama Emergency Management Agency said that an "embedded tornado within a long line of intense thunderstorms" caused the deaths.

Two Texas first responders were killed Saturday morning and another was injured after they were hit

by a vehicle while working the scene of a traffic accident during icy conditions, officials said.

Earlier Saturday, firefighters in Louisiana found the bodies of an elderly couple near their demolished trailer, the Bossier Parish Sheriff's Office said via Facebook. The winds were so strong that the home was moved 200 feet from its foundation.

The National Weather Service in Shreveport estimated that a tornado, with about 135 mph winds, touched down in Bossier Parish.

The deaths of the victims, who were the in-laws of a parish deputy, brings the storm-related toll in the

state to three.

Raymond Holden, 75, was killed in Oil City, according to the Caddo Parish Coroner's Office. Holden was in bed when a tree fell on his home, crushing him, authorities said.

Arkansas, Oklahoma and Texas on Saturday morning were clear of the severe thunderstorms that had passed through the night before.

One person died Friday night in Texas when a car flipped into a creek in Dallas. Lightning from Friday's stormy weather is suspected of causing two house fires in the North Texas cities of Burleson and Mansfield. Officials said no one was injured.

Greece says 12 dead, 21 saved after migrant boat sinks

ATHENS, Greece — Greece's coast guard said 12 migrants were found dead in the Ionian Sea and 21 others were rescued after their boat took on water and sank Saturday. A search for more survivors was launched.

The migrants were found southwest of the Greek island of Paxos, a coast guard spokesman said, speaking on condition of anonymity.

"The initial report is that 50 people were in the boat," he said.

The coast guard said someone called Greece's 112 emergency number from the boat at 9:15 a.m. Saturday.

In separate incidents that illustrated other routes and methods used by Europe-bound migrants, authorities in North Macedonia said Saturday that 62 migrants were discovered hidden inside freight trains at the border with Greece.

In North Korea: An official said Saturday that the U.S. and South Korea are dreaming if they think that President Donald Trump's sending a birthday message would get leader Kim Jong Un back to the negotiating table.

North Korean Foreign Ministry adviser Kim Kye Gwan repeated the North's frustrations over stalled nuclear negotiations with the Trump administration and stressed that the country will never fully deal away its nuclear capabilities for ending U.S.-led sanctions.

He was responding to comments by South Korean presidential national security director Chung Eui-yong who said that Seoul had conveyed Trump's birthday greetings to Kim. His birthday is believed to be Jan. 8.

New Oman ruler vows to uphold peaceful policy

DUBAI, United Arab Emirates — Oman's new ruler, Sultan Haitham bin Tariq Al Said, vowed Saturday to uphold his predecessor Sultan Qaboos bin Said's foreign policy approach, which steered the Arab country through choppy Persian Gulf waters by balancing close relations

with both the U.S. and Iran. The new ruler, who was Oman's culture minister, spoke after being named successor to Sultan Qaboos, the Middle East's longest-ruling monarch whose death was announced Saturday. He died at the age of 79 after years of an undisclosed illness.

The royal court declared three days of mourning. Following Islamic tradition, the sultan was buried before nightfall.

Sultan Haitham's message to Omanis and the world was clear: Oman would continue down the path laid by Qaboos as a facilitator of peace.

OBITUARIES

GERALD T. ANDERSON 1943-2019

Engineer's term as suburban mayor ended by judge's ruling

By Bob Goldsborough

Gerald Anderson was a Prospect Heights alderman who was elected mayor as a write-in candidate in 1999 and held office for 52 days before a judge invalidated some of his ballots and overturned the election's results.

Anderson, 76, died of natural causes on Dec. 19 at Northwest Community Hospital in Arlington Heights, said his wife of 45 years, Linda. A Prospect Heights resident for more than 40 years, Anderson had been battling heart and kidney problems, she said.

Born in Chicago, Anderson grew up on the North Side and in Oregon. Anderson served in the Air Force from 1964 until 1968 during the Vietnam War.

Anderson returned to Chicago to be near his mother and studied electrical engineering at Mayfair College, which now is known as Truman College, where he met his future wife. Anderson ultimately earned a degree in electrical engineering from the Illinois Institute of Technology.

Anderson worked an electrical engineer at Skill Power Tools and later at Motorola and Baxter. Anderson went on to start his own firm, Creative Science Activities, which he ran until retiring eight years ago, his wife said.

Anderson first became interested in municipal government after he encountered some opposition from Prospect Heights leaders over a brick driveway that he had installed, which city leaders had said was too wide.

"Jerry went to a City Council meeting to



CHICAGO TRIBUNE FILE 1999

Gerald Anderson held office in Prospect Heights for 52 days in 1999.

convince them it was OK so we wouldn't have to pull up all the bricks," his wife said. "They let him go up to the board and (show them a drawing), and he got them to (allow) it. And then all of a sudden, he got interested in why the politicians in the city do what they do."

In 1997, Anderson ran for alderman from Prospect Heights' Ward 4 and won. Anderson successfully fought proposals to bring Lake Michigan water to Prospect Heights and also to institute home rule, which would increase municipal leaders' taxing powers.

In 1999, Anderson ran for mayor as a write-in candidate and won. The incumbent whom he had defeated, Edward Rotchford, sought a recount. Ultimately, a Cook County Circuit Court judge invalidated about 100 ballots that were filled out incorrectly and declared Rotchford the winner. A judge also declined to reinstate Anderson to his aldermanic seat.

"I can certainly hold my head up high," he told the Tribune in 1999. "You don't

necessarily win every battle, but the war is not over yet."

Anderson remained involved in municipal affairs, leading the charge to fight a referendum proposing a citywide sales tax increase in March 2000. The measure was rejected by voters.

Anderson ran again for alderman in 2001 and won a four-year term. After he won, city residents approved a referendum question to shrink the City Council, which eliminated Anderson's seat after his term ended.

Anderson ran again for mayor in 2003 and 2007 but lost both times. Then, in 2009, he won election to fill out the remaining two years of an aldermanic seat that had been vacated.

Across Anderson's many years of service and bids for public office, his wife said that what Anderson loved the most was talking with constituents.

"He loved the people. He had a gift of gab, and he loved talking to the citizens of Prospect Heights, and he also was out to support the people and let the people know what was going on," she said. "He opened the lines of communication to the city."

Former Ald. Carole Lujmovic, a longtime supporter and friend, said Anderson's influence "was always ... to better our community."

"We'll remember his printed words, his bike as he visited his constituents, his confidence and most of all his wit," she said.

In addition to his wife, Anderson is survived by four brothers, Jim, Jeff, Doug and Pete.

Services are private.

Bob Goldsborough is a freelance reporter.

NEIL PEART 1952-2020

Master drummer, lyricist of influential rockers Rush

Associated Press

SANTA MONICA, Calif. — Neil Peart, the renowned drummer and lyricist from the influential Canadian band Rush, has died. He was 67.

His representative, Elliot Mintz, said in a statement that Peart died at his home Tuesday in Santa Monica. The band posted a message on Twitter also confirming the news.

"It is with broken hearts and the deepest sadness that we must share the terrible news that on Tuesday our friend, soul brother and band mate over 45 years, Neil, has lost his incredibly brave 3½-year battle with brain cancer," the band wrote. "Rest in peace brother."

Peart was revered for his drumming skills, but was also the band's key songwriter, known for his fantastical lyrics. He placed fourth on Rolling Stone's list of 100 Greatest Drummers of All Time, just behind Ginger Baker, Keith Moon and John Bonham.

Peart, alongside bandmates Geddy Lee and Alex Lifeson, were inducted into the Rock & Roll Hall of Fame in 2013, and honored for combining "the signature traits of progressive rock with a proto typical heavy-metal sound."

Their most-known songs include "Tom Sawyer," "The Big Money" and "The Spirit of Radio."

"We've always said it's not something that meant a lot to us, but we knew our fans cared so much to be validated like that — that their favorite band, like their favorite sports team, should be celebrated as champions," Peart said when Rush was inducted into the Rock Hall. "We



OWEN SWEENEY/INVISION 2015

Neil Peart of the band Rush performs in concert during their R40 Live: 40th Anniversary Tour in Philadelphia.

always knew that was the case and certainly to see it blossom after this is a testament to the truth of that."

Peart was born on Sept. 12, 1952, in Ontario.

When Rush formed in 1968, its original lineup included Lifeson, bassist Jeff Jones and drummer John Rutsey. After a few weeks, Lee replaced Jones, and in 1974 Peart replaced Rutsey weeks before Rush's first U.S. tour.

Rush's first album with Peart — by then the band's principal songwriter — was 1975's platinum-seller "Fly by Night." They released a second album that same year, "Caress of Steel," which reached gold status.

But in 1976 the band marked a major breakthrough with the album "2112," which sold three million units in the U.S. Rush's most successful album was 1981's "Moving Pictures," which sold four million copies and featured the rock hit "YYZ," helping the band earn its first-ever Grammy nomination (they earned seven nominations throughout their career).

Rush's 1990's "Chronicles" was a double platinum success, while 11 of the band's albums were certified platinum and 10 albums reached gold status.

The band was heavily influential and fans of Peart and Rush paid tribute on social media.

Jack Black tweeted, "The master will be missed — Neil Peart RIP #Rush-Forever." Gene Simmons called Peart "a kind soul," while Chuck D of Public Enemy recalled being inducted into the Rock Hall on the same night as Rush, saying backstage he and Peart shared "a unique moment without much word. Rest in Beats my man."

Dave Grohl, Slash, Bryan Adams, Paul Stanley and The Roots' Questlove also paid tribute to Peart.

"Thank you for inspiring me and for all your help and advice along the way, especially in the early days when you took the time to talk to a young green Danish drummer about recording, gear and the possibilities that lay ahead," Metallica's Lars Ulrich wrote on Twitter. "Thank you for what you did for drummers all over the world with your passion, your approach, your principles and your unwavering commitment to the instrument! Rest In Peace."

In 2015, Peart announced he was retiring from touring.

Peart is survived by his wife, Carrie, and their daughter, Olivia Louise Peart.

Chicago Daily Tribune

ON JANUARY 12 ...

In 1737 revolutionary leader John Hancock, the first signer of the Declaration of Independence, was born in Braintree, Mass.

In 1773 the first public museum in America was established, in Charleston, S.C.

In 1828 the United States and Mexico signed a Treaty of Limits defining the boundary between the two countries to be the same as the one established by an 1819 treaty between the U.S. and Spain.

In 1876 novelist Jack London was born in San Francisco.

In 1893 Nazi commander Hermann Goering was born in Rosenheim, Germany.

In 1915 the U.S. House of Representatives rejected a proposal to give women the right to vote.

In 1932 Hattie Caraway became the first woman elected to the U.S. Senate.

In 1945, during World War II, Soviet forces began a huge offensive against the Germans in Eastern Europe.

In 1948 the Supreme Court ruled that states could not discriminate against law-school applicants because of race.

In 1954 radio shock jock Howard Stern was born in New York.

In 1966 President Lyndon Johnson said in his State of the Union address that the United States should stay in South Vietnam until Communist aggression there was ended.

In 1969 the New York Jets defeated the Baltimore Colts 16-7 in Super Bowl III at the Orange Bowl in Miami.

In 1971 the groundbreaking television sitcom "All in the Family" premiered on CBS.

In 1976 mystery writer Agatha Christie died in Wallingford, England; she was 85.

In 1986 the space shuttle Columbia blasted off with a crew that included U.S. Rep. Bill Nelson, D-Fla., and the first Hispanic-American in space, Dr. Franklin R. Chang-Diaz.

In 1987 Anglican Church envoy Terry Waite arrived in Lebanon to help win the release of Western hostages;

instead, Waite ended up being taken captive himself.

In 1991 a deeply divided Congress gave President George H.W. Bush the authority to use force to expel Iraq from Kuwait. (The Senate vote was 52-47; the House followed suit 250-183.)

In 1999 Mark McGwire's 70th home run ball was sold at auction in New York for \$3 million to an anonymous bidder. (The buyer was later revealed to be comic book creator Todd McFarlane.)

In 2001 the U.S. Commission on Civil Rights concluded a two-day hearing on Florida's presidential election, with members accusing Secretary of State Katherine Harris of presiding over a "disaster" and trying to shift blame to others.

In 2004 President George W. Bush and Mexican President Vicente Fox forged agreement on the contentious issues of immigration and Iraq, meeting in Monterrey before the opening of a 34-nation hemispheric summit.

In 2005 a NASA spacecraft, Deep Impact, blasted off on a mission to smash a hole in a comet and give scientists a glimpse of the frozen primordial ingredients of the solar system.

In 2006 Mehmet Ali Agca, the Turkish gunman who shot Pope John Paul II in 1981, was released from an Istanbul prison after serving more than 25 years in Italy and Turkey for the plot against the pontiff and the slaying of a Turkish journalist.

In 2010 a magnitude-7.0 earthquake struck near the Haitian capital Port-au-Prince, devastating the impoverished nation and

In 2017 President Barack Obama ended the long-standing "wet foot, dry foot" immigration policy that allowed any Cuban who made it to U.S. soil to stay and become a legal resident.

WINNING LOTTERY NUMBERS

ILLINOIS	
Jan. 11	
Powerball jackpot: \$277	Not available
Lotto	Not available
Lotto jackpot: \$3M	Not available
Pick 3 midday	166 / 1
Pick 4 midday	5572 / 0
Lucky Day Lotto midday	08 11 26 28 39
Pick 3 evening	Not available
Pick 4 evening	Not available
Lucky Day Lotto evening	Not available
Jan. 10	
Mega Millions	17 27 49 51 66 02
Mega Millions jackpot: \$90	
Pick 3 midday	975 8
Pick 4 midday	8627 / 4
Lucky Day Lotto midday	05 17 33 35 38
Pick 3 evening	960 / 3
Pick 4 evening	0129 / 7
Lucky Day Lotto evening	02 03 07 15 20
Jan. 14 Mega Millions: \$91M	

INDIANA	
Jan. 11	
Lotto	Not available
Daily 3 midday	377 / 2
Daily 4 midday	5102 / 2
Daily 3 evening	Not available
Daily 4 evening	Not available
Cash 5	Not available
MICHIGAN	
Jan. 11	
Lotto	08 19 22 36 40 41
Daily 3 midday	629
Daily 4 midday	3331
Daily 3 evening	375
Daily 4 evening	4480
Fantasy 5	12 15 19 22 26
Keno	14 20 21 23 24 25 29 32 33 37 38 41 43 44 50 56 57 64 65 69 77 78
WISCONSIN	
Jan. 11	
Mega Bucks	Not available
Pick 3	488
Pick 4	2040
Badger 5	Not available
SuperCash	Not available

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In Memoriam



Chester Garstka
12/20/1933 - 1/10/2019

It broke our hearts to lose you, but you did not go alone, a part of us went with you, the day God took you home. If tears could build a stairway, and heartaches make a lane, we'd walk our way to heaven, and bring you back again. In life we loved you dearly, in death we love you still, in our hearts we hold a place, no one could ever fill.

Sign Guestbook at chicagotribune.com/obituaries

Death Notices

Adamson, Martha

Martha Adamson, nee Koester, 98, of Norwood Park. Beloved wife of the late A. Clark Adamson. Loving mother of Anita (the late Wallace) Lindquist, Cynthia (the late David) McCracken, Thomas (Kathy) Adamson, Jacqueline Kling and the late Merilee (William) Rosberg, the late Georg (Peggy) Adamson. Proud grandmother of 10, great grandmother of 14, great great grandmother of 3. Martha had three siblings precede her in death. Dear aunt of many nieces and nephews. Visitation Monday, January 13, 2020, at the **M J Suerth Funeral Home**, 6754 N. Northwest Hwy., Chicago from 10:00 AM until time of funeral service 12:00 PM. Interment Acacia Park Cemetery. For further information 773-631-1240 or www.suerth.com.



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Adelsdorf, John

John L. Adelsdorf, 90 of Northbrook, passed on peacefully Monday, January 6. Always a gentleman and a gentle man. John enjoyed playing tennis, golfing, extensive world travels and his family. Beloved husband of over 60 years to Barbara (nee Norden); loving father of Lynn (Sean) McAuliffe and Lorraine (Michael) Nudd; proud grandfather of Megan and Erin McAuliffe and Ryan and Sam Nudd. In accordance with John's wishes, his remains were donated to scientific study. A memorial will be planned at a later time. In lieu of flowers donations can be made to The Anatomical Gift Association of Illinois, www.agallinois.org or Orphans of the Storm https://orphansofthestorm.org. Info **Countryside Funeral Homes and Crematory** (847)289-8054 or www.countrysidefuneralhomes.com



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Altergott, Marjorie Ann

Marjorie Ann Altergott, PhD, 71, passed Jan 1, 2020 surrounded by her loving family. Survived by her children, Lucretia (Minoru), Chloe (Kip), Calantha (Kevin), Alea (Robin), Geb; grandchildren, Elsie, Yuma, Winston, Kanna; and sister, Gayle (Ken). Beloved spouse of Duane Jensen (1946-2011). Marjorie worked tirelessly to secure funding for Illinois' first free-standing birth center, which opened on Chicago's west side in 2014. Extended obituary at www.cremation-society.com.



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Anda, Nancy

Nancy (Boynton) Anda age 87 of Des Plaines, passed away January 3, 2020. She is survived by her husband of sixty years, William, her daughters, Julie (David) and Jennifer (Jack) and grandchildren Jenny, Danny, Jack, Tommy and Kaleigh. Nancy grew up in New Hampshire. She played the piano and flute. Nancy loved animals, traveling and art. In lieu of flowers donations to the Alzheimer's Association are appreciated. A private celebration of her life will be held.

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Anderson, Dorothy E.

Dorothy E. Anderson nee Lyons, age 90. Beloved wife of the late Alvin. Loving mother of Susan, Alvin (Narcisa) and the late Linda (the late Alby) Davidenko and Maxwell. Cherished Grandmother of Vickie Davidenko, Gary Pankow, Sheri (Edward) Ramey, Brian (Jodi) Davidenko, Matthew (Tammy) Pankow, Erik (Jessica) Pankow, Allyn and Billy. Great Grandmother of 13, Great Great Grandmother of 2. Fond Sister of the late William (the late Amelia) Lyons and Ruth (the late Alan) Pancar. Many other relatives and friends. Funeral Wednesday Jan 15, 12:00 Noon at Brust Funeral Home 415 N. Gary Ave. Carol Stream, IL. Visitation Tuesday 3-8 PM Interment Arlington Cemetery Elmhurst. 630-510-0044

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Anderson, Dorothy L.

Dorothy "Dee" Mazura Anderson, age 91, at rest January 3rd, 2020. Loving wife of the late Joseph J. Mazura Sr, and the late Clarence R. Anderson. Dear Mother of the late Joseph J. Mazura, Jr (Janna), Patrice (Edward) Sienko, and the late William J. Mazura (Tammie). Grandmother of 4, and Great Grandmother of 1. Fond sister of the late Ronald Schalk and Walter Schalk. Visitation Thursday, January 16th from 10am until time of service at 12:30pm at Adolf Funeral Home, 7000 S. Madison St. Willowbrook, Illinois. Interment Bronswood Cemetery. In lieu of flowers memorials to the Seabee Memorial Scholarship Fund, c/o Mel Ramage, National Secretary, Navy Seabee of America 555 Fairview Avenue, Creve Couer, Illinois, 60610 would be appreciated. Service info: 630-325-2300 or adolfsservices.com



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Anderson, Evelyn O.

Evelyn O. Anderson, 101, of Arlington Heights, passed away peacefully January 8, 2020. She was born October 2, 1918 in Chicago to George and Grace Owen. Evelyn was the wife of the late Lester Anderson Sr.; mother of 2 wonderful children Lester (Katherine) Anderson Jr. and Jackie (Thomas) Griesemer; grandmother of Katherine and David Anderson, Thomas, Shawn and Christopher Griesemer; great-grandmother of 13; great great-grandmother of 2 and preceded in death by 2 sisters and 1 brother. Evelyn spent her life volunteering and serving others. Visitation Saturday January 18, 2020, 1:00 pm until time of memorial service 2:15 pm at the Meadows Funeral Home, 3615 Kirchoff Road, Rolling Meadows. In lieu of flowers contributions may be made to Avenues to Independence, 515 Busse Avenue, Park Ridge, IL 60068. Information (847)253-0224 or www.Meadowsfh.com

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Beefink, James Edward 'Jim'

James Edward "Jim" Beefink, 84, of Chapin, SC passed away 12/25/2019. Funeral Mass Saturday 1/25/2020 Our Lady of Perpetual Help, 1775 Grove St., Glenview, IL at 11:30 AM; visitation 10:45 to 11:30 AM. Private interment of ashes All Saints Cemetery, Des Plaines, IL. Jim, born in Chicago, was a son of the late Leonard Beefink and Mary Flynn Beefink. Jim was devout in his Catholic faith, and had the kindest heart. Alumnus of St. Ambrose University, Davenport, IA; served in US Army National Guard; retired as a Community Relations Director in home health care. He was a loyal friend, a loving son, life partner, brother and uncle who will be deeply missed by all who knew him. Survived by life partner of 41 years, Gary Parish of Chapin, SC; brother, Leonard Beefink of Glenview, IL; sister, Mary Ann Strunc of Greenville, NC; 6 nieces and 3 nephews; 15 great nieces, 10 great nephews, 3 great-great nieces and 6 great-great nephews. In lieu of flowers, memorials may be made to the Cenacle Sisters, 513 Fullerton Parkway, Chicago, IL 60614-6428, or to the charity of one's choice. **Woodridge Funeral Home**, Lexington, SC is assisting the family. woodridgefuneralhome.com

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Berns, Ronald L.

Ronald L. Berns, 82, of St. Charles and formerly of Barrington, died January 6, 2020. Beloved husband of the late Linda Lou (nee Lambert) and united in marriage to Cathie (nee Parnell) August 7, 1987; loving father of Steve Berns, Julie (John) Fitzpatrick, Sherri Gotter, Jeff (Cristin) Berns and Stacey (Scott) Shepard; adored grandfather of twelve; brother of Fred (Fredda) Berns, Kitty (the late Chuck) Yagoda. Memorial service will be held 3:30 P.M. Saturday, January 18, 2020 at **Moss-Norris Funeral Home** 100 South Third Street St. Charles, IL. Visitation will be held from 1:00 P.M. until the time of the service.

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Bjorndahl, Jr., Carl L.

Carl L. Bjorndahl, Jr. 90, of Arlington Hts., passed away January 10, 2020. Beloved husband of Jeannine Bjorndahl for 67 years. Loving father of Beth Bjorndahl Smaus (David), Jill Bjorndahl Barnes, Larry Bjorndahl, Ann Heinen (Tom) cherished grandfather of Julia Barnes, Jacob, Joshua, Luke, Thomas, & Ellie Heinen, dear brother of the late Marilyn Gustin; fond uncle of Stacy Gustin. Visitation Wednesday January 15th, 11:00 a.m. until time of Funeral Service 12 p.m. at Northwest Covenant Church, 300 N. Elmhurst Ave. Mt. Prospect, IL 60056. Interment private. In lieu of flowers memorials to Northwest Covenant Church, or The Special Olympics, www.give.specialolympics.org, are appreciated. Information call 847-255-7800 www.friedrichsfh.com

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Blackman, Doris O.

Doris O. Blackman, nee Olson, loving mother of Janice A. (James) Fowler and Thomas O. Mayfield; beloved grandmother of Shannon (Peter) Boudreau, Scot (Ivy) Denman, Jason Mayfield, Paul Mayfield, and Carlene Mayfield; fond great-grandmother of Nathan J. Boudreau, Kyle D. Boudreau, Rowan W. Denman, and Charlie N. Denman. All services private. Donations to Zion Lutheran Church, 204 S Grant St, Hinsdale, IL 60521 are appreciated. Services entrusted to **Modell Funeral Home**. For info: (630) 852-3595 or www.modelldarien.com



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Bolotin, Howard Jack

Howard Jack Bolotin, age 90. Beloved husband and best friend for 64 years to Sybil, nee Miller; cherished father of Carolyn, James (Linda) and Michael (Jackie); loving grandfather of Adam Bolotin (Emily Forsythe), Patrick Bolotin, Brianna and Bridgett Bolotin and great-grandchild Lillian; devoted son of the late Alfred and Jeanette Bolotin; fond brother of the late June (Max) Sanders; special thanks to Mark Wrightington. Services Tuesday January 14th at Sunset Memorial Lawns, 3100 Shermer Rd. Northbrook. For time of service and additional info **Mitzvah Memorial Funerals**, 630-MITZVAH (630-648-9824) or www.mitzvahfunerals.com



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Bozych, Eugene E. 'Gene'

Eugene E. "Gene" Bozych, age 95, Lemont, IL, passed away January 8, 2020. WWII Veteran serving with the U.S. Army. Beloved husband of the late Frances, nee Yarowski, Bozych; loving father of Donna (late Lawrence) Miskowicz, Dennis (Lauren) Bozych, Judy (Chris) Hlavaty, and Carol (Marty) McDonough; adored grandfather of the late Steven, Marc, Melinda, Kyle (fiancée Kim), Nick (Jessi), Kevin (Erin), and Beth; proud great-grandfather of Abigail, Sean, Connor, Declan, and Emily; dear brother of the late Harry (late Hazel) and late Leonard (late Ann) Bozych; and fond uncle of numerous nieces and nephews. Gene worked as a Millwright at CPC International for 44 years. Visitation Sunday, from 3 - 8 p.m. at **Markiewicz Funeral Home, P.C.** 108 Illinois St. Lemont. Funeral services Monday, January 13, 2020, 9:30 a.m. from the funeral home, to St. Alphonsus Church for Mass at 10 a.m. Interment St. Alphonsus Cemetery. In lieu of flowers donations may be made to St. Jude Children's Research Hospital www.stjude.org Info: 630-257-6363 or www.markiewiczfh.com

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Burke, Norma J.

(nee Fehrenbacher). Beloved wife of Richard Burke and the late James Bentson. Loving mother of Mark Bentson, Scott (Teri) Bentson, James (Joanne) Bentson, Lori Bentson, Todd (Kathy) Bentson, Jennifer (Dan) Driscoll, Barbara (Mark) Cahill, and Brian Burke. Proud grandmother and great-grandmother of 40. Adored daughter, sister and aunt. Former employee of IBM. Longtime member of Ridge Country Club and a devout Catholic. Visitation Monday 3-9 p.m. Funeral Tuesday 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 St. Benedict Cemetery www.sheehyfh.com 708-857-7878

Robert J. Sheehy & Sons

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Burns, Frank T.

Frank T. Burns "Coach Frank," Age 67, Born into Eternal Life on January 8, 2020. Beloved son of the late Mary Kay (nee Towle) and Dr. J. Harold Burns. Loving brother of Mary Ellen (Joe) Franger, Gini Burns, Peter (Meg) Burns, James "Cowboy" Burns, and the late Kathy Burns, R.N. Proud "Uncle Frank" to Meg (Frank) Urbano, Joe Jr., Peter, Katie BurnsWick, Annie, and Liam Burns. Frank is also loved by his Vanecko, Towle, Tschetter, Friend, and Hope Family cousins as well as his NWBA family, students, CK alumni, and friends all across the country. Head Coach of Gold Medal Men's USA Paralympic Team (Seoul 1988), Assistant Coach of World Championship Men's USA National Team (Sydney 1998) and Bronze Medal USA Paralympic Team (Sydney 2000). He was the first NWBA Executive Director (2000-02) and member of the NWBA Hall Of Fame. For the past 17 years, Frank served as Physical Education Teacher at the Sonia Shankman Orthogenic School. Coach Frank would take the most uninterested or uncoordinated student and turn them into someone who felt strong, athletic, and confident in their body. Coach Frank gave each student a funny and personalized nickname, that made each child feel important, and empowered. Visitation Friday, January 17th, 3-8pm and Saturday morning, January 18th, 9:30am-10:30am at Christ the King Church, 9235 S. Hamilton Ave., Chicago, IL 60643. Mass of Christian Burial Saturday at 10:30am. Private Interment Holy Sepulchre Cemetery. In lieu of flowers, memorial donations to the National Wheelchair Basketball Association, 1130 South Elkton St., Suite A, Colorado Springs, CO 80907 or online at: <https://nwba.sportngin.com/register/form/887774648> are most appreciated. Info: **Heeney-Laughlin Funeral Directors**, 708-636-5500 or www.heeneyfh.com



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Burton, James Steven

James Steven Burton, 69, passed away peacefully on January 6, 2019. Loving brother of Jeffrey (Evie), Mariys (Mark) Thompson, Jed (Nancy), Jody (fiancé Roy Megahan), Erica (Jay) Check, and Erin (fiancée Dave Curington). Uncle to many nieces and nephews. Son to the late James and the late Dolores. A Memorial Service will be held Sunday, Jan. 19, from 2-4pm at Olson Burke/Sullivan Funeral and Cremation Center, 6471 N. Northwest Hwy., Chicago, IL 60631. In lieu of flowers, donations may be made in his honor to a charity of your choice.



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Carey, Grace F.

Grace Fleming Carey, age 94; beloved wife of the late Robert Galvin Carey Sr., loving mother of Betty Brennan, Chuck (Sue), Bob (Judy), Patti (Mike) Campagna and Mary (Mark) Andersen; adored grandmother of Jeff, Rich (Deena) Makowski, Brian (Julie), Erin (Chad) Rohrer, Brendan (Kristin) Carey, Kari and Casey Campagna, Katie (Kevin) Good, Mark (Jenna), Matt (Jenna) and Kevin (fiancé Elizabeth Thometz) Andersen; great-grandmother of 15. Memorial Visitation Friday, January 17th, 3:00 PM to 9:00 PM at Brady Gill Funeral Home, 16600 Oak Park Ave. Tinley Park, IL 60477. Funeral Saturday, January 18th, family and friends to meet for a 10:00 AM Funeral Mass at St. Julie Billiard Church, 7399 W. 159th St. Tinley Park, IL 60477. Inurnment Holy Sepulchre Cemetery. For Information 708-614-9900 or www.bradygill.com



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Casey, Barbara

Barbara Casey nee Caulfield. Beloved wife of the late John Casey. Cherished mother of Patrick Casey. Loving sister of Sister Peg Caulfield, B.V.M. & the late Jeri Caulfield. Dear sister in law of Pat DiBenedetto, Marge Sprys & Ray Gums. Proud aunt of many nieces & nephews. Memorial Mass 11:00 am Saturday January 18 at St. Patricia Church, 9050 S. 86th Ave. in Hickory Hills. Inurnment private. Family will greet friends & neighbors Saturday from 9:30 am until 11:00 am at St. Patricia Church. Please omit flowers. Arrangements entrusted to **Thompson & Kuenster Funeral Home**. thompsonkuensterfuneralhome.com 708-425-0500

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Clarke, Jr., Charles F.

Loving husband, father, grandfather, and brother, Charles F. Clarke, Jr. died on January 1st of natural causes at 90 years of age. Born in Chicago, Illinois on March 3, 1929 to Virginia Dennehy Clarke and Charles F. Clarke, Sr., Charley attended the Bell School (class of 1942), Canterbury School (class of 1947), and finally Brown University (class of 1951) where he majored in Classics and made many friends in the DKE fraternity. Following college, Charley served as a Second Lieutenant in the Army during the Korean War from 1951 to 1953.

Once he left the service, Charley soon began his distinguished career in Chicago real estate. He began at Arthur Rubloff & Co in 1956 and eventually became Vice President in 1963. He was recruited by Sudler & Co in 1965, a firm known primarily for its residential property management in Chicago. His first big assignment was to lead the team to manage and lease the new John Hancock Center building, then the world's tallest, which was completed in 1969. He then went on to work on another major multi-use complex, Water Tower Place. Charley continued to work in commercial brokerage at Sudler for thirty-nine years. In conjunction with his professional life, Charley served on the boards of the Mid City Bank, Verado Energy, and the Greater North Michigan Avenue Association.

Charley met Ellie in 1958 when he was asked to escort her to a cousin's bridal dinner in Lake Forest. Their first date was the next day at the wedding. Charley lost no time and, six weeks later, he proposed. They were married on January 3rd, 1959 in Palm Beach, Florida. They were married for 61 years. Charley believed fervently in service and had a long life of philanthropic work. He served on many non-profit boards: Canterbury School, The Rehabilitation Institute of Chicago, Catholic Charities (as President), Onwentsia Club (as President), the Otho S.A. Sprague Memorial Institute (as President), Barat College, and Lake Forest Hospital. He also worked diligently for the City of Lake Forest, where he lived most of his life. He was on the Lake Forest City Planning Commission and its Zoning Board of Appeals and, finally, Charley served as Mayor of Lake Forest from 1990 to 1993 (as had his father 1943-1946).

Charley was an outdoorsman and loved traveling with his wife, kids, and grandkids, especially their time together west in Telluride, Colorado. From the age of nine until around seventeen, he spent the month of July as a ranch hand on his Aunt Sunny and Uncle Gratiot's ranch, called Hotfoot, named after a college drinking society. Among the many friends he had at Canterbury, one was Pat Hemingway, the son of Earnest. One year, Charley spent his spring break in Havana, Cuba where he went deep sea fishing, hunting, and drank frozen daiquiris at the Florida bar with father and son Hemingway. He gave his children a love for nature with many trips out west skiing, camping, hunting, fishing, and horseback riding. Family trips to Europe and Ireland were had and, once his work life slowed down, Charley and Ellie enjoyed trips to Eastern Europe, Asia, Africa, South America and Australia and New Zealand. In 1984, Charley and Ellie bought property in Telluride, Colorado, which they named Hot Foot in honor of the ranch he worked at as a boy. Charley's love of the outdoors and the American West was infectious and was passed onto his children and grandchildren. Charles is survived by his wife of sixty-one years, Eleanor O'Connor Clarke; his sister Louise Clarke Hough; his three children, Charles F. Clarke, III, his wife Vanessa Balbach Clarke, Timothy S. Clarke, and Jay A. Clarke; his seven grandchildren, Arlo, Darby, Chase, Haley, and Ben Clarke, and Liam and Cora Bradley; and many beloved nephews, nieces, and cousins. He is preceded in death by his daughter Eleanor M. Clarke, his parents, his brothers John Clarke and Thomas Clarke and his sister Patricia Clarke Flynn. He was immensely dedicated to, and proud of his wife, kids, and grandkids. May he rest in peace.

A Funeral Mass will be held at 4:30 p.m. on Friday, January 17, 2020 at the Church of St. Mary, 175 East Illinois Road, Lake Forest. Interment will be private at St. Mary Cemetery in Lake Forest.

Funeral arrangements by **Reuland & Turnbough Funeral Directors of Lake Forest**, 847-234-9649 or www.RTFunerals.com.

In lieu of flowers, donations can be made to the Catholic Charities of Chicago (721 N. LaSalle, Chicago, IL 60654) or the Canterbury School (101 Aspetuck Ave, New Milford, CT 06776).



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Collins, Michael F.

Michael F. Collins 89 passed away peacefully on January 9, 2020 in Mt. Prospect, IL. He was the devoted husband of Louise J. Collins, nee Olson, who preceded him in death. He was the proud and loving father of Mary Jo (Jim) Polark, Kathy (Jim) Bearden, Tricia (Craig) Chuipek, Michael Collins and Jim (Catherine) Collins; affectionate grandfather to Brian, Beth, Michael, Lara, Erica, Kelly, Colleen, Maggie, Katie, Danny and GG Pa to five beautiful great-granddaughters.

Mike was born and raised in Chicago, a city he loved and was the cherished son of the late Martin J. and Ellen (Boyle) Collins; dear brother of Eileen Burns (Denis) Neary, James (Laura) Collins, the late Martin Collins; brother-in-law of the late Jerome Burns, sister in law, Carol Collins, Alice (the late Gordon) Stone and David (Annette) Olson. Mike loved his large extended family and was proud uncle to many nieces and nephews. He graduated from Leo High School, attended Notre Dame University and graduated from De Paul University. A proud American, he served honorably in the United States Army.

Mike began his career in sales with Campbell Soup and spent years in the food brokerage industry successfully building markets for nationwide brands and retired as an Executive of Mitco-Livingston.

He was a member of St. Raymond de Penafort Catholic Church in Mt. Prospect. Mike celebrated his Irish heritage, cherished family gatherings, enjoyed storytelling, lively conversation and debate, history and all things sports, especially the Chicago White Sox and Notre Dame football. Visitation Wednesday, January 15th, 4:00 P.M. - 8:00 P.M. at Friedrichs Funeral Home, 320 W. Central Rd, at Northwest Highway, Mount Prospect. Visitation Thursday, January 16th, 9:00 A.M. until Funeral Mass 10:00 A.M. at St. Raymond de Penafort Church, Elmhurst Rd. (Rt. 83) at Lincoln St., Mount Prospect. Interment All Saints Cemetery.

In lieu of flowers, donations in his memory may be made to Mercy Home for Boys & Girls- Chicago (where he tutored while in college), Leo High School-Chicago or St. Raymond Endowment Fund. Information call 847-255-7800 or www.friedrichsfh.com

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Chicago Tribune Death Notices

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Crane, Julia A.

Julia A. Crane, (nee Field), of Cortez, FL and Rochester, IN, formerly of Flossmoor, IL, born November 2, 1937 in Ann Arbor, MI, died December 30, 2019 in Bradenton, FL. Beloved wife of the Honorable Ronald J. Crane (deceased) and adored mother of Robert (Eileen) and James (Annette); cherished grandmother of Anthony Borsellino, Charles, Benjamin, Ronald and Bradley; devoted sister of Mary (Robert) Belenky; dear aunt of Alice Armen and Michael Belenky. She was a loyal friend to many. Julie was a kind and generous soul. She was so very loved and will be sorely missed. At Julie's request, services were private. Brown & Sons Funeral Homes & Crematory 26th Street Chapel is in charge of arrangements. Condolences may be made to www.brownsandsonsfuneral.com

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Doyle, William T.

William T. Doyle, aged 96 of Naperville, formerly of Sturgis, MI, and Chicago, IL passed away Dec. 30, 2019. He was born Mar. 7, 1923 in Chicago to his late parents, William and Bertha Doyle. Beloved husband of 73 years to the late Helen W. Doyle. He is survived by his 7 children, William (Janet) Doyle, Sharon (John) Cerovski, Larry (Jane) Doyle, Denise (Peter) Illing, Joan (Bill) Foley, Tim (Megan) Doyle and Colleen (Kevin) Lenhard. Adored Grandfather of 18 and 4 great-grandchildren. His two sisters also preceded him in death. He graduated from St. Rita High School in 1941. The school had a profound impact on his life, and he remained an active alumnus, as well as a major donor. He was inducted into the Hall of Fame in 1990 and awarded the Crest of St. Augustine in 2013. Doyle Stadium at St. Rita honors his impact on the school. He briefly attended Chicago Teachers College but left to enlist in the Army. He became a paratrooper and ultimately a 2nd Lieutenant in the 82nd Airborne Division serving in Germany and Poland during the Occupation after WWII. Upon his discharge he began his lifelong career as an entrepreneur starting with a tavern and progressing into grocery stores, a dry cleaner and eventually becoming a successful banker. Seeing a new opportunity, he purchased a bank in Sturgis Michigan and relocated his family there in 1967. In 1976, Bill also invested in the Campbell and Fetter Bank in Kendallville, Indiana. The family is still involved with Campbell and Fetter. After retiring, he and Helen enjoyed many wonderful years in Palm City, Florida. They made their final move in 2009 when they joined the senior community of Monarch Landing in Naperville, IL. A celebration of his life will be held on Saturday, Jan. 25, 2020 at St. Thomas the Apostle Church, 1500 Brookdale Rd, Naperville, IL 60563. Visitation from 10-11 AM followed by a Memorial Mass at 11 AM. In accordance with his wishes, his body has been donated to the Anatomical Gift Association. In lieu of flowers, memorials to: The Sturgis Area Community Foundation, William and Helen Doyle Fund, 310 N. Franks Ave, Sturgis MI 49091; 269-659-8508 or St. Rita High School Endowment Fund, 7740 S. Western Ave., Chicago, IL 60620. Arrangements entrusted to **Friedrich-Jones Funeral Home**, 44 Mill St. Naperville IL 60540. Info: 630-355-0213 or www.friedrich-jones.com.



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DuBose, Lawrence A.

Lawrence A. DuBose, age 99, of Windsor Park in Carol Stream, IL, longtime owner of Testing Service Corp., beloved husband of the late Wanda Shreve DuBose, loving father of Allen (Linda Leslie), Charles (Susan Scallan), Jane (Bill) Kindorf, Jean (David) Cornelius and James (Jane Conrady), proud grandfather of 9, great-grandfather of 15, dear brother Charles "Dick" (Gloria) DuBose and the late Marjorie and Winifred. Visitation Wed., Jan. 15, 2 to 7 p.m. at **Hultgren Funeral Home**, 304 N. Main St., Wheaton. Funeral Thurs., Jan. 16, at 10:00 a.m. at St. Andrews United Methodist Church, 250 N Gary Ave, Carol Stream, IL 60188. Interment Abraham Lincoln National Cemetery in Elwood, Illinois. Memorials may be directed to Kline Creek Farm, Wanda's Honey House (<http://www.dupageforest.org/donate>) or St. Andrews United Methodist Church. Guest book at hultgrenfh.com or 630-668-0027.

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Durcan Borek, Philys Joan

Born 10/25/1931 in Carrara, Curry, County Sligo Ireland (William Butler Yeats Country) Died on 1/8/2020 at Alexian Brothers Hospice Elk Grove, IL. Philys dedicated 40 years of service as a Rehabilitation Nurse at Alexian Brothers. Preceded in death by her loving husband Chester Borek. Preceded in death by her loving Durcan family brothers and sister: Kevin, Sean, Thomas, William, Padraig, John Joseph, Stephen, Maureen Durcan Garland-Collins. Loving mother of daughters Marysia Borek Walker and Adele Borek Hedrick. Loving grandmother of Marysia Walker's children: Erin Primdahl, Eric Primdahl, Maureen Primdahl. Loving grandmother of Adele Hedrick's children: Alex, Victoria, Christopher, Elizabeth West. Loving great grandmother of Harper. Loving sister in law of Kevin Durcan: Bridget Durcan. Loving Aunt of: Rene Durcan Smith and family, Stephanie Durcan Brennan and family, Adele Durcan Madden and family. Loving aunt of Francis and Suzy Garland-Collins and Rosemary Garland-Collins. "I will arise and go now, and go to Innisfree"

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Dwyer Cleland, Evelyn

Evelyn Dwyer Cleland of Homer Glen, formerly of Tinley Park and Chicago, age 94. Beloved wife of the late Donald Cleland and the late Henry "Michael" Dwyer; loving mother of Kathleen (Daniel) Mathes, Thomas (Elaine) and Janice (Roger) Wiggins; proud grandmother of Maureen (Steve) Matthews, Michael (Mary) Mathes and Hannah and Matthew Dwyer; great-grandmother of Sean Matthews; preceded in death by five sisters and four brothers. Family and friends will be received at **Richard J. Modell Funeral Home**, 12641 W. 143rd St., Homer Glen on Monday, January 13, 2020 from 3:00 to 9:00 p.m. Funeral Tuesday 9:15 a.m. from the funeral home to Our Lady of the Woods Church for 10:00 a.m. Mass. Interment Resurrection Cemetery. For info 708-301-3595

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Ellin, Barbara A.

Barbara A. Ellin, nee Prochep, 81. Beloved wife of the late Everett D. Ellin, DDS; devoted mother of Ronald (Suzanne) Ellin, Laura (Ronald) Schulman, and Jill (Jeff) Topp; cherished grandmother of Rebecca, Dina, and Samuel Schulman, and Olivia and Haylee Topp; dear sister of Michele (Glen) Miller; caring sister-in-law of the late Morton (Bonita) Ellin; loving aunt and great-aunt of many; treasured daughter of the late Bernard and Betty Prochep. Barbara was a longtime teacher and a Chicagoan through and through. She will be remembered as a character- fun, friendly, and welcoming with a beautiful smile. Barbara never left the house without her gum and lipstick and wanted to know more about everyone she met. She and her famous chocolate chip cookies will be deeply missed by all. A memorial service will be held Sunday, Jan. 12, 1 PM, at Congregation BJBE, 1201 Lake Cook Rd, Deerfield. Shiva to follow. In lieu of flowers, memorial contributions may be made to the Jewish United Fund, www.juf.org. For info: 847-256-5700.



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Frankenthal, Angie

Angie Baglione Frankenthal, 88, of Lake Forest (LF) Illinois, Palm City Florida and Phelps Wisconsin passed away on January 4, 2020 after suffering from Alzheimer's for many years. Angie (Angelina) was born in Los Angeles, California on January 1, 1932. She was daughter to deceased parents Rosario and Francis Baglione, and sister Connie Robbins. She is survived by her spouse, of 43 years, Lester Frankenthal III., her three step-daughters, their husbands, children and grandchildren; Laury Martin-Berg (William), Stirling Martin (Jessica, Owen and Nora) and Hunter Martin (Aurelia and Laeken); Jennifer Frankenthal, (William, Morgan and Rowan); Lindy Washer (Glen, Katharine). She is also survived by her dog, Tibia, her nieces and their husbands; Teri O'Rourke (Tim) and Stephanie Pappas (John); first cousin John Anderson (Marilyn); her sister in-laws Ann Frankenthal and Penny McMillan, and other friends and family. Angie graduated in 1950 from Dorsey High School in LA, and attended UCLA from 1951 to 1952 while working at BofA. Her flair for fashion led to a career in the clothing industry, working at Jax Boutique, in Beverly Hills CA. In 1959, Angie moved to the mid-west when Jax offered her a position to manage and become the buyer for his new store in Chicago. As a young woman, this was a bold move in those days! In July 1961 Angie married her first husband, Fredrick Kramer. A year later, she and Fredrick opened a high fashion clothing boutique named ANGE Inc. on North Michigan Avenue in Chicago. Angie had big ideas to make the store famous, but initially ANGE Inc. was faulted for being classic and drab. So the Kramer's painted the walls shocking pink and orange, and stocked merchandise from influential designers (Rudi Gorenreich, Manning Silver and Tiger Morse). She brought in live models for the store front windows, dressed staff to impress and designated the Kramer's Basset hound Sarah as store mascot. ANGE's became well known for Berkshire stockings, and accessories to add that glam touch to any wardrobe. It was the era of hot pants, paper and vinyl dresses, mini- skirts, and fishnets. By 1967, business was booming, with famous models and movie stars, splurging on new wardrobes at ANGE's. Angie had become an icon of the fashion industry!

Tragically in March of 1971, Fredrick passed away. Angie was on her own for several years, until meeting Lester E. Frankenthal III in 1975. At that time, she moved to Lake Barrington, and in 1976 opened a second ANGE's store in Northbrook, Illinois. Later that same year, Les and Angie wed. By 1979 the era of ANGE Inc. came to an end. Angie was devoted, loyal and deeply loved Lester for their lifetime together, of 43 years. She brought vigor and love of life, a sense of style and beauty, and a breath of fresh air to the family. Together they enjoyed traveling, golfing, shopping and entertaining. For relaxation she liked to exercise, cook, garden, read, and decorate their residences. She had a passion for the arts, nature and animals especially for dogs, donating her time to animal shelters, walking and fostering dogs. She was always game to try new things and embraced life to the fullest. Angie will always be remembered by friends and family for her elegance and warm hearted, energetic, gracious, generous, strong and confident personality. She was a significant, supportive role model to those whom loved her. She brought great strength and comfort to many and will forever be in our hearts!

Life Celebration donations may be made in Angie's honor to: The Antiquarian Society, The Art Institute of Chicago, Natural Resources Defense Council, Lyric Theatre, Orphans of the Storm, The Wildlife Society or Humane Society of the Treasure Coast. A memorial service will be held at the Church of Holy Spirit in Lake Forest Illinois on February 22nd with a life celebration event to follow. Details will be posted on Legacy.com.

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Fujii, Mary Mariko

Mary Mariko Fujii, 96, of Palatine. Dear wife of the late John Jiro Fujii. Mother of Elaine (Willard) Jarvis, Wesley (Susan) Fujii, and the late Joanne Fujii. Loving grandmother of Nicole (Scott Wallace) Jarvis, Kelly (Erik) Neuens, Justin Fujii, Emily (Brian) McMahon, Griffin Fujii, and Zachary Fujii. Aunt, cousin, and friend of many. Memorial donations may be made to Midwest Buddhist Temple. Private services will be held at a later date. For information 847-359-8020 or visit www.smithcorcoran.com



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Garibotti, Ph.D., D.J. "Nick"

February 23, 1925 - January 09, 2020. Nick, of Barrington, was the beloved husband of Caroline (Ricci); father of Laura (Robert Wiberger), Karen (Kevin Ward), Jeff (Missy) and Bruce; grandfather to Kate and Elle Wiberger, Erik (Abby) Ward and Kris (Ali) Ward and Julia and Joe Garibotti; and great-grandfather of Will Ward.

He was preceded in death by his parents, Lazzaro and Margherita and sister, Mary. Visitation will be Tuesday, January 14, from 10am until the time of mass at 11am at St. Anne Catholic Church, 120 N. Ela St., Barrington. For full obituary and to leave online condolences, visit www.davenportfamily.com.



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Garoon, Bernice M.

Bernice M. Garoon, nee Wolfe, age 96. Beloved wife of the late Honorable Jerome Garoon. Proud mother of Glenn Garoon, Ira Garoon, M.D. and Mindy Suchinsky, and bubbie to grandchildren and great grandchildren in the US and Israel. Chai Lifeline, Amit and Keshet are among her favorite charities. For service information please contact Chicago Jewish Funerals - Skokie Chapel, 847.229.8822, www.cjinfo.com.



CHICAGO JEWISH FUNERALS

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Gaydusek, Jerome M.

Jerome M. Gaydusek, age 78 of Bolingbrook, formerly of Brookfield. Army Veteran. Beloved husband of Helenka E. Gaydusek, nee Prager, fond father of Karole (Phil Arnone) Gaydusek and James (Sandra) Gaydusek; step grandfather of Jackie Hanson, Philip (Adrienne) Arnone III, Ryan Arnone; deda of Jadalyn Dawn Hanson and Giovanna Rae Arnone; brother of John (the late Eleanor) Gaydusek and Judy (Walter) Cudecki; uncle, cousin and friend to many. Visitation Tuesday, January 14, 2020 from 3 p.m. to 8 p.m.

at **Hitzeman Funeral Home, Ltd.**, 9445 W. 31st Street, Brookfield, IL 60513. Lying in State Wednesday, January 15, 2020 from 9:30 a.m. to 10 a.m. at Sts. Peter and Paul Lutheran Church, 250 Woodside Road, Riverside, IL 60546. Service 10 a.m. Interment Bohemian National Cemetery Masaryk Mausoleum. Jerry was a 34 year employee of William Wrigley Jr. Company, Machine Construction Department. President of CSA Fraternal Life Lodge, Du Page Pioneers/Edison #409; Treasurer of Cultural Division of District Council #12 and Delegate of District Council #12. Longtime "Wednesday Volunteer" of the Bohemian National Cemetery; Board of Directors of Friends of Bohemian National Cemetery and Co-Chair of Special Projects. Jerry was a Jack of all trades, Master of Some! Jerry could fix anything and after retirement lived by the belief of: he got up in the morning with nothing to do and went to bed at night not getting it all done. Memorials appreciated to Sts. Peter and Paul Lutheran Church or the Amita Health Cancer Institute Hinsdale, 1 Salt Creek Ln., Hinsdale, IL 60521. Information 708-485-2000 or www.HitzemanFuneral.com



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Gaynor, William F.

William F. Gaynor passed away on his 90th birthday, Dec. 28, 2019 in Ocala FL. Formerly of Hinsdale, IL and Sun City West, AZ. Beloved husband of Sherry nee Gladden of 20 yrs., and the late Rita nee Anderson of 36 yrs. Loving father of William (Janet), Marie (James) Lee, Kevin (Vicki), Brian (Bridget). Proud grandfather of Daniel, Matthew, Martin, and Colin Lee. Great grandfather of Ayden and Myles. Dear uncle and friend of many. Proud retired member of IBEW Local 134. Family and friends to gather Friday May 8, 2020 for 10:30 am Memorial Mass at Our Lady of Peace Catholic Church, 709 Plainfield Rd, Darien IL. Interment Queen of Heaven Cemetery, Hillside, IL.

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Gore, Beverly

Beverly Gore (nee Schwartz), 97. Devoted wife of the late Morris "Morrie" Gore, and adoring sister of the late Arnold "Arnie" Schwartz (Gloria) and the late Bertha Schwartz. Loving mother of Dr. Jerry Gore (Carol), Michael Gore, and the late Steven Gore (Natasha). Proud Bubby to Matthew (Anna), Rachel (Justin), Rebecca, Ariel, Aaron, Daniel, and Alex and six beloved great-grandchildren. Interment at Waldheim Jewish Cemetery in Forest Park. Memorial contributions may be made to The Hebrew Theological College, c/o The Morrie Gore Memorial Technology Fund, 7135 North Carpenter Road, Skokie, IL 60077, htc.edu/donate

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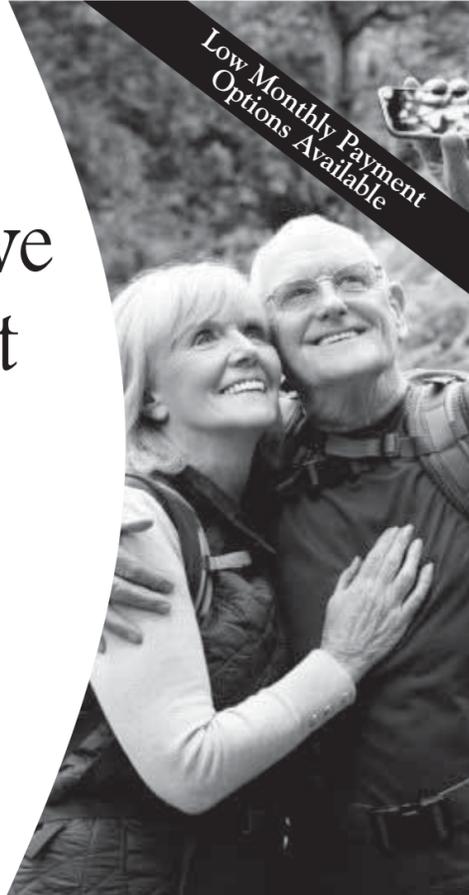
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Green, Joan M.

Joan M. Green, nee Bergant, age 87. Beloved wife of the late Aubrey Green. Adored mother of Susan (Clement) Schmitt, Allan (Carol) Green, and Thomas (Cyndi) Green. Loving grandmother of Jeffrey (Janice) Schmitt, Melissa (Christopher) Bakes, Timothy Green, Stephanie Green, and Rachel Green. Dear great grandmother of Jason, Joel, Ryan, Brayden, and Mikayla. Loving sister of Robert (Carolyn) Bergant. Caring aunt, cousin, and friend of many. Visitation Monday, January 13, 3 PM to 8 PM, at the funeral home. Funeral services Tuesday, January 14, 9:30 AM, from **Smith-Corcoran Funeral Home**, 6150 N Cicero Avenue, Chicago, to St. Margaret Mary Church for a Mass at 10 AM. Interment Maryhill Cemetery in Niles, IL. In lieu of flowers, donations may be made to St. Margaret Mary Church. Funeral info 773-736-3833 or www.smithcorcoran.com

Smith-Corcoran
Funeral Homes

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Haberberger, Mark J.

Mark J. Haberberger passed away peacefully with his family by his side on January 4, 2020, following a short illness. Mark was a first generation German American and was preceded in death by his parents, Joseph F. and Irma (Teuber) Haberberger, his brother Glenn P. Haberberger, and his son Joseph Haberberger. He will be greatly missed by his devoted wife Linda S. Pensala, his children, Laura Haberberger, Tina March (Eric), Liisa Morley Miller (Donnie), Beloved Nieces, Shelly Plapp (Peter), April Zehm Ridout (Christopher), Angela Zehm Manrique (Ruben) and his nephew David Zehm. His sisters, Annette Haberberger Klotz (Michael), Iris Haberberger, Linda Sethi, and all of their children. Mark is also survived by many family members in Germany, including his cousins Helmut Haberberger (Irmgard), Veronika Haberberger Wolfe (Tony) and Herbert Speckner (Ilse). Mark was an avid genealogist and traveled to many parts of Germany, but his heart was always in Gunzendorf Bavaria and in the Haberberger family home #7. Mark graduated from Pius XI High School in 1977 and from Marquette University, Milwaukee, WI in 1981, Suma Cum Laude, with a Political Science major and double minor in German and History, two of his lifelong loves. In 1985 Mark graduated from Cornell University Law School and began his law career at Whyte Hirschboeck in Milwaukee (currently Husch Blackwell). Mark then worked for Abbott Laboratories at Abbott Park, Illinois as in-house corporate legal counsel, followed by a distinguished twenty-year legal career as Senior Counsel at GE Healthcare, Wauwatosa, Wisconsin. Mark was admitted to practice as a lawyer in Wisconsin and Illinois. As an avid German family historian and genealogist, Mark made many visits to Germany following his first family trip to Gunzendorf, Bavaria, as a child in 1970. Mark was an active member of the greater Milwaukee German American community and the German American Chamber of Commerce, Midwest Chapter. Mark and Linda have also traveled to Finland many times, and he is an active member of the Finnish American Society of Milwaukee. Mark will be greatly missed for his warmth, incredible sense of humor, German singing, his strong friendships and his zest for life. Mark would like all of his family and friends to remember him on his birthday every September 21st with a smile and a "prost". Visitation and a service will be held at **Krause Funeral Home**, 21600 West Capitol Drive, Brookfield, Wisconsin 53072 on Friday January 17, 2020 from 4-8 PM. Father Steve Lampe will officiate the service on Saturday January 18, 2020 beginning at 8:30 AM with a "Celebration of Mark's Life" Luncheon following the service at Bartolotta's Lake Park Bistro in Milwaukee, Wisconsin.

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Hall, Walter "Bud" Herbert



Walter "Bud" Herbert Hall, 91, of Des Plaines. Memorial service information & condolences at www.GlueckertFH.com or 847-253-0168.

Glueckert
Funeral Home Ltd.

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Harland, Mary E.

Mary E. Harland nee Eldred, January 9, 2020, age 87, late of Olympia Fields. Beloved wife of the late Donald Foster Harland. Dear mother of Susan Corbet of Palos Heights, Helen (Ron) Bell of Burr Ridge, and John Harland of Naperville. Cherished grandmother of Sean, Kyle, and Michael Corbet, Charlie and Emily Bell and Robin, Adam, Cory and Charlotte Harland. Mary enjoyed spending time with her family. Member of P.E.O. and Flossmoor Community Church. Volunteer at the Field Museum and was a world traveler. Resting at the Tews-Ryan Funeral Home, 18230 S. Dixie Hwy. Homewood, Wednesday January 15th from 4:00 p.m. until the time of her funeral service at 8:00 p.m. Interment Carrollton Cemetery, Carrollton, IL. Memorials to Park Lawn School & Activity Center, 10833 S. LaPorte, Oak Lawn, IL 60452 or www.parklawn.com would be appreciated. www.tews-ryanfh.com or 708-798-5300.

Tews-Ryan
FUNERAL HOME

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Harris, Millicent C. 'Millie'

Millicent Calloway Harris (94) of Chicago transitioned on December 9, 2019. She was a member of the Du Sable HS class of 1942 and one of the first African American University of Chicago MBA graduates. Millicent was married to the late William "Bill" Harris, former Public Building Commissioner of Chicago. Both were long time members & officers of the Burnham Harbor Yacht Club. She was a member of Chatham Fields Lutheran Church and St. Stephens Lutheran Church. A memorial Service will be held Sunday, January 19, 3 to 5pm at the Lake Shore Conference Center, Kenwood Room, 4900 S Lake Shore Dr., Chicago, IL.

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Heap, Frank KENNETH

Frank Kenneth Heap, age 78, passed away peacefully at his second home in Palm Desert, CA on December 17, 2019. Frank was born on June 28, 1941 in Evanston IL. He attended Northwestern University and then went on to Law School at the University of Chicago. He achieved a successful and prestigious career as an Attorney, becoming a Senior Partner at Bell, Boyd & Lloyd in Chicago. A world traveler and rugged adventurer, Frank was a true outdoorsman and ventured on hunting and fishing trips throughout Africa, Alaska, Canada and Texas to name a few. Frank is survived by his wife (Jeannine), his former wife (Holly) and their children (Donald and Kymberly), his sister Joan (Roger Burnette), his nieces and nephew (Lynne Valentine, Debbie (Tony) Czekala & Michael Valentine), his stepsons William (Angela) Gatz and Sean (Marcia) Gatz and grandsons, Christopher and Tyler Gatz. Per his wishes, in lieu of funeral services, a private gathering will be held. If you can, drink a Bushmills in Frank's honor, knowing he will be with you in spirit.

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Herbst Jr., Albert J. 'Al'

Albert J. "Al" Herbst Jr., 87, of Glenview, formerly of Wilmette; at rest January 9, 2020. Beloved husband of the Patricia nee Coyle. Loving father of Martin (Chen), Molly (Jon) Epstein, Bo (Leslie), and Suzanne (Ed) Espinosa. Proud grandfather of 17. Al was a retired Naval Aviator with the rank of Lt. Commander. He went on to serve as a commercial airline pilot for over 30 years where he captained 747 Jumbo Jets. He was a long serving member of Airline Pilots Association (ALPA) Visitation Monday 4-8 p.m. at St Norbert Catholic Church, 1809 Walters Ave, Northbrook; where family and friends will gather Tuesday for 10 mass. Interment Sacred Heart Cemetery. In lieu of flowers memorials may be made to Tunnel to Towers, www.tunnel2towers.org

N.H.Scott & Hanekamp
FUNERAL HOME

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Highstone, Ward A.

Ward A. Highstone, of Glen Ellyn, Illinois, passed away on January 7, 2020, aged 81. Devoted husband of 58 years to Virginia (nee Green), cherished father of Laura (Tristram) Hyde, Ellen (Michael) Sorensen, and Sarah Highstone. Beloved grandfather of James, Ethan, Rebecca, Sofia and Alexander. Pre-deceased by his father William H. Highstone, mother Margaret (nee Duha), and sister Susan Mello. Born and raised in Chicago, Ward was a lifelong resident of the Chicago area. He attended Francis W. Parker School and graduated high school from Chicago Harvard School ('56) where he was a talented, multi-sport athlete. He attended Williams College ('60) graduating with a Bachelor of Arts in History.

After college, Ward served in the Illinois National Guard and began an exemplary 50-year career as an officer and Vice President in personal trust with First National Bank of Chicago, NBD, Bank One, and J.P. Morgan Chase. Ward was a dedicated member of 56 years at First Congregational Church in Glen Ellyn and was a life-long community leader and volunteer in the Glen Ellyn area. He served for 20 years on the board of the Central DuPage Pastoral Counseling Center, and in retirement, served as a member of The Rotary Club of Glen Ellyn. He also enjoyed volunteering as a coach for girls softball and basketball teams in Glen Ellyn. When not working, Ward loved traveling, reading, spending time outdoors, and enjoying time with family and friends. A Celebration of Life Ceremony with family and friends will be arranged at a future date. If desired, memorial donations would be appreciated to Central DuPage Pastoral Counseling Center at www.cdpc.org or by mail to 507 Thornhill Drive, Carol Stream, Illinois, 60188.

Arrangements are being handled by Leonard Memorial Home of Glen Ellyn, IL (www.leonardmemorialhome.com)

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Jacobs, Richard M.

Richard M. Jacobs 64, September 22, 1955 - December 30, 2019 Beloved Husband of Paulea K. Jacobs 31 years; loving Father of Lisa Michelle, Beloved Step-Father of Stacy (Garrick) Allen, and Blair (Melanie) Mislich Beloved Grandfather of Riley Allen and Tatum Mislich. Dear Brother of Donald Jacobs; treasured Uncle of Logan and Olivia Soble. Memorial Service/Celebration of Life Sunday, January 12, 2020 from 1-5 PM at Max and Benny's Restaurant (Arielle's Room) 461 Waukegan Road, Northbrook, IL 60062. For information and to RSVP Call Paulea (847)791-2848.

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Jacobson, Michael Meyer

Michael Meyer Jacobson, husband of Kay, son of the late Dr. Louis and Rose and son-in-law of the late Charles and Jeanette Berg, of Chicago, Illinois, passed away on Monday, November 18, 2019 at the age of 79.



Michael was born on Chicago's 'Great West Side' and grew up on the north side with his late brother Eugene, where he attended Senn High School. Michael went on to attend Roosevelt University and graduated with Kay as a married couple.

After a short but successful stint in real estate, Michael took over the family business, Central Furniture Mart, which he ran for over 45 years. Employing friends and family and working side by side with Kay, he made home furnishings available to individuals who could not easily afford them, had lifelong customers and turned a humble business into a Chicago institution.

Michael's hard work gave his family the opportunity to travel the world, put their children through school and eventually gave them their new home in Miami, where they enjoyed the sun, made lasting friendships and spent the final few years of Michael's life enjoying their well-earned rest.

Of all his accomplishments, Michael would tell you that his greatest success was his marriage of 58 years to his true love, Kay. They met when they were only 17, and he told her on their first date that they would be married. He made good on his promise. They travelled the world, worked side by side at Central, laughed together and made a wonderful family together. They were a true couple and will forever be linked together as they were on their license plates — "MIKE N K" and "K N MIKE."

Michael was a master raconteur who loved going out to dinner and presiding over meals like a symphony conductor — ordering for the 'table,' inviting family friends along and making sure that everyone enjoyed themselves. Although he was a hard-nosed businessman and could be tough as nails, Michael always had a smile on his face, a twinkle in his baby blues, loved to tell stories and listen to others and was generous to everyone around him. He was a true gentle giant.

The last few years of Michael's life were not without challenge, but Kay stood by his side as his staunch advocate throughout, kept him laughing, watched their favorite old movies late into the night and chased after him as he scooted around the Aventura circle with his signature pony tail always expertly groomed by Kay.

Michael is survived by his wife Kay; his son Ronald, his wife Sheila and their children Merrick (Patrick), Spencer, Jeremy, Benjamin and Zander; his daughter Jacqueline, her husband Josh and their son Leo; and his brother-in-law Bruce. May his memory be for a blessing!

A memorial service for Michael will be held at 1:00 p.m. on Friday, January 17, 2020 at Temple Beth-El in Northbrook. In lieu of flowers Michael's family kindly requests a donation to your charity of choice.

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Kirchherr, Eugene

Eugene Kirchherr passed away peacefully in St. Louis, Missouri, on Jan. 1, 2020, at the age of 91. He was the husband of the late Eunice Kirchherr, and the father of Gary (Ruth) Kirchherr and Diane (Don) Richardson and beloved grandchildren Lisa and Sarah Kirchherr, and Laura, Charlie, and Robbie Richardson. www.boppchapel.com

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Klybert, Douglas

Final 'Wheels Up' January 1, 2020. Douglas Arthur Klybert, 86, died peacefully Jan. 1 in Coeur d'Alene, Idaho, with family at his side. Born in Fredericksburg, Virginia, he grew up in Sanborn, New York, and was a 1956 graduate of The Purdue University School of Pharmacy. Douglas owned several pharmacies in the Chicagoland area, including Douglas Drugstore in Oak Park. A lifelong pilot, Doug captained corporate jets internationally and flew commercially for American Eagle airlines out of O'Hare Airport before retiring wistfully at 60. He earned a 1981 Pilot Safety Merit Award for 1,000,000+ miles flown in command without incident. He enjoyed world traveling and antiquing with his wife Martha prior to moving to Coeur d'Alene, Idaho, to live near his daughter Diana. Douglas is preceded in death by his mother, Olive (Mielke) and father, Maurice Klybert. He is survived by his sister Arlene Wade, (ex-wife of 50 years, Martha (Vacha) Klybert, daughters Lynette Hutto and Diana Klybert, grandson Kevin Plaiske, great-grandsons Jacob and Diego Plaiske, niece Paula (Wade) Scott and nephews Keith and Steven Wade. Memorial services will be held Saturday, Jan. 18, at 2 p.m. at Yates Funeral Home in Coeur d'Alene. Douglas will be laid to rest alongside his parents at Mount View Cemetery in Pekin, New York.

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Kohout, Constance Mary

Kohout, Constance Mary
Connie M. Kohout (nee Maslanka), age 84 of Lombard, was welcomed into Heaven on January 8th, 2020. She was preceded in death by her beloved husband Francis D. Kohout. Loving daughter of Joseph and Stella Maslanka. Loving mother of Barbara (Ronald) Hammond and Francis J (Nancy) Kohout. Beloved grandmother of Katherine, Mary Catherine, Sarah, Julia, Peter and Ruth. Cherished sister of Diane (Daniel) Svoboda and Raymond (Charlotte) Maslanka. Fond cousin and aunt to many. Connie was an elementary school teacher for many years. She taught at Mary Queen of Heaven Catholic School in Elmhurst, and then at St. Mary's Catholic School in West Chicago. Visitation will be Monday January 13th, 3pm - 8pm at **Brust Funeral Home**, 135 S. Main St, Lombard, IL. Funeral service will be Tuesday January 14th 10:00 am at Sacred Heart Church, 114 S. Elizabeth, Lombard IL. In lieu of sending flowers, donations can be made to Lexington Hospice of Lombard IL in Constance's name. www.brustfuneralhome.com or 888-629-0094

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Kurita, Kazumi 'Corki'

Kazumi "Corki" Kurita, 98, of Sacramento, California, formerly of Chicago, Illinois, passed away on Tuesday, December 17. She was born to the late James Hisamitsu and Hana Kuromiya on January 1, 1921.

A loving mother, Corki enjoyed time with her family and friends, dancing, travelling and spending time together. She had many hobbies including sewing, knitting, crocheting, needleworking and others, creating both functional pieces and decorative works of art.

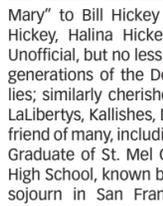
Corki was predeceased by her husband of 58 years, Nobuo Kurita. She was also predeceased by her sister Kimiye Furuya and two brothers Hiroshi Kuromiya and Yoshito Kuromiya. She is survived by her three children Donna Tewart (John), Richard Kurita (Linda) and Caroline Leonard (Scott) and three grandchildren Michael Kurita (Michelle), Hideko Kurita, Scott Kurita (Alexis); Stephanie Leonard and many nieces and nephews.

Born and raised in southern California, Corki relocated to Chicago following her family's interment at Heart Mountain. She was an active member of Christ Church of Chicago (Tri-C) where lifelong friendships were formed. In her retirement in Sacramento she attended Parkview Presbyterian Church and volunteered at the Gleaners and Citrus Heights Police Dept. The staff at ACC Care Center provided care and comfort in her last years. There will be a private family interment at Mountain View Cemetery in Altadena, CA, date to be determined. In lieu of Koden, donations may be made to either Christ Church of Chicago, ACC Care Center of Sacramento, or Parkview Presbyterian Church in Sacramento.

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LaLiberty, Mary Barbara

Mary Barbara LaLiberty, nee Deegan
May 1, 1936 - January 10, 2020
Born on Mayday to the late Walter and Madeleine (Cantwell) Deegan. Passed away after a valiant struggle with oral cancer. Dearly beloved wife of Dennis LaLiberty, Loving sister of Aileen Deegan; "Cousin Mary" to Bill Hickey (Sue), Bob Solis (Sallie), Tom Hickey, Halina Hickey, and the late Jim Deegan. Unofficial, but no less loved, "Aunt Mary" to multiple generations of the Deegan, Hickey, and Solis families; similarly cherished as "Grandma Mary" by the LaLibertys, Kallishes, Donselaars, and Baezas. Dear friend of many, including those from her school days. Graduate of St. Mel Grade School and Immaculata High School, known by all as "Mary Barb." A lengthy sojourn in San Francisco from the early 1960s through the mid-1970s never diminished her love for Chicago, the home town to which she returned. Long-time resident of Sandburg Village and member of Immaculate Conception/St. Joseph Parish in the Old Town neighborhood. A valued legal secretary for many lawyers over the years and, in her own words, an "unclaimed treasure." Mary reunited with an old beau in 2001, shortly before retiring, and spent the last 19 years of her life in marital bliss, give or take the rare day in which the happy couple failed to see events through the same lens. Mary enjoyed traveling and eating out; an avid reader, movie goer, and dedicated cross-word puzzle solver. Long-time, fervid follower of the Chicago Cubs, Notre Dame's Fighting Irish, and the Chicago Bears (after renouncing her membership in the "49ers Faithful Fan Club"). Visitation Monday, January 13, at **Simkins Funeral Home**, 6251 W. Dempster St., Morton Grove, from 3-8pm. Funeral Tuesday, January 14, at Immaculate Conception Church, 1431 N. North Park Ave., Chicago, IL 60610: visitation from 10am followed by Funeral Mass at 11am. Interment St. Boniface Cemetery. In lieu of flowers, donations to St. Angela School (www.saintangela.org) or Misericordia Heart of Mercy (www.misericordia.com). For information, contact the funeral home: (847) 965-2500. www.simkinsfh.com.



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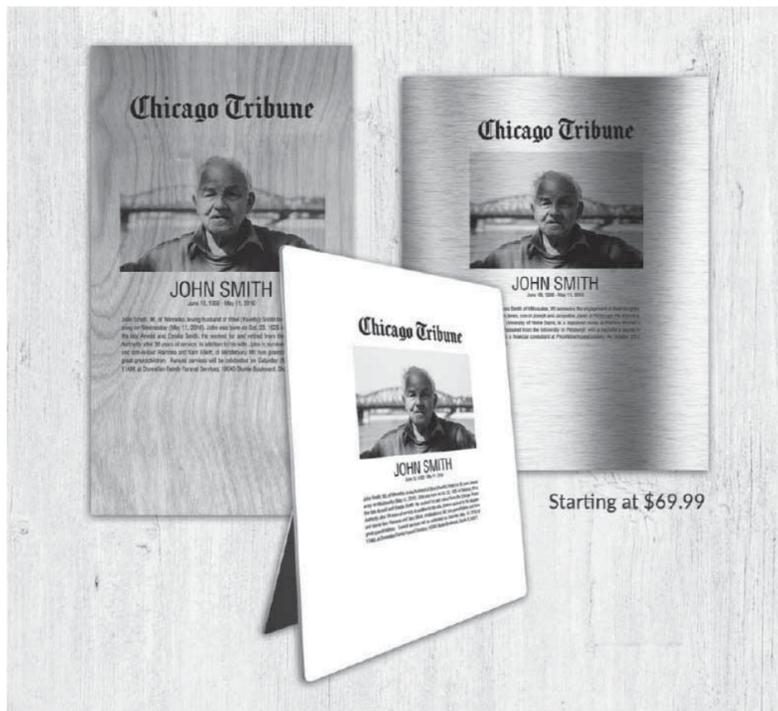
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Landeck, Phyllis R.

Phyllis R. Landeck nee Jakum age 96, Of Oak Lawn, passed away peacefully at home with Lynn, John & Cheryl at her side on December 26, 2019.

She was greeted by God and her husband Raymond who has been patiently waiting for 27 yrs.

Loving Mother of Lynn (John) Data, and the late Raymond R. (Ginnie) Landeck and the late Robert Landeck.

Grandmother of Cheryl (Matt Hochgraver) Data, Raymond Landeck, Joe (Kelly) Landeck and Stacey Landeck.

Great Grandmother of Tyler, Isabelle & Nathan. Great Great Grandmother of McKinley.

Dearest Sister of Patricia (the late Carl) Ernst & the late Roger Jakum

Proud Aunt of Carl (Sheri) Ernst, Chris (the late Dan) Wilmot and Danny Ernst

Cherished Great Aunt of Ashlie, Jake, Jenna, Billy & Emma.

Dear Friend of Alice (the late Jack) Gately.

Committal Services will be held on Friday, January 17th at 11:00 am in the Interment Chapel St. Mary's Cemetery, Evergreen Park, Illinois.

Sign Guestbook at chicagotribune.com/obituaries

Levin, Marion Bromberg

Born March 15, 1920 in Chicago, Illinois to Louis and Ida Bromberg. She was the devoted wife and best friend of the late Bernard "Bucky" Levin for 55 years. She is survived by her three sons, Jerry (Carol), Stuart (Marlene), and David (Ann).

Grandmother of Joshua (Loren) Levin, Stephanie (Michael) Stern, Jonathan (Daya) Levin, Abby (Steve) Brody, Adam Levin, and Samantha Levin. Great-Grandmother of seven. Marion was a long-time volunteer for Brandeis National Women's Committee, both in the Chicago area and in Southern Florida.

Marion loved her family, volunteering, and dancing. She passed away peacefully December 27, 2019 in Boca Raton, Florida. Interment took place December 30 in North Lauderdale, Florida.

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Lostarakos, Mary L.

Mary L. Lostarakos, age 70. Passed peacefully at home, on December 12, 2019, with her loving family at her side. Beloved daughter of Helen and the late Peter Lostarakos; loving mother of Andrew (Jennifer) Kukulski; dear grandmother of Arielle and Tyler; cherished sister of Athena (Alex) Toures. Mary will be greatly missed for her generosity and loving nature that touched the lives of her family and so many friends. A Memorial Visitation Wednesday, January 15, 2020, 11:00 AM to 2:00 PM at **Sullivan Funeral Home**, 60 South Grant St. Hinsdale, Illinois. Interment Private. In lieu of flowers, memorials in Mary's honor to a charity of your choice are appreciated. For information: 630-323-0275 or www.sullivanfuneralhomehinsdale.com

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Love, Joan

Joan Love passed away on Wednesday, January 8, 2020, at the age of 87, with her family by her side at home in Hobe Sound, Florida.

Joan was a mother to five children, Kary (Patricia), Vicki, Christopher (Kerry), Laura, and Kenneth (Stephanie); and a proud grandmother of 21 grandchildren and 12 great-grandchildren.

She was preceded in death by her loving husband, Bart Love. Joan was born on August 5, 1932 in Chicago, IL. Her parents Martha (Martin) and Stanley Palickee raised her on the South Side of Chicago with her sister Arlene "Sissy" Palickee. She attended South Shore High School where she met the love of her life, Bart at a football game. Joan was an artist who loved flowers, going barefoot, music, and dancing, but most of all, finding a bargain. She had a zest for life (shown when she would kick her leg) that followed her everywhere and prepared her for the adventurous and busy life Bart had in store for her. As a young woman she worked for the phone company, which set her up later in life for enjoying a conversation on the phone with her children and many special friends. Her exuberant energy and loving spirit will be missed. There will be a private family ceremony this summer. In lieu of flowers, donations may be made to the Treasure Coast Hospice Foundation, 1201 SE Indian Street, Stuart, Florida 34997 (<https://treasurehealth.org/ways-to-give/donate/>). For online condolences, please visit (<http://www.TaylorandModeen.com>).

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Marciniak, David Frank

David Frank Marciniak, age 34, of Grayslake, passed away Thursday, January 9, 2020. He was born August 15, 1985 to Kenneth and Madelyn (Narcisi) Marciniak. David is survived by his parents; his siblings, Ellen (Michael Scott) Marciniak and Kenneth (Tracy) Marciniak; his nephew and godson, Evan; his nephew, Ryan; his niece, Lily; and his grandmothers, Louise Narcisi and Bernadine Marciniak. He was preceded in death by his grandfathers, Frank Narcisi and Ernest Marciniak. Friends of the family may visit at STRANG FUNERAL CHAPEL & CREMATORIUM, 410 E. Belvidere Road, Grayslake, IL 60030 on Monday, January 13, 2020 from 4:00 p.m. until 8:00 p.m. The funeral mass is scheduled for Tuesday, January 14, 2020 at 10:00 a.m. at St. Gilbert Catholic Church, 301 E. Belvidere Rd. Grayslake, IL. Interment will be held privately. In lieu of flowers, memorial contributions may be made in David's name to Warren Special Recreation Association (www.warrensprarec.org) or a charity of your choice. For further information, please call (847) 223-8122 or visit www.strangfuneral.org.

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Meske, Agnes M.

Agnes M. Meske, nee Makan, age 96, at rest January 9th; beloved wife of the late Henry; loving Mom of Carol (Jerry) Rosenthal and the late James (Mary); cherished grandmother of David (Vicki) Herda, James (Brent), Julie (Kurt) Willey, Paul (Mary) and Dan (Laurel); great-grandmother of eight grandsons; also survived by nieces and nephews; predeceased by five brothers and sisters.

Family and friends will gather at the **MODELL FUNERAL HOME**, 7710 S. Cass Avenue, Darien on Monday morning, January 13, for visitation from 9 am to 11 am with Mass of Christian Burial at 11:30 am at Our Lady of Peace Church, 701 Plainfield, Darien. Interment Resurrection Cemetery. Agnes was a life-time member and Past President of Branch 421 of the First Catholic Slovak Ladies Association. 630-852-3595.

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Mirot, Dellores M

Dellores M. Mirot, 90, passed away peacefully on Thursday, January 9th, 2020. A lifelong Chicagoan, Dellores received her degree in Education and had a distinguished career in the Chicago Public School system. A gifted teacher, Dellores worked with primary grade children, often from challenging backgrounds. Her faith in their innate abilities and her firm expectations of achievement helped her students to master the basic academic skills that would open doors to their future lives. After her retirement, Dellores led a quiet life at her home in West Rogers Park, surrounded by books and music, maintaining lively interests in current events and in the doings of her family.

Dellores married Rubin Mirot who died in 1962. She was deeply in love with her husband and never remarried. The couple had one son and a deep bond.

Dellores had a beautiful voice and a deep love of art, of instrumental music and of opera. She was articulate and creative, well spoken, well read and well informed, with a firm grasp of history and an abiding affinity for the written word. She was also irreverent and very funny.

Dellores remained fluent in the Yiddish of her childhood home, and although not ritually observant carried with her a personal faith and a deeply held Jewish identity.

Dellores had a strong and clear sense of social justice and a lifelong commitment to human progress.

"Dee" had a forceful personality. She was opinionated and sometimes thorny, while also capable of great warmth and empathy, of sensitivity and vulnerability. She left deep and lasting impressions on those who knew and loved her.

Dellores is survived by her immediate family, including her loving son, Dr. Adam Mirot, her daughter-in-law, Mrs. Christine Mirot, her grandson, Ranen Mirot, and her granddaughter, Abigail Mirot. She is also survived by her cousins, Susan and Susan Harriet Saposnik - Vasaitis and by her dear friend, Noelle McWard.

A funeral service will be held on Monday, January 13th at 10:00 am at **Weinstein & Piser Funeral Home**, 111 Skokie Blvd., Wilmette, IL. Interment to follow at Westlawn Cemetery, Norridge, IL. In lieu of flowers, memorial contributions may be made to the Lyric Opera of Chicago, www.lyricopera.org. For information: 847-256-5700.

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Morris, Russell L.

Russell L. Morris, age 92, of Northbrook, Founder of Russell L. Morris Insurance Agency, beloved husband of the late Harriet, nee Raab; loving father of Marilyn Thygesen, Paul (Renee) Morris, and the late Debra Caryn Morris; adored "G" and grandpa of Danielle Thygesen, Haley (Josh) Dubberke, Rick Thygesen, Jessi (fiancé Danny Heymann), Joey, and Nikki Morris; proud great grandfather of Hadley and Emma; devoted son of the late Harry and the late Dorothy Morris. Service Monday, 1:00 p.m. at The Chapel, 195 N. Buffalo Grove Rd., Buffalo Grove (1 Blk N. of Lake Cook Rd.). Interment Memorial Park, Skokie. In lieu of flowers, contributions to St. Jude Children's Research Hospital, www.stjude.org, Lauri S. Bauer Foundation For Sudden Loss, www.tulipsforlauri.org, or a Jewish charity of your choice. Info: The **Goldman Funeral Group**, www.goldmanfuneralgroup.com (847) 478-1600.

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Moynehan, John T. 'Jack'

John T. "Jack" Moynehan, of Evanston, entered eternal life on January 10, 2020. Beloved husband of the late Nancy (nee Hopkinson) for 65 years. Devoted and loving father of Cathy (Chuck) Gress, Laurie (Charlie) Carpenter, Patrick (Judy) Moynehan and Michael Moynehan; proud grandfather of Kelly (Luca) Fagundes, Lauren Bremer, Jenny (Dan) Driscoll, Kevin (Jen) Carpenter, Kate (Josh) Walters, Meaghan and Paddy Moynehan, Michael Moynehan, and Jessica and Matt Wirtz; great grandfather of Isla and Enzo Fagundes, Maggie and Finn Bremer, Maddie, John and Brian Driscoll, Mallory and Adam Carpenter, and Nora and Maeve Walters. He attended Xavier High School in NYC, and Georgetown University, then saw action in World War II as a Naval Aircorp pilot. Jack and Nancy joined Saint Joan of Arc parish in 1955, where they raised their family. Jack's career was in the automatic fire sprinkler protection industry, and he was involved in many of Chicago's most iconic buildings, including McCormick Place and the Sears Tower. Visitation will be Saturday, January 18, 2020 at 9:00 a.m. at Saint Joan of Arc Church, 9248 Lawndale Avenue, Evanston, Illinois 60203, followed by a Celebration of Life Mass at 10:00 a.m. in lieu of flowers, memorial charitable contributions may be made to The Academy at St. Joan of Arc, 9248 Lawndale Avenue, Evanston, Illinois 60203, or <https://www.theacademy.org>, click on tab 'Giving'. Note: in memory of Jack Moynehan. Info: www.donnellanfuneral.com or (847) 675-1990.

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O'Brien, Patrick Bissell

Patrick Bissell O'Brien son of Deborah (Bissell) and Patrick W. O'Brien died peacefully at his home in Zion, Arkansas on January 2, 2020. Patrick is preceded in death by his parents and brother Michael. He is survived by siblings Kathy (Tom) Caplice, Mariellen (Mike) Hendricks, Jim (Karen) O'Brien and Patti (TJ) Sheahan as well as many nieces and nephews. Patrick was born in Evanston in 1959, and in 1963 he moved to the Easy K Ranch, a home for people with developmental disabilities. Pat loved the outdoors, riding in cars, and music. He will be remembered fondly by his family in Evanston, as well as his Easy K family.

Services were held on January 4 in Zion, Arkansas. In lieu of flowers, donations may be made to Easy K Foundation, c/o Robert Rustman, 275 Indies Way #706, Naples, FL 34110. Info: 847-675-1990 or www.donnellanfuneral.com.

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O'Brien, Jean C.

Jean C. O'Brien age 85 of Wheaton & Glen Ellyn. She is survived by her husband Russ O'Brien, children of Theresa (David) Roth, Patrick (Michelle) O'Brien, Michael (Margaret) O'Brien, Kelly (Paul) Hass, and Casey O'Brien and 10 grandchildren. Preceded in death by her parents Ralph & Matilda Wheaton and her sister Geraldine Brothers.

A memorial gathering will be Friday, January 17, 2020 4:00 to 8:00 at Leonard Memorial Funeral Home, 565 Duane Street, Glen Ellyn, IL. Memorial Mass, Saturday, January 18, 10 AM at St. James the Apostle Church, 480 South Park Blvd., Glen Ellyn IL. Processional to Assumption Catholic Cemetery, Wheaton, IL 60189

Donations appreciated to <https://alzfdn.org/support-us/donate/> For enhanced obituary visit www.leonardmemorial-home.com/notices/Jean-O'Brien

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O'Malley, Mary Therese

Mary O'Malley, age 81, formerly of Chicago, died December 7, 2019 in Lancaster, CA with family at her side. Beloved wife of the late Philip Reilley and former spouse Chester Beaver; loving mother of Edward (Rose) Beaver and Thomas (Judy) Beaver and stepmother of Philip, Valerie, Victor, and Adrienne; cherished grandmother and great-grandmother of many. Proud sister of Deirdre, Anne, and Eileen O'Malley. Memorial to be held Saturday, January 25, 2020. More info: (708) 601-5411.

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Potucek, Barbara

Barbara Potucek, 72, of LaGrange Park, formerly of Berwyn and Oak Park, passed away peacefully at her home January 7, 2020. She was a loving mother to her daughter, Andrea (Patrick) Hynes and proud and caring grandmother to Declan and Chloe. She enjoyed a close relationship with her brothers Paul (Dorothy) and Richard Fischer. She adored her nieces and nephews Vlado, Brian, Terri, Douglas, Jim, Bob, Steve and Jenny. Barbara was preceded in death by her parents Carl and Lucille, her husband Milos, and her partner Howard Triner. Her family and many friends will miss Barbara's wonderful smile, quick wit, and helping and caring ways. A memorial mass will be held Saturday, January 18, 2020 at 10 a.m. at the Alexine Chapel, previously Sisters of St. Joseph's Chapel (CSJ), 1515 W. Ogden Avenue, LaGrange Park, IL 60526. In lieu of flowers, memorial donations to St. Jude Children's Research Hospital are appreciated.

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Powers, Joan F.

Joan F. Powers, nee Powaga; Beloved wife of the late Michael P. Powers; Loving mother of Nancy (Stephen) Grossi and Thomas (Anne) Powers; Cherished grandmother of Colin, Aidan, Connor, Maeve, Kaleigh and Shannon; Dear sister of Lawrence (Paulette) Powaga; Sister-in-law of Rosalie Witasik, Judith Boyle and Katie Soraghan; Fond aunt of many nieces and nephews and God Children; Visitation Monday 3:00 to 9:00 p.m.; Funeral Tuesday, 8:30 a.m. from **Curley Funeral Home**, 6116 W. 111th Street, Chicago Ridge to St. Patricia Church, 9050 S. 86th Ave, Hickory Hills; Mass 9:30 a.m.; Entombment Resurrection Mausoleum; For funeral info 708-422-2700, or www.curleyfuneralhome.com

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Quaid, Maureen Angela

Maureen was born in Chicago, IL on March 12, 1956 to Francis "Duke" Quaid and Angela Quaid (Fazio). She died peacefully on Jan. 1, 2020 in Minneapolis, MN due to complications from breast cancer. She is survived by her daughter, Brett Quaid Ford, and five brothers (Francis, Hubert, Shawn, Ted & O'Brien). Maureen earned degrees in psychology (BA with honors, Arizona State Univ, 1978) and journalism (MA with distinction, Northwestern Univ, 1983). She worked for 25 years in the clean energy industry, promoting energy efficiency and renewable energy. She possessed a drive to help the world, the courage to speak truth to power, and a brilliant wit. To honor her - in addition to voting your conscience in the next election - please consider donating to the American Council for an Energy-Efficient Economy (<https://aceee.org/about/donate>).

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Reetz, Suzanne

Suzanne Reetz, nee Pinkney. Dear wife of the late Robert W. Loving mother of Randy (former wife Michele) and Ricky (Carla) Reetz. Devoted grandmother of Lizzie, Jenny and Emily. Services and interment Private. Info 773-736-3833

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Reidy, Elizabeth L.

Elizabeth L. Reidy, nee Economos, age 76, of Elkhorn, formerly of Bensenville. Beloved wife of the late George; loving mother of Paul (Jennifer) Spencer; stepmother of Terry (Evan) O'Donnell, Matt (Brenda) Reidy, Michael Reidy, and Jacquelyn (Dan) Molloy; devoted grandmother of 15; great-grandmother of many; fond sister of Bill (the late Doreen) Economos, Eleanor (Mike) McDermott, the late Nikki (Jim) Royhl, Helen (Jeff) Sorensen, and Bonnie (Dave) Rauch; aunt of many nieces and nephews. Visitation Monday, January 13th, 3-8 PM at **Knollcrest Funeral Home**, 1500 S. Meyers Rd. (3 blks. So. of Roosevelt Rd) Lombard. Funeral Tuesday, at 10 AM at **Knollcrest Funeral Home**. Memorials to Seasons Hospice Foundation, 6400 Shafer Ct. Suite 700, Rosemont, IL 60018 are appreciated. Interment Queen of Heaven Cemetery. For info: www.knollcrest.net or 630-932-1500.

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Ricco, Mary C.

Mary C. Riccio age 87, nee Lullo; beloved wife of the late Richard A. Riccio - retired CPD Lieutenant; loving mother of Rose Riccio, Anthony (Carleen) Riccio - CPD First Deputy Superintendent. Dear grandmother of Emily; dear sister of Frances (late James) Quagliato; Anthony (Madelyn) Lullo and the late Jerry (Yolanda) Lullo ; dear aunt of many; dear sister-in-law of late Paul Riccio. Visitation Monday 3:00 PM to 8:00 PM at **Skaja Terrace Funeral Home** 7812 N. Milwaukee Ave. in Niles. Funeral Tuesday 9:00 AM from the Funeral Home to St. Juliana Church for mass at 10:00 AM. Entombment Queen of Heaven Mausoleum. Funeral info: 847-966-7302 or www.skajafuneralhomes.com

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Sacha, Joyce Carol

Joyce Carol Sacha of St. Petersburg, FL, passed away November 29, 2019. Joyce was born in Chicago, IL on March 13, 1954, the dear daughter of the late Edward and Therese Sacha. She was raised in Glenview, IL and graduated from Regina Dominican High School. Former wife of the late Jay Mulligan. Beloved sister of Donna (John) Imirie and Gregg (Barbara) Sacha. Loving aunt of Stephanie Imirie, Kristen (Markus) Oppermann and Jessica (Trevor) Lilovich. Dearest friend of Kelly Pillon, Maureen Connors and Adrian and Nancy Grenier. Devoted

Chicago Tribune Death Notices

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

chicagotribune.com/deathnotice

Sheppard, Jan

Jan Sheppard, nee Anderson, 73, of Palatine, formerly of Barrington Hills. Beloved wife for 37 years to Ronald Sheppard. Adored mother of Robert Sheppard and Matthew (Rebecca Breach) Sheppard. Loving aunt of Kimberly (Paul Moreno) Sheppard, Brian (Svitlana) Sheppard. Adored sister-in-law of David (Linda) Sheppard, and friend of many. Visitation Sunday, January 12, 3 PM to 8 PM, **Smith-Corcoran Funeral Home**, 185 E Northwest Highway, Palatine. Funeral services Monday, January 13, 11 AM, **Smith-Corcoran Funeral Home**. Interment private. In lieu of flowers, donations may be made to Northwestern Memorial Foundation, <https://foundation.nm.org/ways-to-give/northwestern-memorial-foundation/>. For Funeral Info 847-359-8020

Smith-Corcoran
Funeral Homes

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Simons, Bunny

Bunny Simons, nee Willens, 86, passed away Tuesday December 31, 2019 with her husband & daughter, Lesli, surrounding her with love. Bunny is survived by her husband Burt who cherished & was devoted to his wife of 66 great years, her loving & devoted daughter Lesli Jarvela, son Doug, daughter Laura, daughter Caryn, grandchildren Dustin & JT, grandpuppy Angel, brother in law Fred, nephews Brad & Scott, cousins Judy & Bob. Bunny was the precious, beloved only child of the late Herman & Belle Willens. She was the sister in law of the late Renee Polakow & Grandma of puppies, the late Star & Tiger. Bunny, a stunning redhead, loved life with zest, & lived it to the fullest. Along with her husband Burt, she was an avid world traveler with an adventurous spirit & loved to explore. Bunny had a long career as a special education teacher. It was so meaningful to her that she went back to school while she had three young children to get a Master's Degree. Even once she had retired, she couldn't stay away from teaching, so she taught troubled teenagers in a private school. Bunny volunteered with Burt for over 25 years with the homeless & on an Alzheimer's unit in a nursing home. She was President of The Friends of CJE, a court mediator for troubled youth, along with her close friend, Carole, established the gift shop at Lieberman Nursing Home, & was active, along with her close friend, Shush, with the National Council of Jewish Women. For many years she was head of the social committee, & directed two plays at Bayport. Bunny was a gifted & passionate artist and sculptress. She loved reading, book clubs, movie classes, skiing, square dancing, yoga & meditation. Bunny loved going to art shows, theater, symphony & ballet. She played Canasta. In her 80's, she taught Canasta at the Education Center in Longboat Key. Bunny was inspired & awed by nature of all kinds. She loved to hike in the mountains, to look out at the sparkling of the sunshine on the ocean with its ever changing colors, & to watch the glorious sunrise and sunsets. Bunny loved walking in every season through the Botanic Gardens, where Burt gifted her with the planting of a tree in her honor. Her insatiable curiosity inspired her to take continuing education classes. Just like her heart, her home was always full & welcoming. It brought her happiness to throw parties to celebrate joy, laughter, togetherness & love with family and friends. There were not enough hours in the day to do & be involved in all she wanted, yet she used every minute to do as much as she possibly could which created an abundance of magical moments that could fill a book. Bunny was strong, resilient, taught by example, an empowered woman, wise, empathetic, intuitive, a great listener & confidant. People were immediately drawn to her, thus she had an abundance of heart to heart, beloved friends. She was devoted, loyal & adored her friends, & they felt the same in return. Family meant everything to Bunny. Her family was beloved by her, she was unconditionally devoted, loyal, & loving to them all. Bunny was an extraordinary woman. She was a bright, shining light, especially touching & gracing the hearts of so many. She had a big beautiful heart, a passion to love & serve, & was a magnificent human being with a gorgeous, radiant soul. Bunny will be deeply missed and will live on in our hearts. Good night, sweet princess, May flights of Angels sing thee to thy rest. In lieu of flowers, donations can be made to Resurrection House, Sarasota, Florida.

WEINSTEIN & PISER
FUNERAL HOME

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Sobieszczyk, Anthony J.

Anthony J. Sobieszczyk, 75, of Streamwood, husband of the late Diane, dad of David (Maureen), John and Jason; grandpa of Adriana, Timothy (fiancee Katy), Anthony, Lorelei, Ryan, Caitlyn, Connor, Molly, Mikey and Sabrina; brother of the late Bernadette (Bernard) Gaesor. Visitation Monday 3:00 - 9:00 pm at **The Countryside Funeral Home and Crematory** 950 South Bartlett Rd. (at Stearns Rd.) Bartlett. Funeral Tuesday 11:00 am at the funeral home. Cremation private at the Countryside Crematory following services. 630-289-7575 or www.countrysidefuneralhomes.com

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Stermetz, Leslie Ann

Leslie Ann Stermetz passed away peacefully at home Friday, January 3rd with her family at her bedside. She was the loving daughter of Mima and the late Frank Stermetz; Dearest sister of Carole (Jeff) Schramm and David (Melissa) Stermetz; Fond aunt of Zach, Lauren, Ethan (Alessandra), Megan, Haley and Tyler. Visitation Sunday, January 19th, 3:00-8:00 pm and Monday, January 20th, 8:00 am until time of funeral, 9:30 am at **The Oaks Funeral Home** 1201 E. Irving Park Road 1201 E. Irving Park Road (at Prospect), Itasca to Holy Ghost Church. Mass 10:00 am. Interment Queen of Heaven Cemetery. For funeral info: 630-250-8588 or www.oaksfsh.com

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Tracy, James Anthony

James Anthony Tracy, 74, of Chicago, IL, passed away on January 5th, 2020. Beloved son of William Joseph and Dorothy F. Tracy, cherished brother of William (Joan Strickfaden), Jane (Roberto Cavaciuti) and Kevin (Elaine Winthrop), adored uncle and granduncle. James also leaves behind countless friends who loved him and were loved by him. Visitation Jan. 13th 3pm-8pm at **Lakeview Funeral Home** 1458 W Belmont, funeral service Jan 14th 1pm at St Luke's Lutheran Church 1500 W Belmont. For information www.lakeviewfuneralhome.com 773.472.6300

Lakeview
Funeral Home

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Tuohy, James Sarsfield

Noted Chicago writer and raconteur. Beloved husband of the late Michaela Lee; cherished father of John (Robin Mohr), Dolph (Kim Tines), and Michaela; longtime companion of Kris Jones; loving son of the late Judge John M. Tuohy and the late Lolita Klaus and stepson of the late Mary Poe; fond brother of Julia Glab (the late Duncan), Lolita, stepbrother William Littlejohn (Marcia), the late William (Rose Marie), the late John (the late Nancy), and the late Daniel (the late Barbara); affable uncle and cousin to many across several generations. Welcome companion on the Chicago literary and libation circuits. Visitation Sunday 3-8 p.m. at **Cooney Funeral Home** 3918 West Irving Park Road, Chicago. Funeral Monday, family and friends are asked to meet at St. Clements Catholic Church, 642 West Deming Place for Mass at 10:30 a.m.. Private interment All Saints. In lieu of flowers, donations may be made to the Little Sisters of the Poor, 2325 North Lakewood Avenue, Chicago, IL 60614. www.cooneyfuneralhome.com

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Underdown, Francine

We celebrate the life of longtime Wheaton resident Francine Underdown (nee Tarsitano), who died on January 5th. Much beloved by a large extended family and many friends, she positively influenced those around her from her counselor days at Hull House's camp at Bowen Country Club in the 1950s, to her recent volunteer work at a food pantry. She was a lover of art and music, an enthusiastic world traveler, and an accomplished gardener. Franny brought people together through parties, trips and long friendships. She was welcoming to all who crossed her threshold, quick to laugh, and warm of heart. In addition to the Tarsitano and Underdown families, she will be sorely missed by friends, neighbors and all who fell within her sphere. She was preceded in death by her husband James R. Underdown, and is survived by her son James (Karen Briner), her daughter Susan Conley (Peter), and two grandchildren - Kevin and Shannon. There will be a memorial held in the spring. Contact Sue at yertomata@msn.com for further information.

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Urban, Jean

Jean Urban, nee Nedza; Devoted wife of the late Gene Urban; Loving mom of Dennis, Renie (the late Bob) Simonsen, Dianna and John (Doreen); Loving grandma of Jeff, Janet (Vincent) Kerivan, Andy (Hope), Scott and Jeanette (Ben) Strobel & great grandma of Samantha, Ashley and Eleanor; A private family celebration of her life will be held; Arrangements entrusted to **Belmont Funeral Home**.

BELMONT
FUNERAL HOME
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Van Beveren, Harriette

Harriette Van Beveren, age 94, devoted daughter of the late Harry and Sarah (nee Bonnema) Van Beveren. Loving sister of Florence (late Gordon) Pearson and the late Betsy (late Robert) Fish, Mark (late Therese) Van Beveren, Jeanne (late Peter) Kelder and Aldena Van Beveren. Dear aunt of Mark (Tina) Van Beveren, Tim Van Beveren, Scott Pearson and Gale Pearson. Long-time dedicated employee at Central Steel & Wire with 55 years of service. Visitation Wednesday, January 15, 2020 from 10:00 a.m. until time of Funeral Service 11:00 a.m. at **Colonial Chapel**, 15525 S. 73rd Ave. (155th/Wheeler Dr. & Harlem) Orland Park, IL. Interment Fairmount - Willow Hills Memorial Park, Willow Springs, IL. Memorials to Back to God Hour Ministries International are appreciated. Express your thoughts and condolences at colonialchapel.com 708-532-5400

COLONIAL CHAPEL
FAMILY OWNED FUNERAL HOME
PRIVATE ON-SITE CREMATORY

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Waddick, Robert M. 'Bob'

Robert "Bob" M. Waddick, age 57, beloved husband of Lynda (nee Hipp); loving father of Annalisa and Emily; cherished son of Delphine Waddick; devoted brother of Laura (Allen) Gerber. Bob worked in the banking industry for over 40 years at Continental Bank and J.P. Morgan Chase. Visitation Friday, January 17, 4-8 pm at **McMurrough Funeral Chapel**, 101 Park Place, Libertyville, IL. Mass of Christian Burial Saturday January 18, 10 am, at St. Joseph Catholic Church 121 E Maple Ave, Libertyville, IL. For additional info please visit www.libertyvillefuneralhome.com.

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Wagner, Marie V.

Marie V. Wagner, 93, of Rolling Meadows, passed away peacefully January 7, 2020. She was born November 12, 1926 in Chicago. Marie was the beloved wife of the late Arthur J. Wagner; loving mother of Ardys (John) Fitzgerald; caring grandmother of Laura (Eric) Martin and William Fitzgerald; sister of Ann Hornek and preceded in death by her favorite pet, her black miniature poodle, Etoile. Visitation Tuesday 3:00 pm until time of memorial service 7:30 pm at the Meadows Funeral Home, 3615 Kirchoff Road, Rolling Meadows. In lieu of flowers, contributions may be made to Juvenile Diabetes Research Foundation Illinois Chapter, 1 N. LaSalle St., Suite 1200, Chicago, Illinois 60602, Attn: Memorials and Tributes. Information, 847-253-0224 or www.Meadowssf.com

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Waller, Henry Alan

Henry Alan Waller, age 79. Beloved husband of Janet Waller nee Hampton. Loving father of Matthew (Lori) Waller and Rebecca (Joseph Garfield) Waller. Proud grandfather of Samuel, Jo, Lula and Delcy. Cherished brother of the late Richard (Marlene) Waller. Fond uncle of Dana Waller, Jonathan (Allison) Waller and Leah (Ken) Saag. Service Monday 12 noon at Jewish Reconstructionist Congregation, 303 Dodge Avenue, Evanston, IL 60202. Interment private. In lieu of flowers memorial contributions may be made to Jewish Reconstructionist Congregation, www.jrc-ewanston.org. Arrangements by **Chicago Jewish Funerals - Skokie Chapel**, 847.229.8822, www.cjfinfo.com

CHICAGO JEWISH FUNERALS

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Watson, Peter H.

Age 71, a longtime resident of Mokena and formerly of Chicago, passed away on Thursday, January 9, 2020. Loving husband of Linda (Ford); beloved father of Peter (Nicola) and Tom (Joyce); dearest brother of Cyril (Eileen), Michael (late Marilyn), Harry (Mary), Frances and Kathleen (late Bernie) Watson-Mitchell; cherished papa of Jack, Isla, Quinlan and Casey; loving uncle to many nieces and nephews. Peter was a proud member of Local #73 for over 50 years. He was also an avid Green Bay Packers fan, owner and season ticket holder. Along with his love of the Packers, Peter was a lifelong fan of the 2016 World Series Champion Chicago Cubs. A memorial visitation will be held at Kurtz Memorial Chapel, 65 Old Frankfort Way, Frankfort, IL 60423 on Tuesday, January 14, 2020 from 4-8PM. Memorial Mass at St. Mary Catholic Church, 19515 I 15ch Ave, Mokena IL 60448 on Wednesday, January 15, 2020 at 11:30AM. In lieu of flowers, please make memorial donations to Ann & Robert H. Lurie Children's Hospital of Chicago, www.luriechildrens.org. For information, www.kurtzmemorialchapel.com or 815-806-2225.

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Winkler, Lorraine

Lorraine Winkler age 88 of Mt. Prospect. Beloved wife of the late Frank Winkler; loving mother of James (Deborah) Winkler, Carol Winkler (Jim Jochheim) and Sandra (Dennis) Barnhill; cherished grandmother of Alesia (John) Schuh, Christopher (Chrissy) Winkler, Madelaine Jochheim, Jonathan Jochheim and Jay Jochheim; great grandmother of Carly Winkler; dear sister of the late Dolores May and Clarence Fleck. Visitation Friday January 17, 3:00 p.m. until 8:00 p.m. at Friedrichs Funeral Home, 320 W. Central Rd. (at Northwest Highway) Mt. Prospect, IL 60056. Funeral Service Saturday January 18, 10:00 a.m. at Friedrichs Funeral Home. Interment Elmwood Cemetery, River Grove, IL. In lieu of flowers memorials may be made to American Kidney Foundation or American Cancer Society. Funeral information (847) 255-7800 or www.friedrichsfh.com.

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Wittenberg, David M.

David M. Wittenberg, age 83. Beloved husband of Marilyn Wittenberg nee Jadwin for 50 wonderful years. Loving father of Abby (Dr. Michael) Taylor and Dr. Robert (Jaime) Wittenberg. Proud grandfather of Sam and Henry Taylor and Max and Alexander Wittenberg. Cherished brother of Patti (Herb Brenner) Vile and the late Susan (the late Max) Tyson. Fond brother-in-law of Ted (Ellen Morris) Jadwin. Beloved son of the late Bob and Doris Wittenberg. David was a graduate of Senn High School, Ohio State University, University of Chicago Law School and New York University Masters of Law in Taxation. Service Monday, 12:30 PM at **Chicago Jewish Funerals**, 8851 Skokie Blvd (at Niles Center Road), Skokie. Interment Memorial Park. Memorials in his memory to Jewish United Fund, 30 S. Wells St., Room 3134, Chicago, IL 60606, www.juf.org would be appreciated. Arrangements by **Chicago Jewish Funerals - Skokie Chapel**, 847.229.8822, www.cjfinfo.com.

CHICAGO JEWISH FUNERALS

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Wojtaszek, Jr., Matthew F.

Matthew F. Wojtaszek, Jr., age 68. Beloved son of the late Matthew F. Wojtaszek, Sr. and Bernice (nee Deering). Loving brother of Margaret (Henry) Mazik. Devoted uncle of Chris, Jim, and Steve (Danielle) Mazik, and Mary (Dave) Abrahamsen. Loving great uncle of Gavan, Alex, Violet, Katherine, and Matthew. Former husband of Yolanda and step father of Izah. Visitation Monday, January 13, 2020 from 3:00-9:00 p.m. at **Colonial-Wojciechowski Funeral Home**, 8025 W. Golf Road in Niles. Funeral Tuesday, January 14 at 9:15 a.m. from the funeral home to St. John Brebeuf Church. Mass 10:00 a.m. Entombment All Saints. Info 847-581-0536 or www.colonialfuneral.com

Colonial-Wojciechowski

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Woods, Patrick H.

Patrick H. Woods, 94, of Western Springs. Beloved husband of Geraldine Walsh Woods for 63 years. Loving father of Robert (Anita) Woods, John (Karen) Woods, Jeanne (Bob) Bernard, Maureen (Chris) Hipskind, David (Kara) Woods, and 14 grandchildren. A Chicago native, Pat was a proud graduate of St. Felicitas grammar school & De LaSalle Institute High School. During WWII, he was in the V-12 Naval Officer Training program at The University of Michigan, Ann Arbor. He graduated as the war was ending and stayed on there as a civilian to earn a graduate degree.

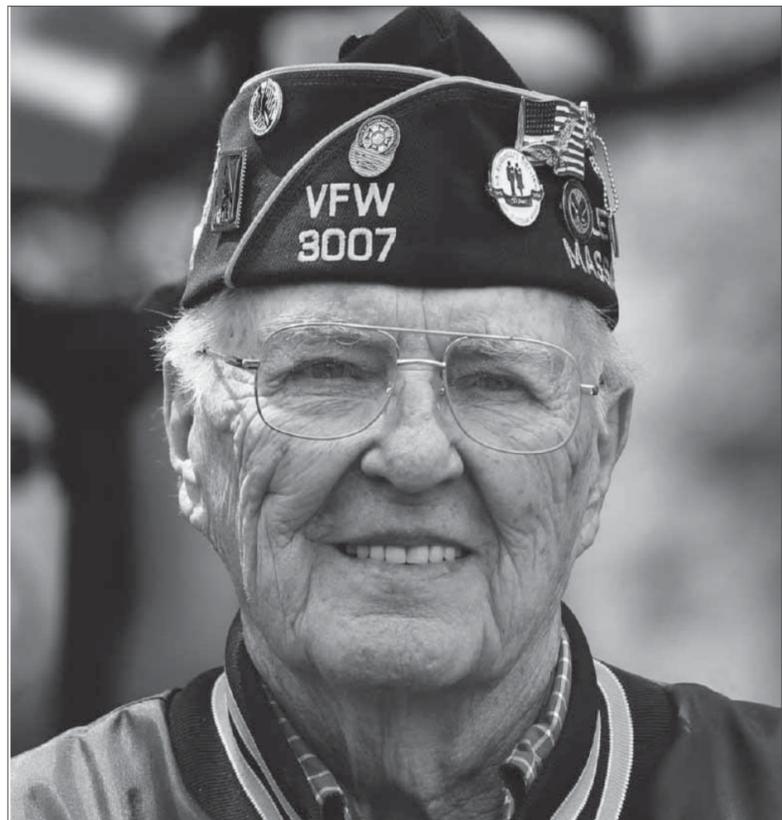
Pat had a successful career in sales, working to place products of all kinds onto retailers' shelves. Starting locally after the war, he expanded the firm to cover many leading national accounts. His two oldest sons joined him after college, and they worked together for several decades.

Perhaps his greatest gift was his unique talent at the piano where he could play virtually any song in any key, with sheet music or without. Music brought him together with his wife Gerry, herself an accomplished lyric soprano soloist. Together they performed and directed musical entertainment productions over some 50 years, stretching from the Chicagoland south side across the Western suburbs. Pat was a 50-year member of LaGrange Country Club, past president and entertainment chairman. He loved playing golf, winter bowling & coaching Little League. With Gerry, he took annual skiing trips to Colorado, dozens of trips to Maui, & traveled through Europe & Asia.

Pat was a devout Catholic and a founding member of St. John of the Cross Parish in Western Springs. In lieu of flowers, consider a donation to Word on Fire Institute, wordonfire.org. Visitation Monday January 13th from 3 - 8 pm at **Adolf Funeral Home** 7000 S. Madison St. Willowbrook. Funeral Service Tuesday January 14th, prayers at the funeral home 10:15 am proceeding to Mass 11:00 am at St. John of the Cross Church - 5005 Wolf Rd. Western Springs. Interment: Queen of Heaven Cemetery. Information: 630-325-2300 or adolfservices.com

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CHICAGO WEATHER CENTER

chicagoweathercenter.com | BY TOM SKILLING AND WGN9



SUNDAY, JAN. 12 NORMAL HIGH: 31° NORMAL LOW: 16° RECORD HIGH: 62° (2005) RECORD LOW: -14° (1918)

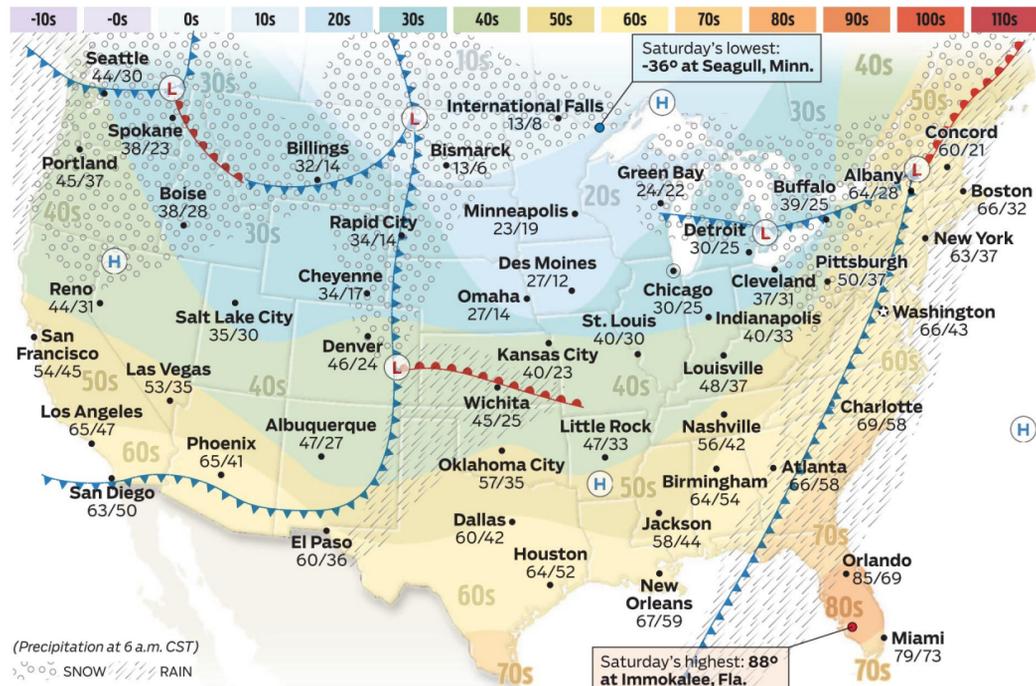
Cloudiness, precipitation in the week ahead

LOCAL FORECAST

HIGH 30 **LOW** 25

■ Weather turns tranquil as storm system heads to New England.
 ■ Patchy low clouds linger in the morning, then partial sunshine emerges.
 ■ Seasonably cold. Sunrise temps range from mid teens W-N to mid 20s downtown. Afternoon readings peak just shy of freezing.
 ■ Much lighter winds. NW winds around 10 mph gradually turn E during the day.
 ■ Cloudy with a chance of evening light snow/flurries north sections, then clearing. Lows hold mainly in the 20s.

NATIONAL FORECAST



The low pressure system that resulted in wide-spread 2-3 inch rainfall totals across the southern half of our area and a half to one inch across the northern half has caused almost immediate rises on area rivers with flooding expected over several rivers south of Interstate 80. A brief period of heavy snow followed the rains Saturday evening leaving a white blanket over the area.

Temps remain somewhat on the mild side the first half of the week as our normal high is still only 31 degrees. It looks like a weak weather system will track across to our north Tuesday, triggering the possibility of light rain in our area and snow farther north in Wisconsin. Another weather system may bring mainly snow to our area Friday possibly changing over to a rain/snow mix Saturday.

MONDAY, JAN. 13

HIGH 37 **LOW** 30

High pressure drifts across the southern Great Lakes bringing partly sunny skies and light winds. Milder. Highs mid-upper 30s. Some cloudiness with a chance of light rain or snow overnight.

TUESDAY, JAN. 14

HIGH 44 **LOW** 26

Weather system passes to the north bringing an influx of milder air. Considerable cloudiness early may yield widely scattered light showers. Temps climb to the low-mid 40s. SE winds 15-20 mph turn SW-W.

WEDNESDAY, JAN. 15

HIGH 36 **LOW** 15

Filtered morning sun gives way to thickening clouds. Chance of light snow in the afternoon continuing into the evening hours. Blustery and turning much colder at night.

THURSDAY, JAN. 16

HIGH 23 **LOW** 9

Lobe of polar high pressure builds across the region bringing sunny, cold conditions. Temps struggle to reach the low 20s. NW winds 20-30 mph diminish. Temps slowly rise overnight as clouds arrive.

FRIDAY, JAN. 17

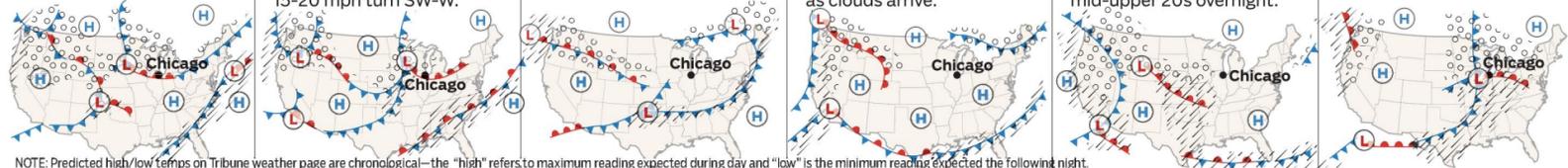
HIGH 33 **LOW** 25

Clouds thicken and lower through the morning, leading to a chance of snow north and possibly some light rain south in the afternoon and overnight. Temps peak near freezing, then hold in the mid-upper 20s overnight.

SATURDAY, JAN. 18

HIGH 34 **LOW** 17

Cloudy, with blustery NW winds and a good chance of snow - again possibly some light rain far south. High temps in the low to mid 30s. Clearing skies overnight.



ASK TOM

Dear Tom,
 With snow on the ground and because of the latent heat associated with the phase change of water, is 32 degrees Chicago's most common high and low temperature?
 Michael Walsh, Chicago

Dear Michael,
 Using temperature data from Midway Airport for the period from 1929 through 2018 and looking at daily temperatures (there are 32,872 days in that period), the most commonly occurring high temperature is 80 degrees, with 643 occurrences. Days with a high of 32 degrees numbered 435, and it was the 34th most frequently occurring number. Days with highs in the mid-30s and low to mid-80s were highly frequent. For daily low temperatures, 32 degrees was the most frequent, with occurrences on 698 days. Lows in the low and mid-30s and mid-60s were also highly frequent.

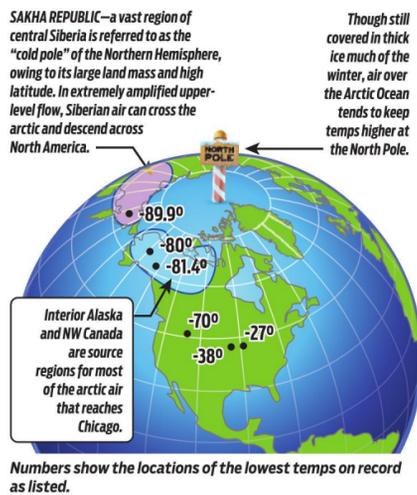
Write to: ASK TOM
 2501 W. Bradley Place
 Chicago, IL 60618
 asktomwhy@wgntv.com

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

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

Lower temps may be on the way, but nothing too extreme

As temperatures across the northern hemisphere approach their climatological minimums, here's a look at the typical location and behavior of polar air masses, and how low temps have gotten in times past.



COLDEST TEMPERATURES ON RECORD

- **NORTHERN HEMISPHERE:** -89.9° Oymyakon, Siberia February 6, 1933
- **NORTH AMERICA:** -81.4° Snag, Yukon February 3, 1947
- **UNITED STATES:** -80° Prospect Creek, Alaska January 23, 1971
- **UNITED STATES (LOWER 48):** -70° Rogers Pass, Montana January 20, 1954
- **ILLINOIS:** -38° Mount Carroll January 31, 2019 (unofficial report of -39° at Sissippi Point, Illinois)
- **CHICAGO:** -27° January 20, 1985

FORECAST SURFACE TEMPERATURES FOR NOON, CST SUNDAY

Though trending cooler, true arctic air remains in place over polar air mass source regions



PAUL MERZLOCK AND JENNIFER M. KOHNKE/WGN-TV

MIDWEST CITIES

SUN./MON.	FC	HI	LO	FC	HI	LO
Illinois	pc	44	31	pc	53	42
Carbondale	cl	36	28	pc	46	35
Champaign	cl	36	28	pc	46	35
Decatur	cl	32	26	pc	41	32
Moline	cl	33	27	pc	42	36
Peoria	cl	34	27	pc	43	37
Quincy	cl	34	27	pc	43	37
Rockford	cl	32	27	pc	43	37
Springfield	cl	35	29	pc	46	38
Sterling	cl	31	26	pc	38	32
Indiana	sh	43	34	pc	52	39
Bloomington	sh	43	34	pc	52	39
Evansville	sh	43	34	pc	52	39
Fort Wayne	cl	34	32	pc	45	34
Indianapolis	sh	40	33	pc	50	37
Lafayette	cl	38	32	pc	48	36
South Bend	sh	33	30	pc	43	34
Wisconsin	cl	24	22	sh	33	29
Green Bay	cl	24	22	sh	33	29
Kenosha	cl	32	30	cl	38	32
La Crosse	sh	28	23	cl	36	30
Madison	cl	26	25	cl	35	30
Milwaukee	cl	30	28	cl	39	33
Wausau	pc	20	18	sh	30	26
Michigan	pc	30	25	pc	43	32
Detroit	pc	30	25	pc	43	32
Grand Rapids	pc	28	22	sh	39	32
Marquette	sh	20	15	cl	28	23
St. Ste. Marie	pc	12	9	cl	22	19
Traverse City	pc	21	15	cl	34	28
Iowa	sn	24	14	cl	32	23
Ames	sn	24	14	cl	32	23
Cedar Rapids	cl	26	17	cl	33	29
Des Moines	sn	27	12	cl	36	24
Dubuque	pc	25	22	pc	36	29

OTHER U.S. CITIES

SUN./MON.	FC	HI	LO	FC	HI	LO
Abilene	pc	68	42	pc	72	40
Albany	pc	64	28	pc	44	34
Albuquerque	su	47	27	su	52	26
Amarillo	pc	56	30	pc	65	31
Anchorage	ss	12	9	pc	12	1
Asheville	pc	65	50	sh	66	55
Aspen	sh	24	15	ss	26	12
Atlanta	pc	66	58	ts	67	63
Atlantic City	sh	61	42	sh	51	42
Austin	pc	66	48	sh	68	58
Baltimore	pc	64	43	sh	58	48
Billings	cl	32	14	ss	18	4
Birmingham	pc	64	54	rn	66	62
Bismarck	pc	13	6	sh	19	-1
Boise	rs	38	28	ss	36	32
Boston	sh	66	52	sh	39	35
Brownsville	pc	73	62	sh	79	70
Buffalo	pc	39	25	cl	41	31
Burlington	rs	35	15	pc	33	21
Charlotte	pc	69	58	rn	66	62
Charltn SC	sh	71	63	ts	70	61
Charltn WV	pc	55	42	cl	60	44
Chattanooga	pc	63	49	sh	67	60
Cheyenne	pc	34	17	pc	36	19
Cincinnati	cl	48	36	pc	55	38
Cleveland	pc	37	31	pc	46	36
Colo. Spgs	pc	42	22	su	45	22
Columbia MO	cl	41	30	pc	52	39
Columbia SC	ts	66	61	ts	75	64
Columbus	cl	42	35	pc	52	36
Concord	pc	68	21	cl	32	25
Crps Christi	pc	69	58	ts	72	65
Dallas	pc	60	42	cl	66	52
Daytona Bch.	pc	82	66	pc	79	61
Denver	pc	60	24	pc	45	26
Duluth	cl	20	17	sh	28	25
El Paso	pc	46	36	pc	84	66

WORLD CITIES

SUN./MON.	FC	HI	LO	FC	HI	LO
Fairbanks	pc	-23	-24	ss	-4	-6
Fargo	pc	14	10	sh	24	12
Flagstaff	su	38	18	su	41	21
Fort Myers	ts	87	68	pc	87	66
Fort Smith	su	52	31	pc	59	43
Fresno	pc	53	37	pc	54	38
Grand Junc.	sh	28	19	ss	33	18
Greco Falls	sh	19	-6	pc	-1	-12
Harrisburg	pc	61	37	cl	54	37
Hartford	sh	64	31	cl	43	33
Helena	cl	29	5	pc	19	1
Honolulu	sh	79	73	sh	79	73
Houston	pc	64	52	ts	68	65
Int'l Falls	sh	13	8	sh	24	18
Jackson	pc	38	44	sh	64	61
Jacksonville	cl	83	69	pc	81	65
Juneau	su	15	7	su	14	3
Kansas City	pc	40	23	pc	50	30
Las Vegas	pc	53	35	su	58	34
Las Vegas NV	pc	53	35	su	58	34
Lincoln	ss	27	13	sh	39	20
Little Rock	pc	47	33	pc	54	46
Los Angeles	su	65	47	su	65	46
Louisville	pc	52	42	pc	58	46
Macon	ts	66	60	ts	74	61
Memphis	pc	50	37	pc	58	51
Miami	pc	79	73	pc	80	73
Minneapolis	ss	23	19	cl	31	27
Mobile	sh	66	51	ts	70	65
Montgomery	pc	66	60	ts	71	66
Nashvln	pc	38	30	cl	61	52
New Orleans	pc	58	44	ts	75	65
New York	pc	63	37	cl	48	39
Norfolk	ts	68	55	rn	63	52
Oklia. City	pc	57	35	pc	61	36
Omaha	ss	27	14	cl	38	20
Orlando	ts	85	69	pc	83	66

WORLD CITIES

SUN./MON.	FC	HI	LO	FC	HI	LO
Palm Beach	ts	81	72	pc	81	72
Palm Springs	su	66	45	pc	68	47
Philadelphia	pc	66	39	sh	52	40
Phoenix	su	65	41	su	67	43
Pittsburgh	pc	50	37	pc	54	34
Portland, ME	rn	52	20	cl	30	25
Portland, OR	rn	45	37	m	40	34
Providence	rn	65	30	cl	42	32
Raleigh	pc	70	59	ts	67	62
Rapid City	pc	34	14	pc	33	11
Reno	cl	44	31	cl	48	32
Richmond	pc	68	50	pc	60	50
Rochester	pc	45	25	cl	44	30
Sacramento	cl	54	40	pc	56	41
San Francisco	pc	54	45	pc	52	45
Salt Lake City	ss	35	30	ss	35	30
San Antonio	pc	68	48	sh	68	57
San Diego	su	63	50	pc	63	46
San Francisco	pc	54	45	pc	52	45
Santa Fe	su	37	23	pc	42	24
Savannah	sh	76	64	ts	76	61
Seattle	sh	44	30	ss	35	26
Shreveport	pc	57	38	cl	63	57
Sioux Falls	ss	23	16	cl	32	15
Spokane	sn	20	3	ss	28	18
Tucson	su	67	40	su	69	46
Tulsa	su	53	32	pc	61	40
Washington	pc	66	43	sh	64	54
Wichita</						

THE CLOCK STARTED TICKING

on Jan. 1 for about 50,000 food stamp recipients in Cook County who are now limited to three months of benefits over three years, unless they work, volunteer or participate in job training for at least 20 hours a week.



TERRENCE ANTONIO JAMES/CHICAGO TRIBUNE PHOTOS

Sherita Cresswell, right, and other participants at Inspiration Kitchens food service job training program, select potatoes to use in a knife skills class on the West Side of Chicago on Monday.

SNAP decision

BY ALEXIA ELEJALDE-RUIZ

Richard Butler's life hasn't unfolded as he once imagined it would. As a child he dreamed of being a cartoonist, or maybe a singer or entrepreneur. Instead, he spent time in prison for burglarizing a car, experienced bouts of homelessness and has struggled with mental health issues he says make it difficult to hold down a job.

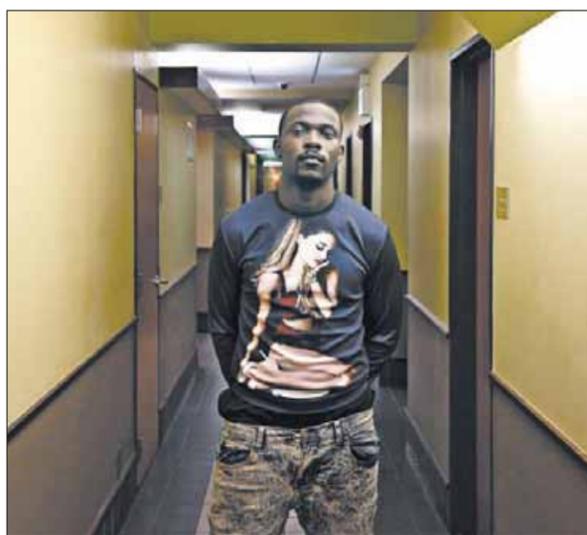
The government's Supplemental Nutrition Assistance Program — formerly known as food stamps — provides Butler with \$194 per month to put toward groceries. It helps him get by. So Butler, 25, was shocked when he learned work requirements now in effect in Cook County could threaten those benefits.

"I'm in a situation where I don't have anything," said Butler, who is jobless and sleeps on an air mattress at a friend's home in Chicago's Englewood neighborhood. "The least the government can do is help me eat."

The clock started ticking Jan. 1 for about 50,000 food stamp recipients in Cook County who are now limited to three months of benefits over three years, unless they meet certain work requirements. Part of federal law since the 1990s, the work rules have been waived in Cook County for more than a decade, but as of this year, must be imposed because of the county's low unemployment rate.

The work requirements apply only to adults aged 18 to 49

Turn to **SNAP, Page 2**



Richard Butler is unemployed and stays at a friend's apartment, where he stands on Jan. 2, in Chicago's Englewood neighborhood.

MARIJUANA IN ILLINOIS

Pot on job still fireable offense

HR will have 'hands full' under state law for recreational use

BY LISA SCHENCKER

Now that recreational pot is legal in Illinois, marijuana enthusiasts may feel like it's finally time to emerge from hiding.

But people with jobs — or looking for them — might want to stay in the shadows for now as companies figure out how to handle employees who partake.

In Illinois, employers are allowed to fire workers who bring cannabis to the office, show up impaired or fail random drug tests, according to the state's new law legalizing recreational marijuana use, which was amended in December to clarify employers' rights. Companies also are able to reject job applicants who don't pass drug screens.

But employers that take action against their workers still could face a haze of legal questions, such as whether their policies are reasonable or whether employees were actually impaired, which can be difficult to prove given there's no way to test for impairment.

"It really has left almost every Illinois employer in somewhat of a quandary about what they can and should be doing in terms of drug testing, and what they can and should be doing with a positive marijuana result," said Julie Stahr, a partner in labor and employment law at Schiff Hardin in Chicago.

The law states that employers may subject employees and job applicants to "reasonable drug and alcohol testing," which can include pre-employment testing and random testing. And an employer may discipline employees, fire them or withdraw a job offer if an applicant fails a drug test, in line with a "reasonable workplace drug policy."

Many employers aren't planning changes to how they handle drug and alcohol use, despite the new law.

Lauren Izaks, co-owner and chief operating officer of Deerfield-based All Points Public Relations, said she plans to keep her workplace drug- and alcohol-free but will ask her attorney to review the policy, specifically the parts that address medical marijuana users. She said the company might be able to erase the part of its policy

Turn to **Pot, Page 3**

More pot shops

Four more weed companies submitted applications to the city to open recreational marijuana stores, bringing the tally of potential shops in Chicago to seven. **Page 3**

LaSalle 'High Line' not right answer to solving exodus from Central Loop

Beware the urban design flavor of the month. That warning is worth recalling as Chicago figures out how to deal with a wave of large vacancies that will soon hit central Loop office towers, including those along or around the LaSalle Street canyon — the heart of Chicago's financial district, often called the Midwest's Wall Street.

In 1979, as America's downtowns struggled to meet the challenge of the suburban shopping malls, the flavor of the month was



BLAIR KAMIN

the transit mall. Make cities more like suburbs, the thinking went, and they'll be able to compete. So Chicago cut the number of traffic lanes on State Street from six to two — for buses only — and outfitted the ultrawide sidewalks with trees, flowers and bubble-

topped bus shelters.

We all know how that \$17 million makeover turned out. In 1996, city officials shelled out another \$25 million to undo the bleak, fume-plagued transit mall.

I don't mean to suggest that all innovative public space designs are doomed to fail. But we need to exercise caution before embracing the latest fashion.

Today, that fashion is New York's High Line, the

Turn to **Kamin, Page 4**



FRANK BOTELLO

Nightlife is shown on a reimagined lower LaSalle Street. Renderings by Frank Botello imagine pathways that hug building facades and run the length of the street's canyon.

Deadspin moving to Chicago after New York staff walkout

BY ROBERT CHANNICK

Deadspin, the irreverent sports website that was all but shut down by a mass exodus of New York staffers in October, is moving to Chicago to relaunch under the same roof as the co-owned humor site, The Onion.

The decision, announced Friday by G/O Media, follows a monthslong standoff between the digital media publisher and the union representing the more than 20 writers and editors who resigned in protest over the website's direction under private equity ownership.

"In order to restart Deadspin as soon as possible, we have decided to move Deadspin within our

corporate structure to be part of our properties based out of Chicago, where we believe we will be able to more quickly rebuild our staff, relaunch the site and help ensure its long-term success," G/O Media said in a statement.

G/O Media, formerly Gizmodo Media Group, is an assemblage of popular websites that also includes The A.V. Club, Jalopnik, Jezebel and The Root.

Boston-based private equity firm Great Hill Partners bought the digital media portfolio from Spanish-language broadcaster Univision for an undisclosed price in April, installing former Forbes.com CEO and magazine executive Jim Spanfeller as CEO.

While new ownership led to a number of changes, including the July departure of longtime Onion CEO Mike McAvoy, the clash of cultures came to a head at the New York offices of Deadspin.

In August, Deadspin published a lengthy article critical of G/O Media and Spanfeller's leadership, with the site's editor resigning several weeks later. But it was an October memo from G/O management instructing Deadspin to stick to sports that set off a full-fledged revolt among staffers. By Nov. 1, the entire editorial staff had resigned in protest, leaving the Deadspin website frozen in time, with a patchwork of mid-season NFL stories

still at the top of the page.

Spanfeller sent a letter Friday to The Writers Guild of America, East, the union representing Deadspin staffers, claiming efforts to restart the website have been "severely hampered" by the "divisive actions" of former employees and their objections to managerial decisions. He said those actions included harassing a freelancer "incessantly," to the point where the writer refused to continue working for Deadspin.

"To this end, we have decided to move the Deadspin platform, which will remain a dedicated sports platform, under The Onion corporate structure to ensure the best chance of future success," Spanfeller

said in the letter, which was obtained by the Tribune.

A key point of contention in negotiations between G/O Media and the union is editorial independence in light of the mandate for sports-only content on Deadspin.

The union is demanding "more stringent protections" of editorial independence, while G/O Media is not willing to relinquish "full editorial control" of its website.

Deadspin will relocate to The Onion's offices at 730 N. Franklin St. in Chicago "as soon as possible," with plans to begin hiring staffers and relaunch the site. Spanfeller said an offer to former Deadspin employees to return to their

old positions in the New York office "remains open at this time."

As part of the move to Chicago, new editorial staffers at Deadspin will be represented by a different local of The Writers Guild of America, East, which The Onion joined in 2018.

The union's New York-based bargaining unit issued a statement Friday questioning the efficacy of a Chicago relaunch.

"Moving Deadspin to Chicago will not solve the problem that Jim (Spanfeller) never understood Deadspin, and did everything in his power to kill it," the union said. "The members of this bargaining unit vehemently object to this decision."

SNAP

Continued from Page 1

who are considered able-bodied and don't have dependents; the majority of the county's 826,000 food stamp recipients won't be affected.

But there are grave concerns that the state's workforce development system isn't equipped to help such a large number of people find jobs, and that many individuals might not learn the rules exist until their benefits are cut off.

The state Department of Human Services mailed notices in December alerting people to the change, but many are homeless or change addresses frequently, and won't know that they need to meet the requirements or seek exemptions for qualifying disabilities, said Mary Frances Charlton, youth health attorney at the Chicago Coalition for the Homeless.

Social service organizations that work with the poor have been training front-line staff on the rules so they can spread the word and navigate the paperwork, but the fear is the system is unprepared, and people will fall through the cracks.

There are not enough slots in the state's workforce training system to help people who struggle to find jobs on their own, said Mari Castaldi, director of policy and advocacy at the Chicago Jobs Council. SNAP recipients who aren't working tend to have reasons for it — limited education, criminal records or lack of access to transportation that make it difficult to land or keep jobs — and supportive services are lacking, she said.

"We're talking about a system that is notorious for being bad at serving people who face barriers to employment," Castaldi said. "To deal with this sudden policy change, we don't have the resources, period, and specifically don't have the resources to provide the types of wraparound services these people need."

Basic processes to help with the administrative burden have yet to be put in place, state caseworkers say. For example, there is no efficient way to report volunteer or training hours completed outside of state-sanctioned programs, so people will have to do so



TERRENCE ANTONIO JAMES/CHICAGO TRIBUNE
Sherita Cresswell, center, and others in the Inspiration Kitchens program take a test on kitchen tools on Monday.

monthly in person at benefits offices, where waits can stretch longer than two hours, said John Mitchell, an officer with AFSCME Local 2858, which represents caseworkers in northeast Cook County.

Understaffed benefits offices also haven't prioritized connecting people with employment services as they've dealt with a backlog for processing SNAP applications that was so bad that the federal government threatened to suspend funding, Mitchell said.

He is nervous a rush of confused SNAP recipients who unwittingly hit their three-month time limit April 1 will take frustrations out on front-line staff.

"I'm concerned about the safety of our workers," said Mitchell, an employment and training coordinator at a benefits office in Skokie.

The state, which under Democratic Gov. J.B. Pritzker opposes the work requirements, said it is acting with urgency to minimize the number of people who might lose food assistance.

The Department of Human Services has hired 500 caseworkers in 2019 and is opening statewide centers to process SNAP and medical benefits. The agency also has established an email address — dhs.fcs.abawds@illinois.gov — dedicated to fielding communication regarding work requirements.

It is expanding the number of job training slots available to SNAP recipients by partnering with more nonprofits and seeking private funding that, through a match program, will give it access to more federal dollars, said Dan Lyonsmith, the department's associate director of workforce development. It also is setting up a fund that people who lose benefits can use for

emergencies, such as paying utility bills.

"I do believe we have capacity in the system," Lyonsmith said.

Still, he said there is widespread concern within the department that many SNAP recipients won't have the education or relevant skills for the jobs that are available.

"The fear is that there is a disconnect between the (low employment rate) and the ability of these individuals to step into these roles," Lyonsmith said.

Work requirements for able-bodied adults without dependents have been part of federal law for more than 20 years, but states can request annual waivers for areas where jobs are scarce.

Illinois received state-wide waivers for years as it struggled to recover after the Great Recession. That changed in 2018, when DuPage County's unemployment rate fell too low to qualify for a waiver.

Now Cook County is in the same situation. The state in October requested a 2020 waiver for every county except Cook and DuPage, where unemployment rates averaged 3.9% over a 24-month period. The national average was 4% during that time.

About 2,000 people lost food stamp benefits in DuPage County in 2018 as a result of the work requirements, which is about half of those who were subject to the rules. If Cook County follows a similar path, 25,000 people will lose food assistance this year.

Supporters of the work rules say they will prompt unemployed people to get off the sidelines and into the thousands of job openings posted by Illinois employers.

"Work isn't a punishment," said Jonathan Ingram, an Illinois native and

Springfield resident who is vice president of policy and research at the Foundation for Government Accountability. "We are trying to get folks into the red-hot economy."

Ingram has tracked five states that imposed work requirements and found that 75% to 90% of affected individuals lost SNAP within a year, but their incomes also grew as they found jobs.

DuPage County's work requirement ended up helping David Freedom, 28, of Downers Grove. He applied for SNAP in June after losing his \$33,000-a-year job in pest control, and was instructed to attend a mandatory employment information session.

There he learned about a three-month information technology course run by the National Able Network, a job training nonprofit, that provided him with a laptop and gas money and certified him to do help desk and networking support. After successfully completing the course in December, he landed a \$50,000-a-year job at Litera Microsystems in Chicago.

"For me it turned out to be a great thing because it introduced me to an opportunity," said Freedom, an Army reservist who had done IT in the military.

But he worries that many SNAP recipients don't know those programs exist. "They're not really informing people about them until the last minute when they are about to lose benefits," Freedom said.

While the change in Cook County happened under existing federal guidelines, the Trump administration recently finalized a new rule that makes it more difficult for states to obtain waivers from the work requirements, a move it says restores the intent of the law at a time of record-low unemployment.

The U.S. Department of Agriculture, which funds the SNAP program, expects 688,000 of the 1.1 million affected SNAP recipients across the country to lose food stamps as a result of the change, saving the federal government \$5.5 billion over five years.

Most, if not all, of Illinois soon will be subject to work requirements under the new federal rule. About 140,000 of the state's 1.8 million food stamp recipients are

able-bodied adults without children.

Food stamps have helped sustain Butler since his release from prison in 2016, and though he wants to work and has tried factory and restaurant jobs, nothing has stuck.

Charlton, the attorney for homeless youth, said she believes Butler qualifies for a mental health exemption from the work requirements and is helping him file that paperwork. But social service providers worry many SNAP recipients with qualifying disabilities will be cut off from benefits before they realize they need to seek a waiver.

"The people I have informed are completely surprised," said Laura Craig, a psychiatrist who works at Howard Brown Health clinics.

Inspiration Kitchens, which trains about 100 people annually in its free culinary program in East Garfield Park, is one of the nonprofits partnering with the state to offer additional training slots — 45, up from 35 — for SNAP recipients. The 12-week program gives participants on-the-job experience as prep or line cooks, said Shannon Stewart, executive director and CEO of Inspiration Corp.

Getting people into work is positive, Stewart said, but she is concerned the threat of losing benefits might cause some to rush into programs that don't interest them.

People need space to figure out what is personally gratifying or they are likely to drop out, she said.

"Job training isn't the only answer, it's also about helping people find out what they want to do," she said.

Sherita Cresswell, 34, who lives in Chicago's Bronzeville neighborhood, was nervous when she learned she could lose benefits if she didn't find work. Cresswell, who has a 3-year-old daughter, receives SNAP as well as cash assistance available to families with children, a separate program that also has work requirements.

But Cresswell, who worked at a home daycare before her daughter was born, got excited when a caseworker learned of her interest in cooking and referred her to Inspiration's culinary program, which she started this month.

"My biggest dream is to

become a chef," said Cresswell, who commutes to the program with a bus card provided by Inspiration.

Cresswell prides herself on her seafood gumbo and aspires to open a soul food restaurant. The training program has made her dream feel possible.

"I'm definitely going to get myself a job after this," she said.

Darneice Cooper, a state caseworker and president of AFSCME Local 2806, which represents southern Cook County benefits offices, said that she, as a taxpayer, would prefer people work than depend on the government. But she thinks the system fails to offer holistic support to help them succeed, and worries losing benefits could make people desperate.

"That is going to affect every community across the state of Illinois," Cooper said. "Because these people are going to find a way to eat. If they've got to resort to stealing, hurting people, taking from others — they are going to find a way."

State officials say the experience in DuPage provided valuable lessons. Social services providers there were proactive about getting the word out.

Food pantries expected to see a rise in demand. But that didn't happen, perhaps because SNAP recipients already were frequenting food pantries to supplement their benefits, said Teresa Schryver, advocacy and awareness specialist at the Northern Illinois Food Bank.

Still, pantries can't be relied upon to fill SNAP's void, as their limited hours and locations may be inconvenient for some people, and there is still a stigma, she said.

Schryver warns against using DuPage to predict the potential fallout of work requirements in much-larger Cook County. About 6.7% of DuPage County's population is food insecure, which is when a lack of money or other resources disrupts food intake, compared to 12% in Cook County, where some neighborhoods have double-digit unemployment rates.

"It's not even trying to compare apples to oranges," Schryver said. "It's comparing asparagus to oranges."

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Paige Model & Talent Agency celebrating 6 years in business



Paige Model & Talent, a Chicago based talent agency, is celebrating 6 years in business. For over 30 years, agency owner Paige L. Ehman has been an active member of the entertainment industry both on stage and behind the scenes. She began her career as a child model for the department store Montgomery Ward. As a trained actor and singer, she landed lead roles in many musicals and plays with local theatre groups. Additionally, she has performed as a vocalist with a variety of music ensembles and appeared as a contestant on television game shows. Paige began her career in talent management in the mid-'90s with a focus on finding the newest and most relevant talent in the area. Throughout her career, she has worked with high-profile clients, as well as smaller firms, providing the talent they seek to portray their brand.

Paige enjoys working with children, teen and adult talent, guiding their careers by pairing them with projects that will complement their strengths and type. She has booked actors and models for thousands of projects including print advertising, local and national commercials, voiceover, film and special events. Paige earned a bachelor's degree in communications and theatre from Loyola University of Chicago. For all your model and talent needs, visit paigetalent.com

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Marijuana companies seek permission for shops in hot spots

BY ALLY MAROTTI AND RYAN ORI

Four more weed companies submitted applications to the city to open recreational marijuana stores, bringing the tally of potential new pot shops in Chicago to seven.

The latest round of companies are seeking approval to open stores on Weed Street near Clybourn Avenue shops, in a landmark building in the River North neighborhood, and right across the street from popular Randolph Street restaurant Girl & the Goat.

The city's Zoning Board of Appeals would need to approve the applications, and the marijuana stores would need licenses from

the state.

Recreational marijuana sales began in Illinois on Jan. 1. Existing dispensaries can apply to open a second store, and many are vying for top locations in Chicago.

The city banned weed stores along the Magnificent Mile, the Loop and in large chunks of River North along the lakefront, and created seven zones for marijuana sales.

Initially, no more than seven dispensaries will be allowed in each zone. Dispensaries also cannot open within 1,500 feet of each other.

Some areas of the city are more coveted among weed companies. Those include River North, which pushes up against the restricted

zone, and Randolph Street, known for its array of dining spots.

PharmaCann is seeking approval to open a location at 444 N. LaSalle St. PharmaCann's existing dispensaries, recently rebranded to Verilife, are in Ottawa, Romeoville, Arlington Heights and Aurora.

The three-story building at 444 N. LaSalle St. is a Chicago landmark. Its most recent tenant was English Bar & Restaurant. Also known as the Veseman Building, it was constructed around 1880, according to a city report. The Art Deco building's third floor and terra cotta façade were added in 1930.

PharmaCann is the fourth company to apply

with the city to open a store in River North. Last month, MOCA Modern Cannabis applied to open at 214-232 W. Ohio St. Cresco Labs at 436 N. Clark St. and Greenhouse Group at 612 N. Wells St.

West of the loop, Nature's Care Company, a fifth company, is seeking approval to open a store at 810 W. Randolph Street. The company, which already runs a dispensary in suburban Rolling Meadows, is owned by New York-based Acreage Holdings.

The two-story brick building at 810 W. Randolph is the former home to butcher shop Olympia Meats. In recent years, many meatpackers and food distributors have moved out of

the Fulton Market district amid soaring real estate values and big developments including McDonald's new headquarters and Google's Midwest headquarters.

Acreage spokesman Howard Schacter declined to comment on plans for the potential Randolph location.

The Tribune reported last week that the two other companies are eyeing nearby locations, but they have not submitted applications with the city. They submitted letters to the city's zoning administrator, requesting permission to apply to open there.

According to those letters, which the Tribune obtained through an open records request, Windy City Cannabis is interested in

807 W. Randolph, next door to the Girl & the Goat restaurant. A block west, NuMed Chicago is considering 935 W. Randolph.

Windy City Cannabis, which already operates dispensaries in Justice, Worth, Homewood and Posen, also applied with the city this week to open a store at 923 W. Weed Street.

Nearby, MedMen applied for a permit in a shopping center at 1001 W. North Ave., kitty-corner from yoga apparel seller Lululemon's first-of-its-kind flagship store with meals and drinks.

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Pot

Continued from Page 1

dealing with medical marijuana now that recreational use is legal.

The company, which has nearly 30 employees, hasn't drug-tested in the past, and won't start now, she said.

"As long as they're not using it directly at work or before work hours, then what they do on their own time is their own business," Izaks said of recreational marijuana use.

Many employees feel the same way. About half of 1,000 Illinois residents surveyed in October said their ideal workplace would allow employees to use cannabis but only during their off-hours, according to a poll conducted for communications firm Burson Cohn & Wolfe. About 60% of those surveyed said they were very or somewhat uncomfortable with the idea of colleagues showing up to the office stoned.

Some see gray area

Attorney Stephanie Dodge Gournis is advising companies to have clear policies in effect and apply them consistently and in a nondiscriminatory way. For example, if an employer wants to test a prospective hire for a certain type of job, the employer should test all applicants for that job.

As with other workplace policies, employers need to ensure they're not treating people differently based on race, religion, gender and other categories protected from discrimination under federal law.

"Human resource professionals in Illinois will have their hands full with ensuring their policies are consistent with the new legislation and are nondiscriminatory," said Becky Krueger, director of the Illinois Society for Human Resource Management State Council, in an email.

Some, however, say the law, even with the amendments, may not be so clear-cut.

For instance, a different Illinois law prohibits employers from discriminating against employees based on their use of legal substances when they're off work. Though the recent amendment was meant to clarify that employers may still discipline employees for failing a drug test, in line with a reasonable drug testing policy, labor and employment attorney Stahr said there's still some gray area.

One problem is drug tests can detect whether someone has used marijuana but not when or whether the person is impaired.

"The tension is if an employer decides to withdraw an offer of employment or terminate someone based solely on a positive marijuana test, without any additional signs of impairment, I think that leaves room for a question about whether they're taking action based on someone's lawful use of marijuana while they're (off) duty," Stahr said.

According to the law, an employer may consider a worker to be impaired or under the influence of cannabis if the employer has a "good faith belief" the employee is displaying symptoms that are hurting job performance, such as those affecting speech, agility or demeanor.

But it might be difficult to



A line of people wait to purchase legal recreational marijuana outside the Midway Dispensary store in Chicago on Jan. 2

ANTONIO PEREZ/CHICAGO TRIBUNE

fire an employee based only on those signs, said Tom Cuculich, executive director of the Chicagoland Associated General Contractors, a trade association representing general contractors, subcontractors, suppliers and affiliates in commercial construction. Because marijuana impairment can be difficult to prove, Cuculich said he's been advised that terminating an employee based only on impairment could invite a legal challenge.

Also, Stahr questions the law's requirement that employers have "reasonable" drug policies. "What's reasonable to you might be different than what's reasonable to me," she said.

For example, if a test uncovers a low level of marijuana, is it reasonable to withdraw a job offer? If an employee can offer an explanation as to why marijuana use during off-hours doesn't affect his job performance, is it reasonable to still fire that person for a positive test result?

Experts say the new law is likely to spark litigation as employers and workers test their rights. In other states, courts have often sided with employers, Gournis said.

Given some of the uncertainty, many Illinois employers are taking a wait-and-see approach, watching how the next six months to a year go before deciding whether they need to modify their policies, Gournis said.

Richard Price, owner of Alamo Shoes in Chicago's Andersonville neighborhood, said he doesn't plan to begin drug testing for the time being — though he acknowledged that the legalization of marijuana could pose new challenges.

"You used to be able to smell someone coming in if they were high," he said. "With edibles, you don't even know."

Testing may limit labor pool

Some employers might take a mellow approach to workers who use weed, such as by ending drug screens. But other businesses might double down on efforts to keep pot out of the office. Some employers will continue to prohibit pot because of federal rules that require them to do so.

In Illinois, more than 99% of employers who used the drug testing company Quest Diagnostics included marijuana in their employee drug testing from 2014

through 2018, according to Quest.

In other states where recreational marijuana became legal, many employers continued to test for it. In Nevada, 91% of companies that used Quest included marijuana in their testing in 2017, when it was legalized there. The numbers were even higher for employers in Colorado and Washington, where 96% and 97%, respectively, of companies using Quest still tested for marijuana in 2017 even though those states also allow recreational use.

When deciding whether to test employees, companies also may want to consider whether testing could leave them short-staffed, Gournis said.

"What may drive employers' decisions in this regard is whether they're still able to recruit the workforces they need with the policies they enforce," she said.

But some employers won't have a choice, given that marijuana is still illegal under federal law. Truck drivers, bus drivers and train operators still will be tested for marijuana under U.S. Department of Transportation rules. Companies that contract with the federal government or receive federal grants will have to maintain drug-free workplace policies.

It's already difficult to find truck drivers, and the new law might shrink that labor pool even further, said Todd Maisch, president and CEO of the Illinois Chamber of Commerce.

"More people will feel freedom to either experiment or (use) recreationally from time to time that wouldn't have when they were worried about getting arrested," Maisch said.

'Dangerous situations'

The Illinois chamber initially opposed the bill to legalize recreational marijuana but took a neutral stance once it was agreed that employers still would have the right to maintain drug-free workplaces and communities would be able to opt out of allowing sales locally and impose additional taxes on cannabis sales. The chamber pushed for the amendment Pritzker signed in December to clarify employers' rights.

"The two things our members said were 'We need to make it more explicit you can do random drug testing, and make it clear

that a zero-tolerance policy leading to discipline is allowed under the law,'" Maisch said.

Many members of the commercial construction trade association appreciated the clarification, Cuculich said.

"If someone is impaired, it's not only that person's safety but everyone on the job site," he said. "You can create a lot of dangerous situations."

About 81% of employers

priced, with Alamo Shoes, said he has more daunting challenges when it comes to running a retail business. Alamo employs about 19 people.

"I would think it would be no different than alcohol," he said. "You can't drink on the job, and you can't smoke pot on the job."

Price, with Alamo Shoes, said he has more daunting challenges when it comes to running a retail business. Alamo employs about 19 people.

"I have about 97 other things I'll lose sleep over before one of my employees coming in stoned," he said.

Ischencker@chicagotribune.com

AUCTION MART

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NOTICE OF SALE UNDER THE SELF FACILITY ACT.
Notice is hereby given that on FEBRUARY 11, 2020 Auctioneer, Storage Coordinator for U-Haul Co. of Chicago South and South-West Suburbs, will be offering for sale under the Judicial Lien process, by public auction, the following units. The goods to be sold are generally described as household goods. The sales will start at U-Haul, 645 S WEBER ROAD in ROMEOVILLE, IL and will begin at or after 8:00 AM and continue site by site until all units are sold.

645 WEBER ROAD, ROMEOVILLE, IL Units: 1022, 1027, 1040, 1101, 1115, 1121, 1123, 1203, A047, A065, B112, B158

1185 S CICERO AVE, ALSHIEP, IL Units: 1001, 1013, 1024, 1025, 1030, 1101, 1127, 1155, 1157, 1310, 2034, 2040, 2118, 2216, 2218, 2225, 2224, 2604, 3002, 3218, 3337, 3406, 4154, 4234, AA046SH Spaces: 5000, 5012, 5113, 5216

890 S CICERO AVE, OAK LAWN, IL Units: 1000, 1020, 1038, 1043, 1058, 1131, 1132, 1135, 1141, 1152, 1170, 1233

251 E 95TH ST, CHICAGO, IL Units: 010A, 015A, 031A, 040A, 053A, 054A, 101A, 104A, 107A, 109A, 125A, 128A, 142A, 171A, 179A, 187A, 187B, 2019, 2071, 2077, 2080, 2111, 2119, 2113, 2114, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 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2755, 2756, 2757, 2758, 2759, 2760, 2761, 2762, 2763, 2764, 2765, 2766, 2767, 2768, 2769, 2770, 2771, 2772, 2773, 2774, 2775, 2776, 2777, 2778, 2779, 2780, 2781, 2782, 2783, 2784, 2785, 2786, 2787, 2788, 2789, 2790, 2791, 2792, 2793, 2794, 2795, 2796, 2797, 2798, 2799, 2800, 2801, 2802, 2803, 2804, 2805, 2806, 2807, 2808, 2809, 2810, 2811, 2812, 2813, 2814, 2815, 2816, 2817, 2818, 2819, 2820, 2821, 2822, 2823, 2824, 2825, 2826, 2827, 2828, 2829, 2830, 2831, 2832, 2833, 2834, 2835, 2836, 2837, 2838, 2839, 2840, 2841, 2842, 2843, 2844, 2845, 2846, 2847, 2848, 2849, 2850, 2851, 2852, 2853, 2854, 2855, 2856, 2857, 2858, 2859, 2860, 2861, 2862, 2863, 2864, 2865, 2866, 2867, 2868, 2869, 2870, 2871, 2872, 2873, 2874, 2875, 2876, 2877, 2878, 2879, 2880, 2881, 2882, 2883, 2884, 2885, 2886, 2887, 2888, 2889, 2890, 2891, 2892, 2893, 2894, 2895, 2896, 2897, 2898, 2899, 2900, 2901, 2902, 2903, 2904, 2905, 2906, 2907, 2908, 2909, 2910, 2911, 2912, 2913, 2914, 2915, 2916, 2917, 2918, 2919, 2920, 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INVESTING

Stocks Recap



WEEKLY PERFORMANCE

52-WEEK HIGH	52-WEEK LOW	INDEX	HIGH	LOW	CLOSE	CHG	%CHG	YTD %CHG	1YR %CHG
29009.07	23301.59	Dow Jones industrials	29009.07	28418.63	28823.77	+188.89	+0.7	+1.0	+20.1
11226.54	9143.17	Dow Jones trans.	11055.47	10745.88	10973.88	+62.48	+0.6	+0.7	+14.0
882.61	688.44	Dow Jones utilities	877.35	864.13	874.10	+6.66	+0.8	-0.6	+22.5
14021.65	11502.26	NYSE Comp.	14021.65	13852.73	13957.97	+40.92	+0.3	+0.3	+17.8
5900.05	4988.68	NYSE International	5887.34	5824.16	5857.63	+11.96	+0.2	+0.4	+14.2
9024.87	6412.98	Nasdaq 100	9024.87	8713.89	8966.64	+172.73	+2.0	+2.7	+35.8
9235.20	6741.40	Nasdaq Comp.	9235.20	8943.50	9178.86	+158.09	+1.8	+2.3	+31.7
3282.99	2524.56	S&P 500	3282.99	3214.64	3265.35	+30.50	+0.9	+1.1	+25.8
2073.72	1680.52	S&P MidCap	2061.89	2037.10	2051.37	-4.30	-0.2	-0.6	+16.3
33407.83	26048.54	Wilshire 5000	33407.83	32736.86	33237.15	+293.82	+0.9	+1.1	+23.8
1681.68	1380.84	Russell 2000	1671.82	1645.51	1657.64	-3.23	-0.2	-0.7	+14.5
421.43	341.38	Dow Jones Stoxx 600	421.43	412.63	419.14	+0.81	+0.2	+0.8	+20.0
7727.49	6734.00	FTSE 100	7631.96	7524.96	7587.85	-34.55	-0.5	+0.6	+9.7

Gold	▲	+8.30	\$1,557.50
Silver	▼	-0.03	\$18.03
Crude Oil	▼	-4.01	\$59.04
Natural Gas	▲	+0.07	\$2.20
10-year T-note	▲	+0.04	1.82%
Euro	▲	+0.0035	to .8991/\$1
Yen	▲	+1.53	to 109.54/\$1

Most active

NEW YORK STOCK EXCHANGE

STOCK	CLOSE	CHANGE
Gen Electric	11.67	-0.30
Chesapeake Engy	.73	-0.19
Ford Motor	9.25	+0.04
Bank of America	34.74	-0.16
AT&T Inc	38.57	+0.03
Aurora Cannabis Inc	1.65	-0.35
Uber Technologies	34.01	+2.64
Snap Inc A	17.41	+0.66
Yamana Gold Inc	3.72	-0.16
Shutterstock	2.12	-0.21
Macy's Inc	17.81	+1.28
Pfizer Inc	39.49	+0.56
Callon Petrol	4.20	-0.63

NASDAQ STOCK MARKET

STOCK	CLOSE	CHANGE
Inpixon Corp	4.05	-16.43
Acu Micro Dev	48.17	-0.44
Apple Inc	310.33	+12.90
Titan Pharmaceut	.27	+0.01
Micron Tech	56.67	+2.14
FuelCell Energy	2.22	+0.16
Microsoft Corp	161.34	+2.72
Plug Power Inc	4.14	+0.91
Zion Oil & Gas Inc	.25	+0.04
Lucidin Coffee Inc	43.32	+6.60
Biocept Inc	.30	-0.03
Intel Corp	58.94	-1.16
Zynga Inc	6.62	+0.39

EXCHANGE TRADED FUNDS

STOCK	CLOSE	CHANGE
Alps Alerian MLP	8.71	+0.01
Citigp Vel Inv Crde	3.81	+0.61
iPath Sh Term Fut	14.12	-1.17
iShares Gold Trust	14.92	+0.11
iShares Brazil	46.27	-1.72
iShs China Large Cap	44.52	+0.61
iShs Emerg Mkts	45.59	+0.66
Invesco QQQ Trust	218.43	+4.25
SPDR S&P500 ETF Tr	325.71	+3.30
SPDR S&P O&G ExpPdtm	23.22	-0.81
SPDR Financial	30.69	-0.06
US Oil Fund LP	12.41	-0.77
VanE Vect Gld Miners	28.45	-0.72

Largest Companies

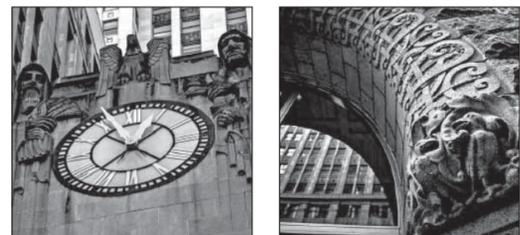
Based on market capitalization

STOCK	CLOSE	CHANGE
AT&T Inc	38.57	+0.03
Adobe Inc	339.81	+8.00
Alibaba Group Hldg	223.83	+6.83
Alphabet Inc C	1429.73	+69.07
Alphabet Inc A	1428.96	+67.44
Amazon.com Inc	1883.16	+8.19
Anheuser-Busch InBev	81.49	-1.26
Apple Inc	310.33	+12.90
Bank of America	34.74	-0.16
Berkshire Hath A	340185.00	+1029.98
Berkshire Hath B	226.62	+0.44
Boeing Co	329.92	-2.84
Chevron Corp	116.44	-4.57
China Mobile Ltd	41.49	-0.25
Cisco Syst	47.13	-0.50
Citigroup	79.25	-0.45
CocaCola Co	55.53	+0.84
Comcast Corp A	44.98	+1.18
Disney	144.62	-1.88
Exxon Mobil Corp	69.14	-1.19
Facebook Inc	218.06	+9.39
FEMSA	96.50	-0.16
HSBC Holdings prA	27.01	+0.05
Home Depot	224.22	+5.29
Intel Corp	58.94	-1.16
JPMorgan Chase	136.07	-2.27
Johnson & Johnson	145.06	+0.78
MasterCard Inc	311.17	+11.14
Medtronic Inc	118.64	+4.76
Merck & Co	89.53	-1.72
Microsoft Corp	161.34	+2.72
Novartis AG	93.86	-0.93
Oracle Corp	54.45	+0.93
PepsiCo	134.53	-1.10
Pfizer Inc	39.49	+0.56
Procter & Gamble	123.97	+1.39
Royal Dutch Shell B	69.09	-1.24
Royal Dutch Shell A	50.01	-1.20
SAP SE	136.98	+3.00
Salesforce.com Inc	180.20	+14.03
Taiwan Semicon	58.96	+0.80
Toyota Mot	139.73	-1.02
Unitedhealth Group	295.13	+0.79
Verizon Comm	58.99	-0.79
Visa Inc	193.77	+4.17
WallMart Sts	116.38	-1.51
Wells Fargo & Co	52.50	-0.92

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 10, 2020

RANK/COMPANY	CAP	CLOSE	WEEK	1-YR
1 Boeing Co	185,676	329.92	▼ -2.84	+2
2 McDonalds Corp	156,093	207.27	▲ +7.19	+18.2
3 Abbott Labs	150,955	85.36	▼ -0.53	+26.3
4 AbbVie Inc	131,703	89.06	▲ +0.36	+7.6
5 Caterpillar Inc	80,759	146.13	▼ -2.31	+16.0
6 Mondelez Intl	78,110	54.25	▲ +0.01	+31.8
7 CME Group	73,496	205.09	▲ +0.54	+19.8
8 ITW	57,287	178.24	▼ -0.87	+41.4
9 Deere Co	54,331	173.43	▼ -2.12	+17.1
10 Walgreen Boots Alli	48,031	54.22	▼ -4.86	-21.8
11 Exelon Corp	44,969	46.26	▲ +0.69	+5.7
12 Baxter Intl	43,856	85.90	▲ +0.40	+30.2
13 Kraft Heinz Co	37,489	30.70	▼ -0.54	-28.7
14 Allstate Corp	36,752	113.45	▲ +0.62	+39.2
15 Equity Residential	30,176	81.26	▲ +0.46	+24.7
16 Motorola Solutions	28,664	167.30	▲ +2.92	+47.3
17 Discover Fin Svcs	25,917	82.68	▼ -1.20	+37.0
18 Arch Dan Mid	24,466	43.95	▼ -2.07	+5.8
20 Nthn Trst Cp	22,669	106.99	▲ +1.62	+30.1
20 United Airlines Hldg	22,093	87.31	▼ -0.59	+5.0
21 Ventas Inc	21,234	56.97	▼ -1.10	+2.6
22 CDW Corp	20,454	142.36	▲ +0.21	+76.1
23 Grainger WW	18,385	341.31	▲ +0.65	+24.6
24 Gallagher AJ	17,801	95.44	▲ +0.13	+33.1
25 TransUnion	17,139	91.02	▲ +2.72	+64.0
26 Dover Corp	16,817	115.77	▼ -0.01	+55.9
27 ConAgra Brands Inc	15,495	31.83	▼ -1.51	+54.6
28 Ulta Salon Cosmetics	15,277	267.28	▲ +17.11	-6.3
29 Zebra Tech	13,279	246.27	▼ -9.78	+53.9
30 IDEXX Corp	13,087	172.07	▼ -0.69	+29.7
31 CBOE Global Markets	12,833	115.85	▼ -5.48	+26.5
32 CNA Financial	12,087	44.52	▼ -0.76	+9.7
33 LKQ Corporation	10,447	34.09	▼ -1.30	+34.4
34 NISource Inc	10,324	27.64	▲ +0.24	+9.2
35 Packaging Corp Am	10,003	105.68	▼ -3.54	+24.0
36 CF Industries	9,734	44.77	▼ -1.31	+3.9
37 Fortune Brds Hm&Sec	9,317	66.96	▲ +1.57	+60.1
38 US Foods Holding	9,081	41.39	▲ +0.66	+23.5
39 Jones Lang LaSalle	8,788	170.54	▼ -3.30	+30.9
40 Hill-Rom Hldgs	7,713	115.54	▲ +2.42	+25.3
41 Aptargroup Inc	7,602	115.79	▲ +1.75	+24.2
42 Paylocity Hldg	7,082	132.36	▲ +6.69	+112.2
43 CDK Global Inc	6,753	55.63	▲ +0.73	+16.0
44 Old Republic	6,748	22.23	▼ -1.15	+15.7
45 Morningstar Inc	6,662	155.64	▲ +3.72	+42.2
46 Equity Lifesty Prop	6,355	69.81	▼ -0.28	+46.3
47 IAA Inc	6,204	46.47	▼ -1.78	-
48 Middleby Corp	6,124	109.10	▼ -0.01	-1
49 Ingredion Inc	6,109	91.51	▼ -2.19	-2.5
50 Stericycle Inc	5,606	61.52	▼ -0.45	+59.6
51 First Indl RT	5,296	41.72	▲ +0.08	+43.3
52 Kemper Corp	5,169	77.56	▲ +0.01	+11.7
53 GrubHub Inc	4,790	52.38	▲ +5.21	-30.7
54 Littelfuse Inc	4,655	191.11	▲ +0.10	+6.6
55 Brunswick Corp	4,634	56.81	▼ -2.19	+19.6
56 Cabot Microelect	4,354	149.63	▲ +3.88	+64.4
57 RLI Corp	4,027	89.82	▼ -0.66	+36.5
58 Equity Commonwth	3,961	32.49	▼ -0.29	+19.5
59 Wintrust Financial	3,924	68.76	▼ -2.14	+1.6
60 Envestnet Inc	3,845	73.28	▲ +1.74	+43.3
61 John Bean Technol	3,509	110.84	▼ -4.17	+49.0
62 Anixter Intl	3,341	98.79	▲ +2.38	+72.9
63 Hyatt Hotels Corp	3,148	86.06	▼ -2.84	+29.8
64 GATX	2,824	80.48	▼ -2.55	+15.3
65 Retail Prop Amer	2,741	12.83	▼ -0.24	+14.6
66 Navistar Intl	2,719	27.40	▼ -0.84	-6.7
67 Teleph Data	2,614	24.33	▼ -0.71	-29.3
68 TreeHouse Foods	2,589	46.06	▼ -1.78	-15.6
69 Fst Midw Bcp	2,469	22.46	▼ -0.53	+10.5
70 Stepan Co	2,290	101.77	▼ -0.44	+32.7
71 Federal Signal	1,990	32.89	▲ +0.10	+58.0
72 Ardmore Global Educ	1,953	35.48	▲ +0.91	-24.1
73 Knowles Corp	1,910	20.87	▼ -0.52	+59.5
74 US Cellular	1,849	34.81	▼ -1.01	-37.5
75 Horace Mann	1,778	43.15	▼ -1.33	+15.9
76 Hub Group Inc	1,746	52.33	▲ +0.01	+29.0
77 AAR Corp	1,601	45.88	▲ +0.17	+21.0
78 Huron Consulting Gp	1,595	69.65	▲ +0.57	+35.1
79 Coeur Mining	1,575	6.55	▼ -1.15	+24.0
80 Aduis HomeCare	1,553	99.85	▲ +4.26	+49.6
81 Allscripts Hlthcare	1,550	9.55	▼ -0.08	-15.3
82 First Busey Corp	1,494	27.15	▼ -0.12	+9.8
83 Methode Electronics	1,433	38.66	▼ -0.27	+57.0
84 Groupson Inc	1,411	2.50	▲ +0.21	+29.7
85 Tootsie Roll	1,346	34.51	▲ +0.85	+8.5
86 SP Sply Corp	862	41.94	▼ -0.46	+32.8
87 Acco Brands Corp	856	8.83	▼ -1.16	+9.8
88 Sanfilippo John	770	87.62	▼ -1.87	+58.4
89 Enova Intl Inc	751	22.25	▼ -1.44	+6.0
90 Great Lakes Dredge	745	11.66	▼ -0.07	+61.3
91 EntSpan Inc	721	17.94	▲ +0.55	+29.2
92 ANI Pharma	689	57.07	▼ -3.08	+5.6
93 Heritage-Crystal Clin	687	29.66	▼ -1.23	+20.3
94 QCR Holdings Inc	669	42.38	▼ -0.57	+27.0
95 Century Aluminum	620	6.99	▼ -0.81	-18.9
96 Heidrick & Struggles	600	31.34	▼ -0.94	-2.8
97 Fst Mid Bancshares	577	34.68	▼ -0.20	+5.5
98 Tenneco Inc	575	10.08	▼ -3.23	-66.3
99 Echo Global Logis	571	20.94	▲ +0.54	-6.7
100 MYR Group	519	31.22	▼ -1.39	+3.6



Above: Pedestrians walk on North LaSalle Street at West Randolph Street on Wednesday. **Top left:** The Chicago Board of Trade building on South LaSalle Street. **Top right:** The Rookery Building at LaSalle and Adams streets.

Kamin

Continued from Page 1

uber-chic former elevated railroad line on Manhattan's West Side.

Cities everywhere, including Chicago, are trying to duplicate its popularity and avoid its pitfalls, including the gentrification of adjoining neighborhoods.

A recently issued study of the central Loop by commercial real estate brokers Cushman & Wakefield floats the idea of inserting a High Line-inspired elevated walkway through the heart of LaSalle Street. But unlike the High Line or Chicago's 606 trail, which exude authenticity because they're built on age-old elevated rail lines, the LaSalle Street walkway would be entirely new — more wanna-be cool than the real thing.

Renderings by a little-known interior designer, Frank Botello, imagine sinuous pathways that hug the building facades and appear to run the entire length of the canyon, from Wacker Drive on the north to Jackson Street on the south. Pedestrians would climb stairs at the LaSalle-Wacker intersection to an over-the-street platform that leads to the walkway. In some spots, the walkway would cover the street, shutting off views of the iconic Chicago Board of Trade Building from street level.

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The pathway would combat the perception that LaSalle is

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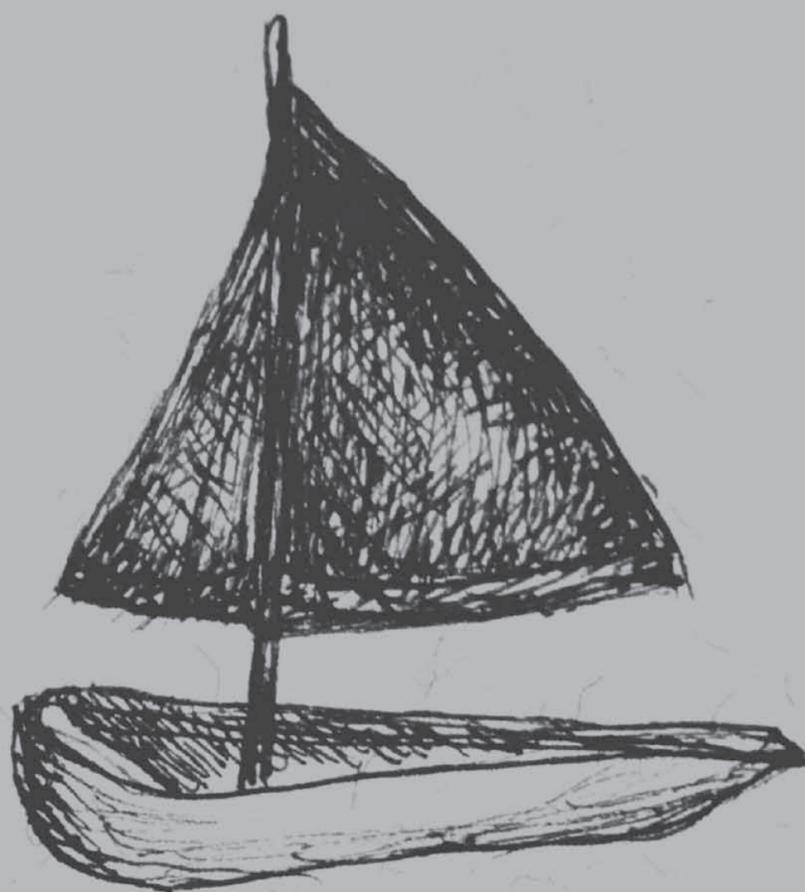
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'Where do you see yourself in 10 years?'

There are several standard questions in the interview process, but perhaps none is more expected than this tried-and-true classic: Where do you see yourself in 10 years?

"I don't think there is a standard answer to this question. I think it's one that actually deserves a lot of thought," says tech hiring expert Beth Dunham.

Dunham says she feels that way because employers aren't necessarily expecting the applicants to give them answers that pertain only to their company. "If someone asked you that question 15 years ago, your answer would only relate to the job or field you were in," she says. "Today, you have some more flexibility when answering. You can talk about plans that may have a dotted-line relationship to your current situation."

While she isn't advocating for interviewees to immediately mention plans to move beyond a job they haven't even been offered, she says that questions about long-term plans can be answered fairly honestly. "Companies have long-term plans that even their current employees are unaware of," she says. "You may be telling your potential boss something that pertains to the company's future even if you don't know it yet."

All options open

That's the scenario Ryan Tamczak found himself in interviewing for a position with a data storage provider. "When they asked me about what I saw myself doing in 10 years, I told them that I envisioned myself traveling the country selling software. Doesn't seem that extravagant but the job I was interviewing for was strictly in-house and very hardware-related," Tamczak says.

After putting three years in the office, Tamczak was called to the office of his old manager, who was now the vice president of development. "He mentioned the interview we had a few years back and wondered if I was still interested in selling software," Tamczak says. "The company was about to purchase a small database company that we had used in-house and was wondering if I felt comfortable rolling it out to other companies. So that's exactly what I did."

The long game

Dunham says Tamczak's experience highlights two points. First, she says, you should be fairly honest when interviewing for a position, especially when those

questions relate to your future. "There's no reason to try to mask what you want to do even if you're interviewing for an entry-level job," she says. "If you tell them you want to be CEO of a company one day and they're hiring you to work in the mailroom, they know you're applying for the mailroom, not the job of CEO."

The second thing to remember is that everything you say during an interview is important. "There are no throwaway questions," Dunham adds.

Tell me more

Potential strategies to answering the 10-year question:

1. Put yourself at the center of the next big trend. Do your homework to find out what's on the horizon. "If you're being hired to promote or sell shared office space, your job is going to evolve," says Lauren Wyck, a career coach. "Will people require more privacy in the future? Will co-working spaces still be viable as millennials get older? Will people tie in their living arrangements with their working arrangements?" asks Wyck. "When you see the trends, you find a way to wrap those trends around your future work."

2. Think globally. Even if your potential company only has a domestic footprint, it's a good idea to let them know that you're thinking about their unlimited potential. "If you go to a company that does \$10 million a year in domestic sales and tell them that you see yourself as the person who will help them make \$50 million in international sales, they might think you're a little cocky and a little naive," says Dunham. "But they'll also know that you won't be content with your job; that you'll want more. And that's a good thing."

3. Show you're a team player. While the notion of answering the 10-year question with a variation on "I'll be doing your job" may seem brash, it's also a cliché. Instead, tell your potential boss that you see yourself in a position that will further enable him or her to do quality work. And don't worry — you're just letting your boss know you're not going to cut and run for the first new job opportunity. "Never forget why you're being hired in the first place: to make your boss look good," Dunham says. "Find a way to tell your future manager that you will still be working together, but only at a higher level."

INFORMATION TECHNOLOGY >>

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6 steps to perfect handshake

1. Get your hands ready. Make sure your right hand is free in situations where you're likely to need to shake hands. This is a weird detail, but important — especially if you've been holding a cold drink in your hand, which might make your handshake cold and clammy! And yes, you should use your right hand. That's the tradition, and it avoids lots of awkward fumbling.

2. Aim for the web. You don't want to only grab the person's fingers, but you also don't want to try and swallow their wrist with your hand either. Aim to touch the web between your thumb and forefinger to the web between their thumb and forefinger. Don't go too hard, but you should practice enough on yourself to get a sense of how it feels when you hit the right spot.

3. Minimize the pressure. Yes, you do need pressure. Firm pressure. But not too firm. And don't pinch. Don't crush any bones. But definitely don't err on the side of not squeezing enough — there's nothing worse than a limp handshake.

4. Make eye contact. Look your handshake partner straight in the eye, which inspires trust. It's a nice touch to repeat the name of the person you're being introduced to while you're shaking.

5. Project confidence. Whatever you do, don't panic. You want to be the cool and collected party here. Act confident and no one will know you're secretly aiming for their web.

6. Know when to let go. People who linger too long in a handshake can be considered creepy or clingy. Get in there, grip with the ideal amount of firmness, shake once, then let go and get on with the exchange. Once you get the balance right, you'll be forever grateful that you did.

9 to 5

Maximize your job search with the Chicago Tribune.

2020 The year to overcome your fear of change

1. Gather your courage

In order to turn an opportunity into an outcome, you'll have to have the courage to try. Start shoring yours up.

2. Embrace fear

Fear is totally normal, and almost impossible to get rid of entirely. We can't get rid of it, but we can change our relationship to it by changing how we react when we're afraid.

3. Harness anxiety

Sometimes your anxiety is a very effective radar system helping you tell the good opportunities from the riskier ones. If you can dial down your panic a bit to listen to what your intuition is telling you, you can start to use your anxiety as a tool for helping you embrace the best change possible, rather than hiding from all change.

4. Embrace failure

Just like fear, failure can be a productive and useful tool. Next time you fail, try to figure out the lessons you can learn and move on. You won't fail at the same thing twice!

5. Be flexible

Learn how to improvise. You don't want to be the person who makes inflexible plans and then is unable to think fast on your feet.

6. Gamble a little

Sometimes it's a numbers game, or a matter of odds. Make a bunch of small bets on yourself and eventually your minor wins will add up to something major.

7. Don't fear experimentation

Don't be afraid of trying new things. If you experiment often and continue trying new ways to succeed, you'll get there a lot faster.

8. Choose your battles

You can't win all the time. Pick the battles that mean the most to you, press for the things that matter, and retreat when it's not worth your energy to fight.

9. Always keep on moving

Make sure you keep moving forward, no matter what. Getting stuck is worse than stumbling a little on the path to success.

10. Don't be a slouch

The best way to not be left in the dust — or better, to find your best path to where you want to be — is to keep up with your industry and your business. Stay on the cutting edge, where you have the best chance of pivoting.

JOBSEEKERS: TURN INSIDE FOR GREAT CAREER OPPORTUNITIES

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SUNDAY, JANUARY 12, 2020

Use a 'chipple' and other grand 2019 career advice

Some of the best job tips don't come plainly marked. In fact, with so many media outlets, today's inspiration-seeking employees can find interesting and worthwhile tidbits of advice in numerous places. We collected a few noteworthy quotes from various pop culture outlets that may provide direct or not-so-direct answers to some of your career-focused quandaries:

Absorb and deal: When discussing the double standards and sexism at play in politics and the workplace with Howard Stern in December, Hillary Clinton openly discussed ways she dealt with it during the 2016 election and how she deals with it today. "If you want to compete at the highest level you have to figure out how to absorb it and deal with it," Clinton said.

Family tree: On the penultimate episode of the final season of HBO's "Game of Thrones," Varys, the Master of Whisperers and somewhat trusted ally of various kings, queens and dignitaries, explains the harsh reality of a change at the top for any non-family member who has ever worked for a family business. "They say every time a Targaryen is born, the gods toss a coin and the world holds its breath," Varys said.

Open relationship: After a few followers asked cookbook author, TV host and Twitter monarch Chrissy Teigen about her enthusiastic tweets for shows not offered on Hulu, for whom she serves as a spokesperson, Teigen tweeted about Hulu's simple yet surprisingly uncommon approach to her personal promotion of other brands. "I very much work for Hulu but what I love about working with Hulu is that they're very okay with me also watching and talking Netflix. Hulu is awesome and not many other companies (actually, I can't think of one) allow this kind of banter. ... Every other brand I work for would kick me in the face. "FOR TWO YEARS YOU ARE NOT TO BE SEEN DRINKING ANY OTHER DRINK EVER. WE ARE ALL YOU KNOW NOW."

Negatives to positives: In an interview with Matt Brennan of the Los Angeles Times, David Chang, chef, author and host of "Breakfast, Lunch & Dinner" on Netflix, suggests he doesn't pay much attention to positive reviews of his restaurants and TV shows. Instead, he's more interested in the negative comments than the praise, offering a lesson for how today's employees could approach constructive criticism. "I tend to only focus on the things that are negative. Things that we could do better. That's just my own neuroses. When I worked for Daniel Boulud, the whole idea of praise in the kitchen, praise is the absence of criticism," Chang said. "I've actually turned that into, the only thing that I really want is criticism. It's weird. And it's something that, from my restaurant-chef perspective, I've learned to — and am trying to get better at — not let that affect what you're trying to do. ... I do think that there are ways to make things better, and we wanted to have an opportunity to explore how to make things better, however slight they may seem."

Pay attention: In "The Irishman," the Jimmy Hoffa film by Martin Scorsese, Frank Sheeran — played by Robert DeNiro — has

potentially applicable advice for any employee who ignores the seriousness of a situation because of a manager's seemingly casual awareness of the problem. "Whenever someone says they're a little concerned, they're very concerned," Sheeran said.

Know when to go: While many would disagree, David Letterman — as a guest on "The Ellen DeGeneres Show" — says in retrospect, he realizes he should have balanced the personal and professional elements of his life earlier in his career. "Here's the mistake I made — I stayed on TV way too long. And I'll tell you what happened. Turns out, nobody had the guts to fire me. And I should have left like 10 years ago. You want to make sure you have some energy to direct toward other things. ... All I cared about was myself," Letterman said. "And then the show was gone and so I had to realize 'Oh, I've been looking through the wrong end of the telescope.' There is more to life than 'so, tell me about your pet beaver.'"

Come and go: In a harsh critique of WeWork and former CEO Adam Neumann, the Guardian's Ross Barkan puts a fine point on the perils of running a large shared-workspace company. "The business model, if it can be called that, is vulnerable to economic downturns, since WeWork is locked into long-term leases with its landlords," Barkan wrote in a November column. "Tenants of WeWork can more easily walk away if business goes sour. But WeWork can't exit a 10-year lease from an office building if a space suddenly goes vacant."

Reasonable commute: "People" magazine shared model Winnie Harlow's Instagram response to criticism of a photo she posted showing her sitting in coach on a recent flight. "If I can post pictures in business class and be proud, I can also take pictures in coach and be proud. Proud that making it to work is more important to me than how I got there. That is the message. Like I said, 'the grind never stops.' Put that in your headline," Harlow wrote.

Get past the "chipple": In a November episode of the podcast "Conan O'Brien Needs a Friend," guest Tina Fey complimented O'Brien for his invention of the word "chipple" and noted its positive potential application in workplaces across the country. O'Brien urged staff members to use "chipple" when they would preface a complaint or concern about writer and performer Robert Smigel. "They would say 'Robert's a genius and he's fantastic and he's the most prolific comedy writer I've ever encountered,' and they would go on and on for five minutes and they would say 'but the studio's on fire ...'" After tiring of listening to the usual preamble to the problem, O'Brien suggested using the word "chipple" instead of the "Smigel is great" intro and then getting right to the "but" portion of the conversation.

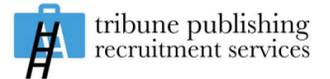
So the next time you want to tell your boss that you really respect Paul from marketing and you know how hard he works and you appreciate his great ideas but he's been stealing your lunch, skip the "really respect" part, offer up a "chipple" and get right to your complaint about your missing leftover eggplant parmesan.

— Marco Buscaglia, *Careers*



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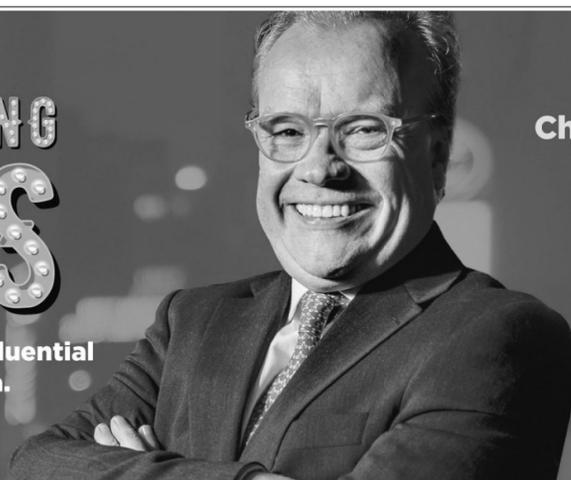
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Frank Sheeran (Robert DeNiro) in "The Irishman" had this advice for any employee who ignores the seriousness of a situation because of a manager's casualness: "Whenever someone says they're a little concerned, they're very concerned." (Netflix)

SHOWSTOPPING NEWS

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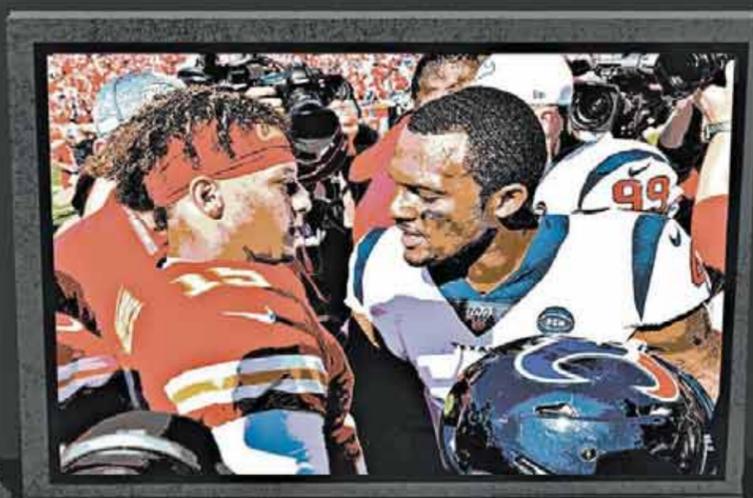


Chicago Tribune CHICAGO SPORTS

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

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KAMIL KRZACZYŃSKI / TRIBUNE

'They pay me to have an opinion'

Big Ten commissioner **Kevin Warren** speaks with the Tribune for his first interview on the new job

BY TEDDY GREENSTEIN

Kevin Warren begins each day on his knees with a morning prayer. "I thank God for another day and thank God for a wonderful wife," he says. "I pray to keep my children safe. And I pray for the Big Ten Conference."

He dons a suit-and-tie combination laid out the previous night. Even his workout clothes are set aside for maximum efficiency before sunrise.

Warren leaves his high-rise overlooking Lake Shore Drive for what is typically a 27-minute drive to Big Ten headquarters in Rosemont. He listens to a mix of sports and business shows on SiriusXM Radio, toggling between ESPN and "First Things First" on Fox Sports Radio.

The conference's most powerful employee is also the first to arrive, often before 6 a.m. His workday ends about 13 hours later, and he returns downtown for a 7:45 dinner with wife Greta and daughter Peri at a spot such as Joe's, Capital Grille or Bandera.

Told that he is tireless, Warren replies: "This could be my last day on Earth. I want to make sure that when I get to the pearly gates, I can say I gave it my all."

In his first interview since succeeding Jim Delany as Big Ten commissioner Jan. 2, Warren spoke of playoff expansion, trailblazing, big words and bigger goals.

Inside: 10 takeaways from that interview.

Turn to **Warren, Page 7**



JOHN BAZEMORE/AP

Which team has the loudest roar?

A look at all of the ferocious Tigers on the eve of the College Football Playoff title game. LSU-Clemson preview, **Back Page**

Sunday's Mahomes-Watson matchup might be tough to watch. But it should be appointment TV for the Bears brass.

BY DAN WIEDERER

Some NFL coaches and players choose not to watch the playoffs if they're not involved. Too painful, perhaps. Better ways to decompress. It just feels like a repellent.

Bears coach Matt Nagy is not a member of that fraternity.

Nope, Nagy needs the playoffs in his veins. Even as a spectator, it provides a fix. He can't look away.

"I watch it," Nagy said late last month. "I do. Some people just shut it off. They don't want to be a part of it. To each their own. I just think you learn from it."

DIVISIONAL ROUND



#6 **Titans** at #1 **Ravens**
Late Saturday

#4 **Texans** at #2 **Chiefs**
2:05 p.m. Sunday, CBS-2



#1 **49ers** 27, #6 **Vikings** 10
Niners running game takes over

#5 **Seahawks** at #2 **Packers**
5:40 p.m. Sunday, FOX-32

"For me, it burns me up the fact that I'm sitting at home and watching. I use that as my own personal motivation to get back there."

You wonder then what Nagy was thinking and feeling as he watched on the Saturday evening of wild-card weekend. You wonder

how he reacted as Texans quarterback Deshaun Watson hauled his team out of a 16-0 hole in the second half, rallying it into overtime with a combination of calm and confidence.

Turn to **Bears, Page 4**

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TOP OF THE SECOND



PAUL SULLIVAN

Bryant in midst of uncertainty

It wouldn't be a surprise if Kris Bryant has spent the entire offseason wondering where he will be playing in 2020.

Everyone else has. It has been the most talked-about Cubs rumor since he left town after the team's late-season collapse, and when Bryant returns to Chicago for the Cubs Convention next weekend, his uncertain fate no doubt will be the primary topic of conversation during the three-day fan fest.

When you have won an MVP award at age 24, established yourself as one of the game's biggest stars, helped end a 107-year championship drought and filled Wrigley Field on a near-daily basis, the news of your imminent departure is going to cause a little controversy.

But with spring training only one month away, team President Theo Epstein has yet to start swinging his reckoning ball, and Bryant remains Cubs property after agreeing Friday to a one-year, \$18.6 million deal, avoiding arbitration.

It might be only temporary relief. Bryant and the Cubs await an arbitrator's decision on the players union grievance over alleged service-time manipulation in 2015, which will decide whether he's a free agent after 2020, as Bryant hopes, or 2021, as the collective bargaining agreement dictates.

Assuming he will have two more years before free agency, the Cubs should be able to pry a boatload of talent from any interested team, so the asking price reportedly is exceedingly high — as it should be. The Cubs aren't exactly known for trading homegrown players of Bryant's talent, mostly because they've seldom drafted and developed players who have succeeded as much as Bryant has over his first five seasons.

It wasn't Epstein's fault the Cubs traded Lou Brock for Ernie Broglio a couple of generations ago and never heard the end of it. But rest assured Epstein — and the Rickettses — never will hear the end of it if Bryant continues his Hall of Fame trajectory elsewhere and the return on the deal is Broglio-ian. Of course, if they let Bryant leave as a free agent for nothing, it would be even worse, so Epstein is between a rock and a hard place.

You would have to believe new manager David Ross has been lobbying Epstein to keep Bryant, his friend and former teammate, but Ross said at the winter meetings that he has to "try to look at the big picture" and take out the friendship part.

If that's the case and Epstein doesn't think Bryant will sign a reasonable contract extension, it makes sense to find out what



JOHN J. KIM/CHICAGO TRIBUNE

Third baseman Kris Bryant agreed to a one-year, \$18.6 million deal with the Cubs.

the Cubs can get for the slugger now instead of waiting until the July 2021 trade deadline, when his value would drop significantly because he would be only a two-month rental.

"Obviously you want more guys like Kris Bryant on your team," Ross said, adding that Epstein and general manager Jed Hoyer have to look at every option to "make this the best team they possibly can this year and long term."

With no free-agent signings or trades, the Cubs have made less news this winter than the Lincoln Park coyote while remaining mostly out of sight. The only part of the so-called "reckoning" Epstein threatened has been the switch from Joe Maddon to Ross.

Perhaps that one move will be the difference between a good team that fell apart down the stretch the last two seasons and one that figures to contend in 2020 with the current core in place. No one on the Cubs will say that because it would be an indictment of Maddon's laissez-faire managing style, which apparently grated on management in the aftermath of the 2016 championship.

But if the status quo on the field remains

and the only big change is the manager, the only way to read it would be the Cubs believed addition by subtraction — discarding Maddon — was the only move needed.

There's still time to make a deal, and the Bryant rumor won't go away until, well, maybe it will be here as long as he remains a Cub without a long-term deal. It's something he would have to deal with, and let's face it — it's a small price to pay for \$18.6 million.

To Bryant's credit, he's not blowing off the Cubs Convention, at which he'll have to answer endless questions about his uncertain future. He has been a stand-up player through thick and thin, which you can't say about all of his teammates, much less the Rickettses, who once again won't hold a question-and-answer session with fans, as they had done almost every year as owners until the 2019 convention.

Former general manager Jim Hendry used to make it a point to be accessible to the media and fans when the Cubs were awful and to be scarce when the team was winning. The Rickettses have taken the opposite approach, hiding from the difficult questions they know will be asked.

Maybe they can learn a lesson from Bryant before they dump him.

LET'S PLAY 2

	Tuesday @Senators 6:30 p.m. NBCSCH	Wednesday @Canadiens 6:30 p.m. NBCSCH
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	Monday @Celtics 6:30 p.m. NBCSCH	Wednesday Wizards 7 p.m. NBCSCH+
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SUNDAY ON TV/RADIO

MEN'S COLLEGE BASKETBALL		
11 a.m.	Michigan State at Purdue	CBS-2
11 a.m.	Wichita St. at Connecticut	CBSSN
Noon	Michigan at Minnesota	BTN
3 p.m.	Memphis at South Florida	ESPN2
5 p.m.	Utah at Colorado	ESPNU
9 p.m.	Arizona at Oregon State	FS1

WOMEN'S COLLEGE BASKETBALL		
11 a.m.	Maryland at Michigan	ESPN2
11 a.m.	Kentucky at Florida	ESPNU
Noon	St. John's at DePaul	FS1
1 p.m.	UCF at Cincinnati	ESPN2
1 p.m.	Oklahoma State at Baylor	ESPNU
1 p.m.	George Wash. at Fordham	CBSSN
2 p.m.	Minnesota at Illinois	BTN
3 p.m.	VCU at St. Louis	CBSSN
3:30 p.m.	Rhode Isl. at Davidson	NBCSN
4 p.m.	Indiana at Iowa	BTN
5 p.m.	South Florida at Tulsa	CBSSN
6 p.m.	Purdue at Northwestern	BTN

NFL PLAYOFFS		
2 p.m.	Texans at Chiefs	CBS-2 WSCR-AM 670
5:30 p.m.	Seahawks at Packers	FOX-32 WSCR-AM 670

GOLF		
1 p.m.	Korn Ferry: Exuma Classic	Golf
5 p.m.	PGA: Sony Open	Golf

HOCKEY		
2 p.m.	AHL: Monsters at Phantoms	NHL
6 p.m.	Maple Leafs at Panthers	NHL

SOCCER		
8 a.m.	Fiorentina vs. SPAL	ESPN2
8 a.m.	Bournemouth vs. Watford	NBCSN
10:30 a.m.	Aston Villa vs. Man. City	NBCSN

TENNIS		
7 a.m.	ASB Classic	Tennis
8:30 a.m.	Brisbane International	Tennis
2 a.m. (Mon.)	Auckland, Adelaide, Hobart	Tennis

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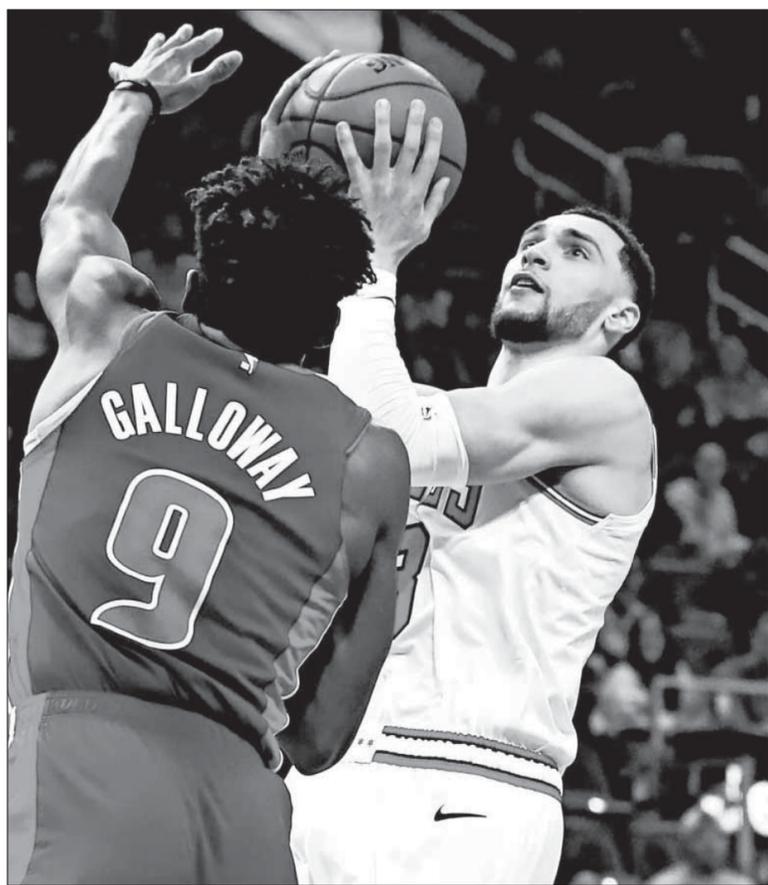
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BULLS



CARLOS OSORIO/AP

BULLS 108, PISTONS 99

Streak snapped

On the second half of a back-to-back, the Bulls put together a drastically improved effort Saturday night in a 108-99 road victory against the Pistons to snap a six-game losing streak. Zach LaVine (above) led all scorers with 25 points, Luke Kornet added 15 and Daniel Gafford 14 for the Bulls, who completed a four-game season-series sweep. Pistons center Andre Drummond was ejected in the third quarter after he threw a ball at Gafford's head following a heated exchange. Derrick Rose led the Pistons with 20 points on 7-for-11 shooting. For more coverage go to chicagotribune.com/sports

BULLS AT PISTONS

Getting his points across

Wade takes note of LaVine's recent scoring stretch

By JAMAL COLLIER

DETROIT — Zach LaVine has been on a tear offensively since the start of December, and his recent scoring outburst caught the attention of one NBA legend.

LaVine dropped 43 points Friday night in a 116-105 loss against the Pacers, including a stretch between the second and third quarters in which he scored 20 consecutive Bulls points, carrying the offense almost singlehandedly and prompting a tweet from Dwyane Wade.

"I can't say it enough Zach LaVine is a problem," Wade wrote on Twitter early Saturday. "I can't wait to watch him over the next few years blossom."

LaVine does his best to stay off Twitter, but a friend of his, whom he described as a huge Wade fan, passed along the tweet happily.

"It was cool, you always want to show your respect to dudes like that," LaVine said before Saturday's game against the Pistons. "He's a top-three or four shooting guard ever, so it was cool. I played against him when he was still D-Wade. You know he gave us 25 in the second half, so it's a good compliment."

It's a compliment well earned considering LaVine's recent stretch. Entering Saturday's game in Detroit, LaVine averaged 26.7 points, 5.1 rebounds and 3.9 assists while shooting 44% from the field and 40% on 3-pointers since the start of December. The hot stretch increased his season averages to 24.4 points — which would be a career high — 4.6 rebounds and 3.9 assists.

Those numbers are helping him build

an increasingly compelling case to appear in the All-Star Game next month at the United Center, especially considering how much the Bulls offense struggles without him. With LaVine on the court, the Bulls have an offensive rating of 107.3, still below average compared with the rest of the NBA, but that number plummets to an ugly 99.6 when he sits, which would be by far the worst in the league.

And if LaVine's game has taken a step forward recently, he is glad others are taking note and realizing he might not be done improving.

"I appreciate people being able to see things into the future a little bit," LaVine added. "Not try to put a ceiling on me because I know I'm not where I can be. I want to continue to grow, I see myself continuing to get better and better."

That means getting better at little things, such as a missed box-out attempt on T.J. Warren near the end of fourth quarter Friday night that LaVine was kicking himself about afterward or becoming a more complete playmaker, especially down the stretch.

"There's no doubt in my mind that he has been that guy at times and he will continue to grow into being that guy more consistently," coach Jim Boylen said. "It's on his heart. It's something he talks about, cares about...."

"He wants to win. He wants to be thought of as not just an elite player but a winning player. It's on his heart."

Earning the respect and praise of players — and ex-players such as Wade — around the league is a step in that direction.

BLACKHAWKS

DUCKS AT BLACKHAWKS

Keith focused on mentoring rookie

Veteran defenseman taking Boqvist under his wing on and off ice

By JIMMY GREENFIELD

The time Blackhawks defensemen Duncan Keith and Adam Boqvist spend talking about hockey can be divided into three categories.

1. During games.
2. Between periods.
3. All other instances.

They talk about hockey a lot, which makes sense because it's their livelihood, they're defensive partners and Boqvist, the 19-year-old rookie, views Keith, the 36-year-old three-time Stanley Cup champion and two-time Norris Trophy winner, as his mentor.

But sometimes they both just shut up and play.

That's when the real learning takes place.

"Do you want to get talking about something after every shift?" Keith said. "At some point you've got to just play. For me when I was young, I didn't want to hear about everything I could have done better every single time. Sometimes you got to play."

If Keith's longtime teammate and frequent defensive partner Brent Seabrook hadn't required season-ending surgery to both hips and his right shoulder, there's a good chance Boqvist would still be developing in Rockford instead of with the Hawks.

But once Seabrook was ruled done — and after the Hawks determined Calvin de Haan also would require season-ending right shoulder surgery — a permanent spot in the lineup opened for Boqvist, and school was immediately in session.

"It's really good for me," Boqvist said. "I think every young player in the league needs a mentor, and Duncs has been mine."

The conversations that take place on the ice between the two are a sharp contrast to when Boqvist was playing in the Ontario Hockey League last season with the London Knights. It was a learning experience for everyone with London, and there wasn't a lot of chatter.

Keith isn't the most talkative player, but with 14½ seasons and 1,111 NHL games under his belt, he understands that Boqvist — who played in his 21st career game Saturday night against the Ducks at the United Center — needs some direction.

"Sometimes when you're under pressure and you have to chip (the puck), up he's like, 'Glass! Glass! Glass!' Boqvist said. "And if I have time (to make a play), he's like, 'Time! Time! Time!' But sometimes it's going so quick out there you don't even know what he's going to do. You just have to get open and do something."

"You just can't stand there with your stick in two hands. You always have to be open."

At 19, Keith was beginning his sophomore season at Michigan State and still three years from making his NHL debut. He sympathizes with Boqvist and has tried his best to help the rookie acclimate to the locker room.

"I think that adds to it," Keith said. "You look at how young they are and you can see some things that happen just with mannerisms ... where you can realize this is a pretty young guy to be playing in the NHL. You see where their mindset is from talking to them and realize just how young they are."

"You can feel for that situation and know to make things easier and make them more comfortable any way I can."

While the 17-year age gap seems big, it's not as large when you understand what an

"It's really good for me. I think every young player in the league needs a mentor, and Duncs has been mine."

—Adam Boqvist on his relationship with veteran defenseman Duncan Keith

overgrown kid Keith can be. Nobody in the NHL takes his job more seriously than Keith, but he has a lot of fun, such as during a recent practice when he, Boqvist and Dennis Gilbert erupted with mock hugs and celebrations after an inconsequential triumph.

Keith remembers being around veterans Adrian Aucoin, Jim Dowd and Martin Lapointe when he was a rookie and how much that benefited him. Being a good teammate — not just to rookies but everyone — is part of what he expects from himself.

But nothing is more important to Keith than teaching by doing.

"The biggest thing is being as good as I can be out on the ice," Keith said. "That helps his game, makes it easier on him. Some of those things would be communicating a lot out on the ice, in the game while we're on the ice. Trying to be the eyes in the back of his head."

"Being in good position to give him an outlet pass so he's not caught in a spot where nobody's available for him and then somebody's on him. Just making his game easier."

Keith isn't the only one in Boqvist's ear. After Thursday's loss to the Predators, during which Boqvist had a turnover that led to a goal and was undressed by Roman Josi in front of the Hawks net immediately before another, coach Jeremy Colliton made sure the mistakes were addressed.

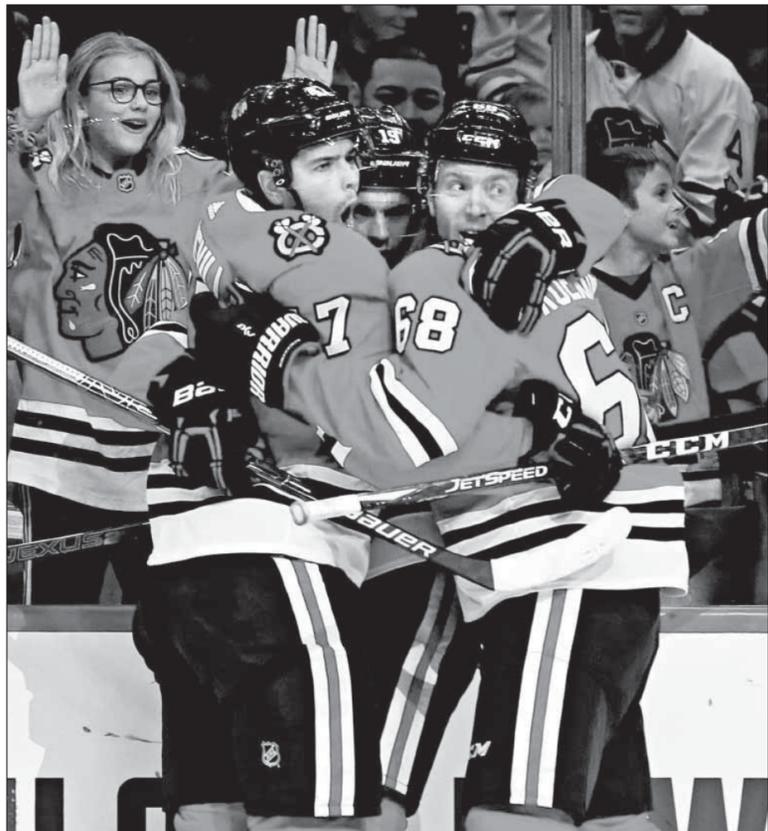
"He had a conversation with a few of us," Colliton said. "It's not surprising that that happens from time to time. He's been playing really well, and I thought his last two periods (against the Predators) were better. And we need him — we need him to play well, we need him to be consistent, and that's part of his growth as a player."

The Hawks don't play Boqvist and Keith together just because they want to accelerate the rookie's development. The pairing has been working. Over the last 10 games entering Saturday, they were on the ice for 121 shots for at even strength and 105 against for a strong 53.54 Corsi percentage. Boqvist even had the first three-game point streak of his career that ended against the Predators.

The mentoring part of their relationship is important to both players. But with Boqvist just starting his career and Keith under contract through the 2022-23 season, they have a chance to move beyond being teacher-pupil and simply known as teammates.

"It's important to be a good teammate, first and foremost," Keith said. "I'm one of the older guys, if not the oldest, and he's one of the youngest. Maybe it gets looked at like (a mentorship), but I try to be a good teammate to all my teammates. Certainly a special spot because he's a defenseman, he's a young guy and I like the way he plays. (He) thinks the game, and I enjoy playing with him."

"(I) just want him to keep getting better. And me too."



CHRIS SWEDA/CHICAGO TRIBUNE

Blackhawks players John Quenneville (47) and Slater Koekoek (68) surround teammate Jonathan Toews after Toews scored a goal against the Ducks on Saturday.

Chicago Tribune

CHEWING

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NFL

Bears brass surely can learn from Mahomes, Watson

Bears, from Page 1

You wonder whether Nagy sprang from his seat like most of the audience when Watson faced an all-out Bills blitz on the final drive in overtime, got hit hard from his left and then his right, yet somehow managed to spin and stay on his feet, scrambling and dropping a clutch completion to running back Taiwan Jones.

The magic act produced a 34-yard gain that set up the Texans' winning 28-yard field goal. It was, perhaps, the signature moment of wild-card weekend.

And now it gives Nagy another game to dial in on Sunday afternoon. Watson's Texans move on to face Nagy's mentor, Andy Reid, and Nagy's former team, the Chiefs. The Chiefs are led by a superstar quarterback Nagy helped groom: Patrick Mahomes.

Watson versus Mahomes.

With a trip to the AFC championship game on the line.

With the Bears in the very uncomfortable role as subtext. How could Nagy not watch?

One more time

Yes, this dead horse has been beaten to a pulp. The Bears passed on Watson and Mahomes in the 2017 draft, trading up to No. 2 to select Mitch Trubisky instead. It was a decision far more layered and complicated than many knee-jerk critics want to acknowledge. And it's a landmark moment that can become unfairly twisted by revisionist history.

Still, this is Chicago's reality. And if Bears fans have already grown tired of the leaguewide admiration showered on Watson and Mahomes, if they have become agitated and exhausted by the constant "What might have been" lament, imagine if this is only the beginning.

What if Watson versus Mahomes becomes a regular January duel on the playoff stage?

What if Sunday is just the opening act of a decade-long rivalry in which two top-tier quarterbacks continue to run into each other on their chase for a Lombardi Trophy?

And what if the Bears remain curious couch potatoes left to envy it all?

Given all we know about Nagy's tight relationship with general manager Ryan Pace and what we know about Nagy's attraction to playoff football, one can guess the two Bears leaders will speak this weekend or at least send a flurry of texts as the postseason action continues.

Both men have promised to fix the problems with Trubisky and the Bears offense that turned 2019 into, in Pace's words, "a season of regression."

And that's where Sunday's Texans-Chiefs game could have real value if the Bears' biggest decision makers can view it through honest eyes.

That play Watson made in overtime to help secure his first playoff victory wasn't how it was drawn up in the Texans playbook. And it certainly didn't unfold in the way it was practiced at any point that week.

Quite simply, it was a dynamic playmaker digging deep and making a play when his team needed him to. When his blockers failed him. When his athleticism and competitiveness helped him avoid a sack and a third-and-long and instead produced a game-winning play. In the playoffs.

"I just told myself to stay up," Watson told ESPN's Lisa Salters immediately after the game. "It's do-or-die right now, and with all of that work I've been putting in in the offseason, I just had to make a play. I told the guys before the game, I put a card in their lockers and I said, 'Let's be great today.' So somebody had to be great. Why not me?"

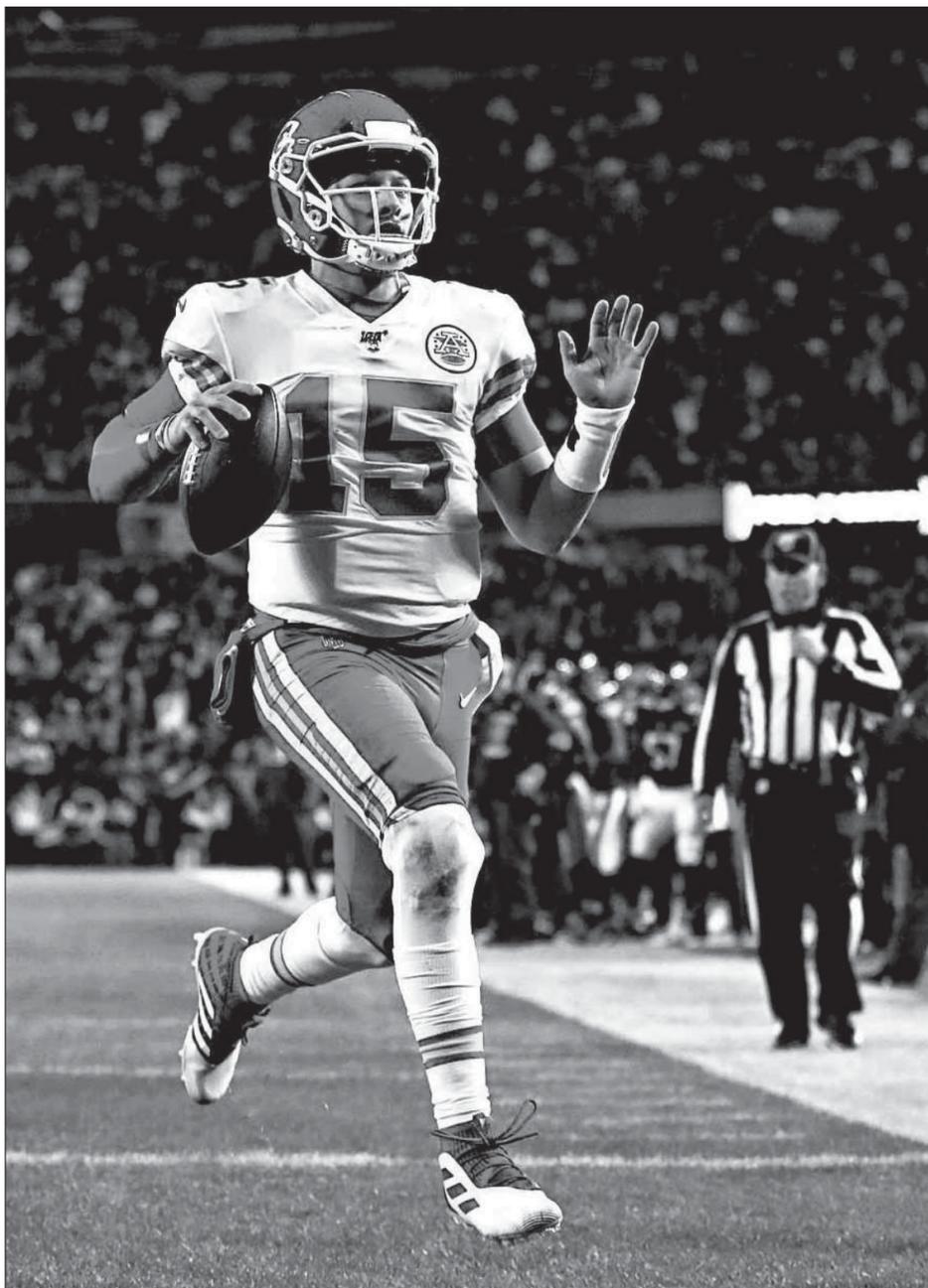
'There to be made'

Scan the highlights of Mahomes' two seasons as a starter — the 17 300-yard games, the 76 regular-season touchdown passes, the 23 Chiefs victories in his 30 starts — and it's easy to find examples of similar playmaking wizardry, of a star who has a knack for turning nothing into something on a consistent basis.

Read those last eight words again with emphasis. Turning nothing into something. On a consistent basis.

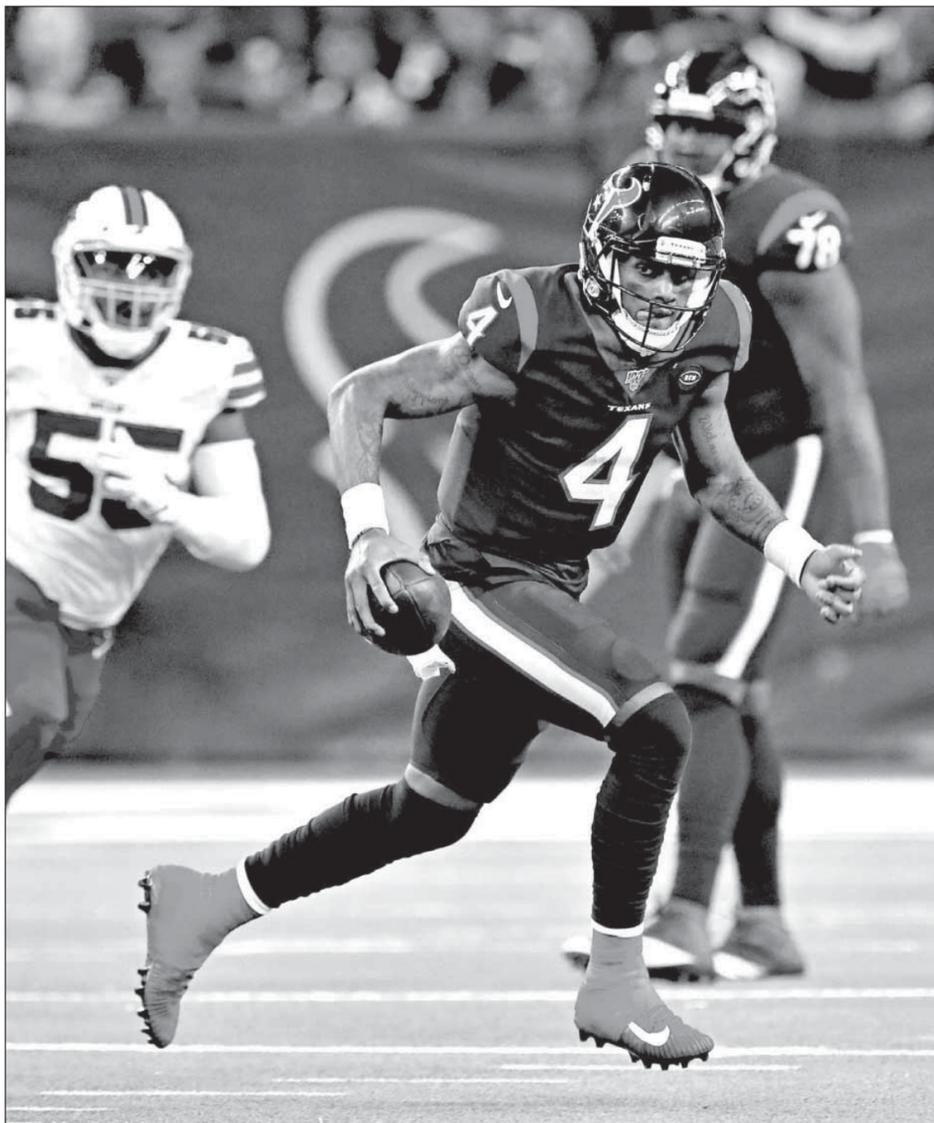
That's what the Bears admit Trubisky has lacked in so many areas. Consistency.

"You see moments this year: 'Aha! There it is!'" Pace said Dec. 31 at his end-of-season news



ARMANDO L. SANCHEZ/CHICAGO TRIBUNE (MAHOMES), MICHAEL WYKE/AP (WATSON)

The Chiefs' Patrick Mahomes, above, and the Texans' DeShaun Watson each bring a winning attitude.



conference. "And then we see the inconsistencies and the dips. You know? We need to figure out why that's happening and work hard to solve that."

As it relates to playmaking prowess, the inconsistency has become too jarring to ignore, the quality that has widened the gap between Trubisky and his two more accomplished draft classmates.

Trubisky's flashes this season were the exception. Too many examples exist where Trubisky had first downs or big plays or game-changing touchdown passes waiting but didn't hit them.

Sometimes he didn't see the opportunity and didn't throw.

At times he threw too far.

Or not far enough.

Against the Chiefs in Week 16, Trubisky overshot Allen Robinson on what should have been a 46-yard touchdown pass, and Nagy was left to deliver the cold truth on why that play — well-designed, well-timed, well-blocked — didn't connect.

"I know it's simple," Nagy said. "I'm just saying when you get opportunities in a game, those are ones there where we all want to do our job."

Later that week, after detailing the reality that the Bears need to get Trubisky more help on the offensive line and at tight end and with the way plays are called, Nagy was asked whether the best way of

lifting the offense relied on the quarterback to make more plays when there are plays to be made.

After all, on Thanksgiving Day in Detroit and a week later against the Cowboys, when Trubisky flashed his playmaking ability, the Bears won. Suddenly everyone in the organization and around town felt great.

Aha!

Right?

So isn't some of this as simple as that? That the most important player on the roster just needs to make more plays when there are plays to be made?

"That's a part of it," Nagy said. "There's realness to that. ... If I'm in there and we're going through a

play and it's a bad play call, I'm going to tell you it's a bad play call. And that it could be better. And that it's my fault. But then on the other end, OK, if we're going to get this thing right, you better be honest with your side too.

"When a play is there to be made, you've got to make it. That's the part where we've got to get both of those fixed. And we will. It takes good people and a collaboration and understanding the whys to do that. And that's going to be our No. 1 focus."

The stage is set

Unfortunately for the Bears, the Texans and Chiefs aren't experiencing those same growing pains.

While Nagy and Pace are busy collaborating to help Trubisky become, in Nagy's words, "a master at understanding coverages," while they are looking for ways to improve Trubisky's footwork and trust in the pocket, Watson and Mahomes have reached a more advanced stage.

They're immersed in the highs of playoff football, eyeing the next big play that ignites the next big win.

Mahomes' ascent hit a speed bump this year when he dislocated his right kneecap in October, a serious injury that came on the heels of a sprained left ankle. He missed 2½ games.

But since his return, he has completed 66.7% of his passes, thrown for 1,851 yards and 11 touchdowns and posted a 99.3 passer rating. The Chiefs finished the regular season on a six-game tear that earned them a first-round playoff bye.

Bears fans saw firsthand in Week 16 what it looks like when Mahomes takes control of a game and doesn't let go. The Chiefs came to Chicago and bounced the Bears out of the playoff hunt with a 26-3 tail-kicking.

After Watson's own struggles contributed to that 16-0 deficit last Saturday against the Bills, he rallied to lead four scoring drives in his final six possessions. During that span, he went 13-for-14 passing for 193 yards and a touchdown. He added a 20-yard touchdown run, a two-point conversion run and a two-point conversion pass.

Somebody had to be great, right?

Watson and Mahomes have helped their teams win back-to-back division championships. Both have earned consecutive invitations to the Pro Bowl. Both of their teams believe they can reach the Super Bowl next month.

This is the sustained success — frequently sparked by great quarterback play — that so often eludes the Bears, who are left clinging to flashes.

Yet that's where Sunday's Texans-Chiefs game can prove illuminating, offering a lens into what the Bears are seeking.

The more plays Watson and Mahomes make, the more opportunity Pace will have to see what top-tier quarterback play looks like. And if he can't see it, Nagy will have to remind him.

These are the things we need out of our quarterback. And if Trubisky can't provide them soon, then we better have urgent plans to find someone who can.

Publicly, anyway, Pace has been unwilling to concede that his decision to pick Trubisky over Watson and Mahomes was a misstep. Asked last week where the Bears missed in their pre-draft evaluation of Trubisky, Pace bobbed and weaved.

"I don't think we're there yet," he said. "We're still watching the guy grow. Again, he knows he needs to be more consistent. He knows he needs to play better. We know that too."

Pressed on how he views Trubisky's ceiling as an NFL starter after this turbulent and inconsistency-riddled third season, Pace said Trubisky's potential is "wide open."

"If we go back and look at a lot of young quarterbacks in the league," Pace said, "historically, these (low) moments have occurred. It's just part of the growth process sometimes."

Pace isn't wrong. Not all young quarterbacks arrive in the NFL and hit the moving walkway to prolonged excellence. It's just that the two quarterbacks the Bears passed on three years ago did.

And now they're facing each other in the playoffs. With the Bears and their success-starved fan base watching from home and possibly compiling more reasons to be burned up.

It promises to be an entertaining and revealing show. Depending on how you look at it.

NFL



WILD-CARD ROUND

#6 Titans	20
#3 Patriots	13
#4 Texans	22
#5 Bills	(OT) 19

DIVISIONAL ROUND

#1 Ravens	
#6 Titans	Late
#4 Texans at #2 Chiefs	2:05 p.m. Sunday, CBS-2

CHAMPIONSHIPS

AFC Jan. 19 2:05 p.m.
NFC Jan. 19 5:40 p.m.
Super Bowl Feb. 2 5:30 p.m.

DIVISIONAL ROUND

#1 49ers	27
#6 Vikings	10
#5 Seahawks at #2 Packers	5:40 p.m. Sunday, FOX-32

WILD-CARD ROUND

#6 Vikings	26
#3 Saints	(OT) 20
#5 Seahawks	17
#4 Eagles	9



SEAN M. HAFEEY/GETTY-APF

The 49ers' Richard Sherman intercepts a pass against the Vikings in the third quarter Saturday.

49ERS 27, VIKINGS 10

Ground, pound

Niners advance to NFC title game behind their running game, defense

By JOSH DUBOW
Associated Press

SANTA CLARA, Calif. — Jimmy Garoppolo threw a TD pass on his opening drive as a playoff starter and then watched San Francisco's defense and running game take over from there in the 49ers' 27-10 victory over the Minnesota Vikings in the divisional round Saturday.

The Niners' first playoff game in six seasons and first ever at Levi's Stadium turned into a lopsided one as top-seeded 49ers (14-3) turned a pair of second-half turnovers by the Vikings (11-7) into 10 points.

Richard Sherman set up Tevin Coleman's second short touchdown run of the game with an interception against Kirk Cousins and Marcus Sherels' fumbled punt led to a field goal that made it 27-10 early in the fourth quarter.

"Those guys did very well," Coleman said of his offensive line. "They moved the guys back so I had clear holes to run through. So, yeah, they did a real good job."

The 49ers didn't allow the Vikings to gain a first down for more than 27 minutes of game action starting late in the second quarter.

The Niners will host the NFC championship game next week against the winner of Sunday's game between the Seahawks and Packers.

"A lot of things to clean up, but we played well enough to get the win," tight end George Kittle said. "That's all you can ask for. Playoff football, anyone can win and we just made more plays today."

Garoppolo threw an interception deep in his own territory late in the first half and then spent most of the second half handing the ball off to Coleman and Raheem Mostert.

There was little reason for coach Kyle Shanahan to take chances the way his defense completely bottled up talented runner Dalvin Cook. That took away the Vikings' play-action game and forced Cousins into becoming a drop-back passer.

"That was the No. 1 emphasis all week," defensive lineman Nick Bosa said of the Vikings' running game. "We knew we were facing probably the best back we've faced all year with Dalvin, and we knew

we had to earn the right to pass rush. So, that's what we did. We took the run as serious as we could, shut it down and then we ate."

Cousins finished 21 for 29 for 172 yards with his only big play coming on a 41-yard TD pass to Stefon Diggs in the first quarter.

Cook was held to 18 yards on nine carries as the Niners defense was back to its dominant early season form thanks in part to the return from injuries of defensive end Dee Ford, linebacker Kwon Alexander and safety Jaquiski Tarrt.

"It was huge to have those guys back," defensive lineman Arik Armstead said. "They're leaders on our team, talented players, they make big plays for us. We were missing some pieces out there, but to get those guys back, we hit back on all cylinders."

The 49ers had six sacks and held the Vikings to 147 yards for the game with a chunk coming on two late garbage-time drives.

Eric Kendricks intercepted a pass from Garoppolo late in the first half to give the Vikings the ball at the 49ers' 29. The Vikings couldn't capitalize and had to settle for Dan Bailey's 39-yard field goal, which cut the Niners lead to 14-10 at the half.

Mahomes, Watson cross paths again

Chiefs and Texans considered both QBs coming out of college

By DAVE SKRETTA
Associated Press

KANSAS CITY, Mo. — The Chiefs knew they were in the market for a quarterback a couple of years ago and, with several first-round talents available, they invited Clemson's Deshaun Watson and Texas Tech's Patrick Mahomes for visits.

Both were put through their paces.

The Chiefs liked everything Watson did over those couple of days.

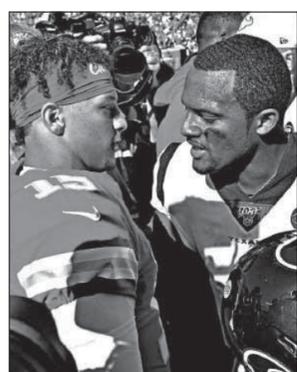
They loved what Mahomes did.

So the Chiefs traded up to select Mahomes with the 10th overall pick. The Texans jumped on Watson two picks later. And the start of their professional careers have continued to run side by side, with Mahomes leading the Chiefs to back-to-back AFC West titles and the brink of a Super Bowl appearance last season, and Watson guiding the Texans to consecutive playoff appearances for the third time in franchise history.

Their paths will intersect when the Texans visit the Chiefs in the divisional round of the playoffs on Sunday.

"How great is that for the National Football League, first of all, these good young quarterbacks?" Chiefs coach Andy Reid said. "We actually brought Deshaun up here, too, before the draft and had a nice visit with him. We have a ton of respect for him. He's a great player, he was great in college, he is great now. He's going to do nothing but get better as time goes on."

Watson was especially impressive last week, leading the Texans (11-6) back from a 16-0 second-half deficit to beat the Bills 22-19 in overtime. He threw for a touchdown and ran for another in a performance reminiscent of his Week 6 game against the



PETER AIKEN/GETTY

The Texans' Deshaun Watson, right, and Chiefs' Patrick Mahomes meet after an October game.

Chiefs, when Watson threw for a score and ran for two more in a 31-24 victory at Arrowhead Stadium.

"When you have guys like Deshaun and Patrick, you don't want to over-coach them," said Texans coach Bill O'Brien, who also had both quarterbacks in Houston for pre-draft visits in 2017. "They have such great instincts. They see the field very well. With Deshaun, you might be able to point out a few things, but his guy has a huge heart and he's doing what is best for the team."

That win was especially sweet for Watson, who has a bit of a chip on his shoulder about the Chiefs choosing Mahomes over him. And the win should give the underdog Texans a boost of confidence knowing they have beaten the Chiefs (11-5) and their star QB once this season.

"It's cool to see a fellow friend of mine and a guy that's playing the same position as me have so much success and see it in live action. So it's definitely dope," Watson said. "It's going to be a good experience. Like you said, we played earlier this year. It was a good game, went back and forth. But yeah, it's just two good teams going head to head and we're just trying to be the best we can for our team and help our team win."

Rodgers knows that time isn't on his side

This could be the last shot at a Super Bowl for the 36-year-old QB

By KEITH JENKINS
Associated Press

GREEN BAY, Wis. — Aaron Rodgers won his first Super Bowl nearly a decade ago.

The time to capture a second is running out.

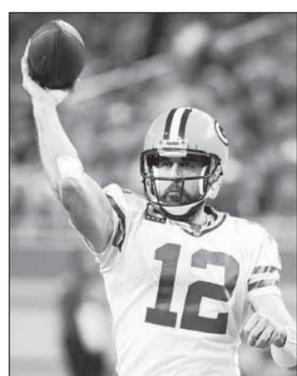
"It's on my mind every day," Rodgers said. "That's why we play the game. That's why you put in the time in the offseason. That's why you do the little things. It's to put yourself in this position where we're two games away from being able to compete for that."

"I'm 36, I know what this is all about. This is an important opportunity for us. I feel like I got a lot of really good years left, but you never know. A lot of things happen year to year. We've had some great teams that have been an injury away or a play away from being special, so I want to make the most of this opportunity."

Rodgers and the Packers will host the Seahawks in Sunday's NFC divisional playoff game. It will be the first postseason appearance for Rodgers in three years.

"I'm at the age now, I believe, that Brett (Favre) was when I was drafted, and obviously closer to the finish than the beginning," he said. "The most important thing is winning, and I know how difficult a couple of those years were when we weren't winning."

Rodgers led an injury-laden Packers team to the NFC championship game in the Packers' previous postseason appearance following the 2016 season before getting blown out 44-21 by the Falcons. But this Packers squad — including Rodgers — is as healthy



RICK OSENTOSKI/AP

Packers QB Aaron Rodgers sports a 9-7 playoff record while passing for 36 TDs in his career.

as the club has been in recent years.

"I feel great," Rodgers said. "I started all 16 (games) and wasn't in the training room a whole lot. I had some issues early in the season with my knee. But, man, I felt great from about Week 8 on. It feels good to be where I'm at right now."

The biggest issue for the Packers is playoff experience, or a lack thereof. There are only four players left from the 2010 Super Bowl team and seven from the 2014 team that lost to the Seahawks in the NFC championship game in Seattle. Matt LaFleur is also preparing for his first playoff test as a head coach.

"I think it just goes back to doing what you always do," the 40-year-old LaFleur said. "It's just like every other week. I think for guys that maybe haven't experienced the playoffs, there's definitely a heightened intensity around it."

The Seahawks are 8-1 on the road this season, including a 17-9 win against the Eagles in the wild-card round, but have lost eight straight at Lambeau Field.

TITANS AT RAVENS

Looking to slay another heavyweight

The Titans' Kalif Raymond catches a touchdown pass in the second quarter of the AFC Divisional Playoff game against the Ravens on Saturday night in Baltimore. Ryan Tannehill threw two first-half touchdown passes for the Titans, who were seeking their second straight upset after they defeated the defending Super Bowl champion Patriots 20-13 last weekend.

WILL NEWTON/GETTY-APF



COLLEGE BASKETBALL

ILLINOIS 54, RUTGERS 51 3 TAKEAWAYS

Dosunmu, Cockburn come up big again

Illini top Rutgers, move into second place in the Big Ten

BY SHANNON RYAN

CHAMPAIGN — Welcome to the wild Big Ten. The last two seasons, Illinois and Rutgers finished among the bottom four in the conference. They battled Saturday for sole possession of second place.

The Illini secured it with a 54-51 victory at the State Farm Center, winning their third straight conference game.

The low-scoring affair was ugly, but will qualify as a beauty for fans eager to see Illinois (12-5, 4-2) ascend in the Big Ten. The Illini sit behind only Michigan State in the standings. Coach Brad Underwood underplayed the meaning.

“We have two-thirds of the season left,” he told reporters in Champaign. “The next game is going to be just as hard as this one.”

Here are three takeaways from the Illini victory:

1. Protecting home court is vital.

Illinois hadn't won its first three Big Ten games in Champaign since the 2011-12 season. Included in those are wins this season against conference heavyweights Michigan and Purdue. The Illini improved to 10-1 overall at home. Credit them for avoiding a letdown.

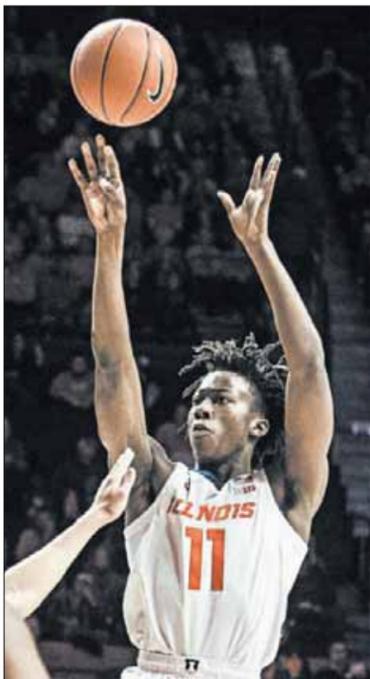
Give Credit to Illinois for avoiding a letdown. The Illini faced an 11 a.m. tipoff after a meaningful road win against Wisconsin but delivered against a hot Rutgers team. Illinois can add to its strong home record Saturday against Northwestern (5-9, 0-4).

2. The Illini defense looked dominant.

The Illini entered the game with the best scoring defense in conference play, holding opponents to 60.8 points per game.

Rutgers (12-4, 3-2), known for its strong defense, scored the second-fewest points this season to Purdue's 37 on Sunday. While Illinois struggled offensively, scoring only 18 points in the first half and shooting only 28.6% from the field overall, it held the Scarlet Knights to just 34% shooting. The Illini outrebounded them 48-42.

“When you shoot 29%, you better find a time to win,” Underwood told reporters. “We shot 19% in the first half and found a way to win it against a good Rutgers team. I'm proud of our guys today. This shows the growth we've been seeing all year.”



HOLLY HART/AP

Illinois' Ayo Dosunmu puts up a 3-point shot against Rutgers on Sunday in Champaign, Ill.

3. It sure helps to have reliable stars.

No, Kofi Cockburn and Ayo Dosunmu haven't been perfect every game. But it has become clear they can help carry Illinois to victory.

Cockburn, a 7-footer, recorded his seventh double-double with 11 points and 17 rebounds. His total on the boards tied the freshman record he set this season. He also hit 5 of 6 free throws.

But it was sophomore guard Dosunmu who again sealed the victory with clutch shots — including four free throws in the final two minutes. It was a strong follow-up to the Wisconsin victory in which he made a go-ahead layup and 3-pointer in the final 90 seconds.

He scored 18 points Saturday — all but two after halftime — and added six rebounds.

“Coach has that trust in me down the stretch,” Dosunmu told reporters. “I like to seize the moment.”



NAM Y. HUH/AP

Northwestern forward Miller Kopp shoots against Nebraska during the second half of an NCAA college basketball game in Evanston on Saturday.

NORTHWESTERN 62, NEBRASKA 57

‘We wanted it super bad’

Northwestern hangs on vs. Nebraska for its first Big Ten win

BY TEDDY GREENSTEIN

Sorry, Fred Hoiberg, but Northwestern needed this win in your return to Chicagoland.

The analytics site KenPom.com had Saturday's game against Nebraska as the only remaining one (of 16!) the Wildcats had a better than 50% chance to win.

And they did. Northwestern made 10 3-pointers in its 62-57 victory against the Cornhuskers, its first Big Ten win after four losses. The Wildcats improved to 6-9 overall as Miller Kopp scored 15 points and Pat Spencer added 14 points and eight rebounds.

“A lot of times people don't realize the commitment for these players in between games,” NU coach Chris Collins said. “Lifting weights, getting treatment, eating right, sleep and, oh yeah, they go to Northwestern and we started our quarter. When you put that kind of investment into it and don't get to taste some success, it can be hard.”

“So it was great to see those guys dancing and chest-bumping and throwing water (in the locker room afterward).”

Kopp put it succinctly: “We wanted it super bad.”

Hoiberg's Huskers have been better than expected this season, entering Saturday 7-8 but 2-2 in Big Ten play with solid home victories over Purdue and Iowa.

They entered the weekend leading the Big Ten in turnover margin at plus 2.9. Not too shabby considering Hoiberg built the team on the fly. Nebraska returned only 50 total points from last season, all from Thorir Thorbjarnarson.

All those newbies force Hoiberg to take the good with the bad.

Two instances of bad Saturday: A brutal possession to end the first half, with Cam Mack dribbling incessantly before taking a long, challenged 3 at the buzzer, and Thorbjarnarson fouling low-scoring Ryan Greer on the perimeter with two on the shot clock.

But the Huskers reflect what Hoiberg tried to accomplish in his three-plus seasons with the Bulls; they entered the game 13th nationally in offensive tempo, with an average possession of 15.2 seconds.

“Our goal this year is to try to establish a style of play we feel can bring sustained success,” Hoiberg said. “That's how I've always wanted to play.”

And then he half-joked to a Chicago reporter: “Quit asking me about the Bulls.”

And after falling behind 60-48 with 3:47 to play, the Huskers made two 3s to give Northwestern a scare.

Ryan Young, Kopp and Spencer all missed the front end of one-on-ones, and Mack banked home a 3. Nebraska's Dachon Burke Jr. attempted a tying 3, but Spencer got a piece of it and Kopp got fouled and sank both free throws.

Asked how he handled the missed foul shots, Collins shot back: “Outwardly or inwardly?”

With observers chuckling, Collins added: “I want it so bad for the guys and when you're a young player, you can't practice that. We can put three minutes on the clock in practice but it's not the same when you're tired from playing (big) minutes and there's game pressure. The only way to get better is by doing it.”

LOCAL ROUNDUP

DePaul winless in Big East

Associated Press

NEW YORK — Rasheem Dunn had 19 points, eight rebounds and five assists, and Greg Williams Jr. sank two late free throws as St. John's held off DePaul 74-67 on Saturday at Madison Square Garden.

Mustapha Heron scored 15 points with three 3-pointers and Julian Champagnie added 11 as the Red Storm broke a three-game skid to claim their first Big East victory. St. John's (12-5, 1-3) held a 12-point lead with 6 minutes, 3 seconds to play before DePaul (12-4, 0-3) whittled that to 71-67 in the final minute. Williams, who scored four points, all at the line, sank two free throws with 41 seconds left, making it a two-possession game.

DePaul missed four shots in the final 1:53, including three 3-point attempts, finishing 3-for-15 from behind the arc.

Jaylen Butz led the Blue Demons with 17 points on 6-for-6 shooting. Jalen Coleman-Lands added 15 and Charlie Moore 14, but the two combined to go 3-of-13 on 3s. Moore added 12 assists and eight rebounds.

Loyola 78, Evansville 44: Marquise Kennedy scored a season-high 20 points,

leading Loyola to a rout of Evansville on Saturday at Gentile Arena.

Aher Uguak added 12 points and Cameron Krutwig 11 points for the Ramblers (11-6, 3-1 Missouri Valley).

Loyola led 30-22 with four minutes remaining in the first half before closing with a 13-2 run for a 43-24 halftime lead. The Ramblers put the game away with a 13-2 run midway through the second half to build a 65-37 lead.

Sam Cunliffe had 11 points for the Purple Aces (9-8, 0-4), who have lost four in a row

Louisville 67, Notre Dame 64: Jordan Nwora led three players in double figures with 20 points as the No. 13 Cardinals withstood a Fighting Irish comeback for an ACC victory in South Bend, Ind.

John Mooney had his 10th straight double-double and 13th of the season, finishing with 15 points and 19 rebounds for Notre Dame (10-6, 1-4), which lost its second straight. T.J. Gibbs also had 15 points and reserve Dane Goodwin added 14. Reserve guard Ryan McMahon scored 17 points and Dwayne Sutton had 10 points and 14 rebounds for Louisville (13-3, 4-1), which won its second straight.



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COLLEGES

New commissioner brings fresh face into Big Ten office

Warren, from Page 1

1. An inspired selection

Big Ten officials conducted such a furtive search, many of Warren's friends and associates didn't even know he was a candidate.

"I found out on Twitter (after he got the job)," Michigan athletic director Warde Manuel said. "That's how tight it was."

Warren was considered a surprise selection, in part because insiders knew Big Ten athletic directors would push hard for Northwestern's Jim Phillips, one of their own.

Warren, though, blew away university chancellors and presidents during his interview. They hold the power. And looking back, how could Warren not have been considered an ideal candidate?

Warren, 56, is a former student-athlete, a basketball player at Penn and Grand Canyon University in his native Phoenix. An Academic All-American, he earned a law degree from Notre Dame, worked as a sports agent and spent nearly 20 years as an NFL executive for the Rams, Lions and Vikings. Early in his career he teamed with future Southeastern Conference Commissioner Mike Slive on cases involving NCAA infractions.

His father, Dr. Morrison Warren Sr., played professional football for the Brooklyn Dodgers of the All-America Football Conference after starring at Arizona State. He served on the board of the Fiesta Bowl. Older brother Morrison Jr. was one of Stanford's first African-American scholarship athletes. Son Powers plays tight end at Mississippi State.

"It's a big world," Warren says. "Sometimes the most logical choice or people to hire are the ones in your milieu."

Your ... what now?

"Milieu," he replies, retrieving his phone to offer a precise definition. "Isn't that a great word? It means a person's social environment."

2. A way with words

Warren is the youngest of seven children and sometimes felt isolated. After school he would visit his mother, Margaret, an elementary school librarian.

"My mother loved words," he says. "The library is where I developed my love for reading."

And for travel. Warren would spin a globe, put his finger on a spot and read about it. Decades later, when he was finally able to visit the Louvre or the Duomo in Milan, Italy, he was "awestruck."

Travel will be a huge component of his job. Warren is determined to see every Big Ten varsity team compete in 2020, starting Jan. 26 with the Maryland-Indiana men's basketball game. There are, no joke, 351 Big Ten teams. He will catch many at their conference tournaments.

"It's already mapped out," Warren says. "It's important to get on all the campuses and (ask): What can we do to create an even more healthy and productive environment for our student-athletes?"

3. A new vibe

Have you ever tried to explain to someone what makes the musical "Hamilton" so special? You can't. You end up saying, "When you see it, you'll understand."

It's the same with Warren.

When you meet him, you'll understand. The appeal is his combination of intelligence and warmth.

"Feel that energy?" says Diane Dietz, the Big Ten's deputy commissioner.

There's a less formal vibe in the office.

An example: My exit interview with Delany began in a conference room on the second floor. Warren, though, waves me up to his office on the third floor, which is designated for Big Ten employees.

He asks about my kids, taking a sincere interest. Our interview was blocked off for 30 minutes, but even after a conference official enters to remind him of his next meeting, Warren says: "Ask what you want. Don't rush yourself."

And after 45 minutes, he walks me to the elevator.

4. A view from the helmet

We did not hit on every topic. I can't say how Warren feels about Friday night football, superconferences or name, image and likeness rights. But his answer regarding the proper size of the College Football Playoff was telling.

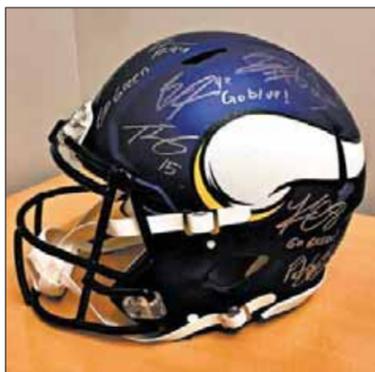
"One of the things always at the top of my mind are the time and training demands on our student-athletes," he says. "They're in college to get an education. So many times we forget these are not professionals. When they're done with a game, they don't fly to the next city. They may study for a final exam or do homework."

"So I look at: What is the length of the season? What is the impact on their body? I don't think it comes down to: Let's just add two to four teams. I'm studying it all now from a holistic standpoint."

Asked if he will have his own view or simply represent the wishes of the conference's 14 presidents and chancellors, Warren replies: "They pay me to have an opinion. And I have no problem with articulating an opinion. But (I'll be) doing it in the prism (of) what is the right thing to do for our conference, for intercollegiate athletics, for society and ultimately for our student-athletes."



KAMIL KRZACZYNSKI/FOR THE CHICAGO TRIBUNE (ABOVE), HANDOUTS (BELOW)



5. A warm goodbye

Speaking of helmets, Warren displays a meaningful one in his office.

It has the signatures of about a dozen Vikings players from Big Ten schools, including Kirk Cousins (Michigan State), Ben Gedeon (Michigan), Ameer Abdullah (Nebraska), Stefon Diggs (Maryland), Pat Elflein (Ohio State) and Ifeadi Odenigbo (Northwestern).

"I got called down to the (practice) field," Warren says. "They surprised me with that."

6. A unique plan

Warren earned his law degree from Notre Dame in 1990 and taught there after establishing a sports and entertainment company. While in his 20s, he persuaded an All-America defensive lineman — Chris Zorich — to become his first client.

Zorich recalls how Warren sent him a binder with a variety of form letters to use after his clients made contacts in the business world.

Dear BLANK,

It was a pleasure meeting you ...

Warren also faxed his clients talking points before cocktail parties so, as Zorich jokes, "we wouldn't sound like dumb athletes."

"He is amazing," Zorich says. "No one will outwork him. He brings something extra to everything he does. If the (Vikings) stadium is four walls and a roof, he will make it four walls, a roof and a breast-feeding room."

7. A legacy

Warren is the sixth commissioner in the 125-year history of the Big Ten, joining John Griffith (1922-44), Kenneth "Tug" Wilson (1945-61), William Reed (1961-71), Wayne Duke (1971-89) and Delany (1989-2020).

Portraits of the five men greet Warren as he enters his office each day.

"This is a unique conference," he says. "Incredible opportunities. With the history and tradition, that creates longevity — or the potential for longevity."



8. An open door

The Big Ten hired Warren in June, but he remained with the Vikings as chief operating officer. He started Sept. 16 in a transitional role, learning from Delany.

Warren worked in a conference room that connects to the commissioner's office, and the door was always open so Warren could hear half the conversations.

"It was great to have the historian right there," he says. "I'm so grateful that Jim took the time, energy and effort to do it."

9. A trailblazer

The highest-ranking African-American executive working on the business side for an NFL team is now the first black commissioner of a Power Five conference.

Warren is interested in studying other Big Ten trailblazers. Rutgers last year unveiled a statue of Paul Robeson, who earned 12 varsity letters as the school's third African-American student. Upon graduating in 1919, Robeson earned a law degree from Columbia and earned worldwide acclaim as a singer and actor.

"A true African-American Renaissance person," Warren says.

Warren often asks during job interviews: If you were to embark on a cross-country driving trip, which three people dead or alive would you want in the car? I turn the tables and pose that question to him.

"Paul Robeson," he says. "Jackie Robinson, to have a really detailed discussion. Mother Teresa, to ask why. And I would hope we have a larger car or SUV to include Helen Keller."

THE COMMISSIONER IN PICTURES

Big Ten Commissioner Kevin Warren, right, chats with his predecessor, Jim Delany, at conference headquarters in Rosemont on Dec. 13, 2019. Big Ten Commissioner Kevin Warren, right, with his family — from left, son Powers, wife Greta and daughter Peri — while in Pasadena, Calif., for the 2020 Rose Bowl.

10. A full day

Upon arriving in Rosemont around 6 a.m., Warren typically prepares for his first meeting and then does cardio and lifts weights from 6:45 to 7:30.

Then he leads a company that produced \$759 million of revenue in 2018, one with 50 employees and about 10,000 student-athletes.

"This is a spectacular place," he says.

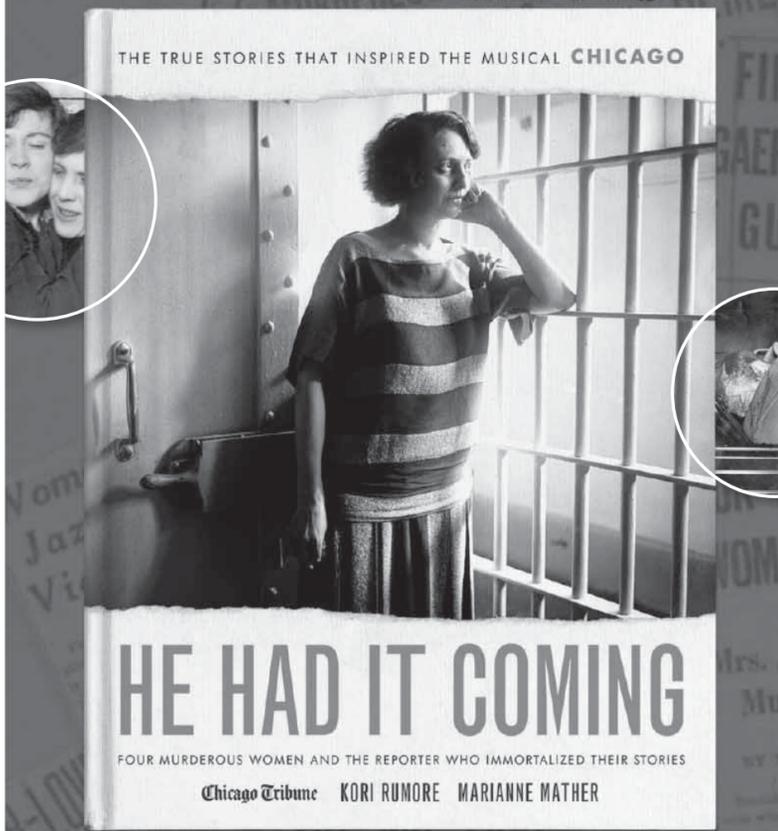
He wants the Big Ten to take a leadership role on issues such as mental health and wellness, voter registration and financial literacy.

"I want our student-athletes to understand: How does the stock market work?" he says. "What is the Dow Jones Industrial Average? What's the difference between a stock and a bond? What's the time value of money?"

As our remaining time whittles away, Warren tells me: "Keep encouraging your kids. Every trip we made, I took them to a college campus. We took Powers to a Blackhawks game and got him a Patrick Kane jersey. He still talks about it."

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COLLEGE FOOTBALL

NORTH DAKOTA STATE 28, JAMES MADISON 20

NDSU tops JMU in thriller for FCS title

Associated Press

FRISCO, Texas — This was a perfect ending for North Dakota State, with its redshirt freshman quarterback and a senior safety in his final game after first wanting to be a quarterback.

Trey Lance ran for 166 yards, including a clutch 44-yard touchdown in the fourth quarter, and James Hendricks had a game-clinching interception after an earlier scoring run on a fake field-goal attempt, giving the Bison a 28-20 victory against James Madison on Saturday for their eighth FCS national championship and the first 16-win season in any division since Yale in 1894.

"To go out on top as a senior is an incredible feeling," said Hendricks, who was a third-string quarterback before moving to defense a sophomore in 2017. "That's what I'll remember. I just feel so fortunate."

The Bison (16-0) stretched their FCS-record winning streak to 37 while earning their record eighth championship, all in the last nine seasons. They also won five NCAA Division II titles from 1983-90.

After stopping Lance short on a fourth-and-2 at its 36 with 2 minutes, 51 seconds left, James Madison (14-2) drove to the NDSU 3 before Hendricks picked off a Ben DiNucci pass at the goal line.

Hendricks said it was a play the Bison expected.

"I just left my guy and knew that they were going to throw it, and trusted that he was going to throw to the flat, and not the guy that I'm supposed to cover," he said.

Lance's 44-yard scramble touchdown came on third-and-23 to open the fourth quarter and put the Bison up 28-13. He dropped back to pass and found no one open, and when "the Red Sea just kind of parted," he took off running to the end zone.

ILLINOIS FOOTBALL

DE Betiku declares for draft

BY SHANNON RYAN

Illinois defensive end Oluwole Betiku Jr. announced Saturday that he is forgoing his senior season of eligibility and will declare for the NFL draft.

Betiku transferred from USC last summer and made an immediate impact for the Illini with nine sacks — tied for seventh most in school history — despite missing three games. He also had 36 tackles, including 13 for a loss.

"I want to take the opportunity to thank everyone involved in the University of Illinois football program," Betiku posted on his Twitter account. "Although I only participated on the field for one season, I will always remember the special experiences I had here."

"I want to thank the coaches, fans, and my football brothers that have helped make my time in Champaign memorable."

The 6-foot-3, 250-pound Betiku, who grew up in Lagos, Nigeria, helped Illinois return to a bowl game for the first time since 2014. The Illini lost to Cal 35-20 to finish 6-7.

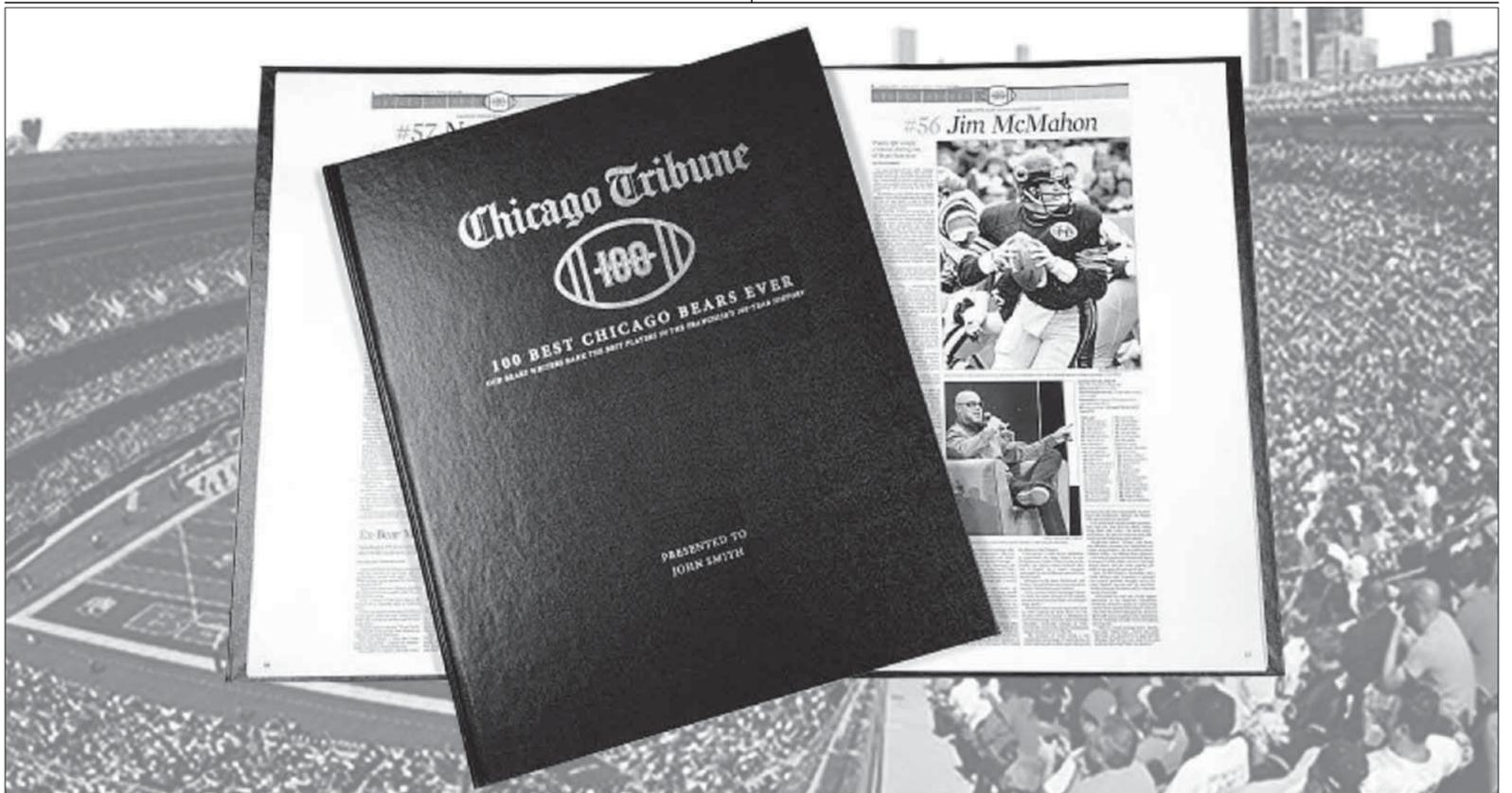
Illinois' pro day is March 9 ahead of the April 23-25 NFL draft.



UNIVERSITY OF ILLINOIS ATHLETICS

Illinois defensive end Oluwole Betiku Jr. celebrates a fumble recovery against Connecticut on Sept. 7 in East Hartford, Conn.

"We wish Oluwole nothing but the best as he pursues his dream of playing in the NFL," Illinois coach Lovie Smith said in a statement. "Wole had a terrific impact on our football team, both on the field and in the locker room. We appreciate all he did during the time he was on the Illinois campus and look forward to watching his future."



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EASTERN CONFERENCE						
ATLANTIC	W	L	PCT	GB		
Boston	26	11	.703	—		
Toronto	25	13	.658	1½		
Philadelphia	25	15	.625	2½		
Brooklyn	17	20	.459	9		
New York	10	29	.256	17		
SOUTHEAST						
Miami	27	11	.711	—		
Orlando	18	21	.462	9½		
Charlotte	15	26	.366	13½		
Washington	13	25	.342	14		
Atlanta	8	31	.205	19½		
CENTRAL						
Milwaukee	35	6	.854	—		
Indiana	24	15	.615	10		
Chicago	14	26	.350	20½		
Detroit	14	26	.350	20½		
Cleveland	12	27	.308	22		
WESTERN CONFERENCE						
SOUTHWEST		W	L	PCT	GB	
Houston	26	12	.684	—		
Dallas	24	15	.615	2½		
Memphis	17	22	.436	9½		
San Antonio	16	21	.432	9½		
New Orleans	14	26	.350	13		
NORTHWEST		Denver	26	12	.684	—
Utah	26	12	.684	—		
Oklahoma City	22	17	.564	4½		
Portland	16	24	.400	11		
Minnesota	15	23	.395	11		

SATURDAY'S RESULTS				
Houston 139, Minnesota 109				
Boston 140, New Orleans 105				
Chicago 108, Detroit 99				
L.A. Lakers 125, Oklahoma City 110				
Dallas 109, Philadelphia 91				
Cleveland 111, Denver 93				
Milwaukee 122, Portland 101				
SUNDAY'S GAMES				
Miami at New York, 2:30 p.m.				
Utah at Washington, 2:30 p.m.				
Atlanta at Brooklyn, 5 p.m.				
Golden State at Memphis, 5 p.m.				
San Antonio at Toronto, 5 p.m.				
Charlotte at Phoenix, 7 p.m.				
L.A. Clippers at Denver, 7 p.m.				

BULLS 108, PISTONS 99				
CHICAGO: Dunn 4-9 0-0 9, Markkanen 6-11 0-0 14, Gafford 7-9 0-0 14, LaVine 8-21 8-8 25, Satoransky 4-6 2-2 10, Young 9-1 2-2 2, Kornet 6-13 0-0 15, Hutchison 2-3 0-0 5, Arcidiacono 2-2 0-0 6, White 3-8 1-2 8. Totals 42-83 13-14 108.				
DETROIT: Dombouya 4-10 3-4 12, Snell 3-6 0-0 8, Drummond 3-5 2-6 9, Brown 2-7 3-4 7, Mykhailiuk 4-11 0-0 10, Morris 0-7 3-4 3, Wood 8-12 1-2 17, Maker 4-5 2-2 10, Galloway 1-4 0-1 3, Rose 7-11 4-4 20. Totals 36-78 18-27 99.				
Chicago 35 26 20 27 — 108				
Detroit 20 29 22 28 — 99				

3-Point Goals—Chicago 11-35 (Kornet 3-9, Arcidiacono 2-2, Markkanen 2-4, Dunn 1-4, White 1-4, LaVine 1-9), Detroit 9-28 (Rose 2-3, Snell 2-5, Mykhailiuk 2-8, Dombouya 1-2, Galloway 1-4, Morris 0-3).				
Fouled Out —Chicago 1 (Gafford), Detroit None. Rebounds —Chicago 38 (Gafford, Markkanen 7), Detroit 42 (Wood 14).				
Assists —Chicago 24 (LaVine 6), Detroit 22 (Rose 7).				
Total Fouls —Chicago 21, Detroit 20. A—15,951 (20,491)				

REBOUNDS PER GAME				
Player, TM	OFF	DEF	TOT	AVG
Drummond, DET	168	431	599	16.19
Gobert, UTA	129	389	518	14.39
Capela, HOU	129	316	445	14.35
Whiteside, POR	148	355	503	13.97
Sabonis, IND	120	350	470	13.06
Antetokounmpo, MIL	89	382	471	12.73
Embiid, PHI	79	303	382	12.32
Vucevic, ORL	77	239	316	11.29
Thompson, CLE	146	232	378	10.5
Adebayo, MIA	98	300	398	10.47
Adams, OKC	129	229	358	10.23
Love, CLE	28	298	326	10.19
Carter, CHI	130	236	366	9.89
Jordan, BKN	79	256	335	9.85
Allen, BKN	122	242	364	9.84
Doncic, DAL	51	279	330	9.71
Jokic, DEN	86	272	358	9.68

NHL						
EASTERN CONFERENCE						
ATLANTIC	W	L	OT	Pts	GF	GA
Boston	27	8	11	65	154	119
Tampa Bay	27	13	4	58	161	127
Toronto	24	15	6	54	162	145
Florida	23	16	5	51	158	148
Buffalo	19	19	7	45	131	146
Montreal	19	20	7	45	143	148
Ottawa	16	22	7	39	121	154
Detroit	12	30	3	27	99	170
METRO						
Washington	30	11	5	65	164	138
Pittsburgh	27	12	5	59	150	119
N.Y. Islanders	27	12	4	58	122	111
Carolina	27	16	6	56	150	123
Philadelphia	23	16	6	52	140	137
Columbus	22	16	6	52	121	124
N.Y. Rangers	21	19	4	46	146	149
New Jersey	16	21	7	39	117	155
WESTERN CONFERENCE						
CENTRAL	W	L	OT	Pts	GF	GA
St. Louis	29	10	7	65	148	124
Dallas	26	15	4	56	121	107
Colorado	25	15	5	55	162	134
Winnipeg	24	17	4	52	141	139
Nashville	20	16	7	47	149	145
Minnesota	20	18	6	46	134	146
Chicago	20	20	6	46	134	150
PACIFIC						
Calgary	25	17	5	55	131	139
Arizona	25	18	4	54	133	121
Vegas	24	18	6	54	149	145
Edmonton	24	18	5	53	144	148
Vancouver	24	17	4	52	151	142
San Jose	21	22	4	46	126	153
Los Angeles	18	25	4	40	118	146
Anaheim	17	23	5	39	115	143

2 pts for win, 1 pt for shootout/OT loss				
SATURDAY'S RESULTS				
Vancouver 6, Buffalo 3				
Tampa Bay 1, Philadelphia 0				
Carolina 2, Los Angeles 0				
Boston 3, N.Y. Islanders 2 (OT)				
New Jersey 5, Washington 1				
Montreal 2, Ottawa 1 (OT)				
St. Louis 5, N.Y. Rangers 2				
Chicago 4, Anaheim 2				
Calgary 4, Edmonton 3				
Columbus 3, Vegas 0				
San Jose 2, Dallas 1				
SUNDAY'S GAMES				
Nashville at Winnipeg, 1 p.m.				
Vancouver at Minnesota, 3 p.m.				
Buffalo at Detroit, 4 p.m.				
Pittsburgh at Arizona, 5 p.m.				
Toronto at Florida, 6 p.m.				
Tampa Bay at New Jersey, 6 p.m.				

BLACKHAWKS 4, DUCKS 2				
Anaheim	1	0	1	— 2
Chicago	1	2	1	— 4
FIRST PERIOD: 1, Anaheim, Jones 5 (Kase), 3:37, 2, Chicago, Toews 11, 8:13.				
Penalties: Gudbranson, Ana (Tripping), 10:57.				
SECOND PERIOD: 3, Chicago, Kubalik 15 (Toews, Kane), 4:20, 4, Chicago, Kubalik 16 (Smith, Murphy), 12:21.				
Penalties: Carpenter, Chi (Delay of Game), 0:36.				
THIRD PERIOD: 5, Anaheim, Rakell 11 (Lundstrom, Comtois), 2:29, 6, Chicago, Maatta 3 (Kampf, DeBrincat), 3:59.				
Penalties: None.				
SHOTS ON GOAL: Anaheim 10-9-18—37, Chicago 8-17-8—33.				
POWER PLAYS: Anaheim 0 of 1; Chicago 0 of 1.				
GOALIES: Anaheim, Gibson 13-18-3 (33 shots-29 saves).				
Chicago, Lehner 13-7-4 (37-35). A: 21,548 (19,717). T: 2:24.				

COLLEGE BASKETBALL				
HOW AP MEN'S TOP 25 FARED				
1. Gonzaga (18-1) beat Loyola Marymount 87-62. Next: vs. Santa Clara, Thursday.				
2. Duke (15-1) beat Wake Forest 90-59. Next: at Clemson, Tuesday.				
3. Kansas (12-3) lost to No. 4 Baylor 67-55. Next: at Oklahoma, Tuesday.				
4. Baylor (13-1) beat No. 3 Kansas 67-55. Next: vs. Iowa State, Wednesday.				
5. Auburn (15-0) beat Georgia 82-60. Next: at Alabama, Wednesday.				
6. Butler (15-1) did not play. Next: vs. Seton Hall, Wednesday.				
7. San Diego State (17-0) beat Boise State 83-65. Next: at Fresno State, Tue.				
8. Michigan State (13-3) did not play. Next: at Purdue, Sunday.				
9. Oregon (14-3) beat Arizona State 78-69. Next: at Washington State, Thur.				
10. Florida State (14-2) did not play. Next: vs. No. 18 Virginia, Wednesday.				
11. Ohio State (11-5) lost to Indiana 66-54. Next: vs. Nebraska, Tuesday.				
12. Maryland (13-3) did not play. Next: at Wisconsin, Tuesday.				
13. Louisville (13-3) beat Notre Dame 67-64. Next: at Pittsburgh, Tuesday.				
14. Kentucky (12-3) beat Alabama 76-67. Next: at South Carolina, Wednesday.				
15. Dayton (14-2) beat UMass 88-60. Next: vs. VCU, Tuesday.				
16. Villanova (12-3) beat Georgetown 80-66. Next: vs. DePaul, Tuesday.				
17. West Virginia (13-2) beat No. 22 Texas Tech 66-54. Next: vs. TCU, Tuesday.				
18. Virginia (11-4) lost to Syracuse 63-55, OT. Next: at No. 10 Florida State, Wed.				
19. Michigan (11-4) did not play. Next: at Minnesota, Sunday.				
20. Penn State (12-4) lost to Wisconsin 58-49. Next: at Minnesota, Wednesday.				
21. Memphis (12-3) did not play. Next: at South Florida, Sunday.				
22. Texas Tech (10-5) lost to No. 17 West Virginia 66-54. Next: at Kansas St., Tue.				
23. Wichita State (14-1) did not play. Next: at UConn, Sunday.				
24. Arizona (11-4) did not play. Next: at Oregon State, Sunday.				
25. Colorado (12-3) did not play. Next: vs. Utah, Sunday.				

SATURDAY'S SCORES				
EAST				
Boston U. 81, Army 59				
Bucknell 75, Holy Cross 60				
Delaware St. 68, NC Cent. 66				
Duquesne 66, George Washington 61				
St. Bonaventure 64, Fordham 44				
St. John's 74, DePaul 67				
Tulane 65, Temple 51				
SOUTH				
Arkansas 76, Mississippi 72				
Charlotte 53, Old Dominion 47				
Cincinnati 68, UCF 54				
E. Carolina 71, SMU 68				
Morehead St. 69, E. Illinois 66				
Saint Louis 74, Richmond 58				
Tennessee 56, S. Carolina 55				
Texas A&M 69, Vanderbilt 50				
Virginia Tech 72, NC St. 58				
MIDWEST				
Bowling Green 83, Ohio 74				
Bradley 67, S. Illinois 48				
Creighton 77, Xavier 65				
Illinois 54, Rutgers 51				
Indiana St. 65, Illinois St. 52				
Iowa St. 81, Oklahoma 68				
Kent St. 79, Cent. Michigan 73				
Loyola of Chicago 78, Evansville 44				
Milwaukee 87, Green Bay 80				
N. Iowa 80, Missouri St. 57				
Northwestern 62, Nebraska 57				
Oakland 68, Cleveland St. 55				
South Dakota St. 70, Fort Wayne 61				
Valparaiso 66, Drake 61				
W. Illinois 86, Denver 80				
Wis. Lutheran 66, Benedictine (Ill.) 65				
Youngstown St. 69, Detroit 67				
SOUTHWEST				
Rice 92, FIU 78				
TCU 52, Oklahoma St. 40				

HOW AP WOMEN'S TOP 25 FARED				
1. UConn (13-1) beat Houston 91-51. Next: at Memphis, Tuesday.				
2. Oregon (12-2) did not play. Next: at No. 18 Arizona, Sunday.				
3. Oregon State (15-0) did not play. Next: at Arizona State, Sunday.				
4. South Carolina (15-1) did not play. Next: at Vanderbilt, Sunday.				
5. Stanford (14-1) did not play. Next: at California, Sunday.				
6. Baylor (12-1) did not play. Next: vs. Oklahoma State, Sunday.				
7. Louisville (15-1) did not play. Next: vs. Wake Forest, Sunday.				
8. UCLA (15-0) did not play. Next: at Colorado, Sunday.				
9. N.C. State (14-1) did not play. Next: at Notre Dame, Sunday.				
10. Texas A&M (14-2) did not play. Next: at No. 14 Kentucky, Thursday.				
11. Florida State (14-2) did not play. Next: vs. North Carolina, Sunday.				
12. Indiana (14-2) did not play. Next: at Iowa, Sunday.				
13. Mississippi State (15-2) did not play. Next: vs. LSU, Thursday.				
14. Kentucky (13-2) did not play. Next: at Florida, Sunday.				
15. DePaul (14-2) did not play. Next: vs. St. John's, Sunday.				
16. Gonzaga (15-1) vs. Pacific. Next: at Santa Clara, Thursday.				
17. Maryland (11-4) did not play. Next: at No. 24 Michigan, Sunday.				
18. Arizona (13-2) did not play. Next: vs. No. 2 Oregon, Sunday.				
19. West Virginia (12-1) did not play. Next: vs. Texas, Sunday.				
20. Missouri State (13-2) did not play. Next: vs. Northern Iowa, Sunday.				
21. Arkansas (13-3) did not play. Next: vs. Missouri, Sunday.				
22. South Dakota (16-2) beat Omaha 77-44. Next: at North Dakota State, Thu.				
23. Tennessee (12-3) did not play. Next: vs. Georgia, Sunday.				
24. Michigan (11-4) did not play. Next: vs. No. 17 Maryland, Sunday.				
25. Princeton (13-1) beat Pennsylvania 75-55. Next: at Dartmouth, Fri., Jan. 31.				

SATURDAY'S SCORES				
EAST				
Bucknell 51, Holy Cross 40				
Colgate 80, Navy 55				
Dartmouth 63, Harvard 62				
Duquesne 82, La Salle 56				
Fairfield 67, St. Peter's 48				
Iona 36, Monmouth (NJ) 33				
Marshall 61, UAB 56				
Ohio 76, Buffalo 65				
Princeton 75, Penn 55				
Siena 68, Canisius 63				
Temple 85, SMU 62				
UMass 61, Saint Joseph's 43				
Vermont 60, UMBEC 58				
SOUTH				
Bethune-Cookman 82, Coppin St. 51				
Campbell 68, Hampton 31				
E. Illinois 57, Morehead St. 51				
E. Kentucky 49, SIU-Edwardsville 46				
Florida Gulf Coast 89, Stetson 47				
La. Tech 87, UTEP 80				
Old Dominion 54, Charlotte 51				
Rice 68, FIU 47				
Tulane 59, Memphis 55				
MIDWEST				
Akron 76, Bowling Green 73				
Ball St. 59, E. Michigan 54				
Cent. Michigan 76, Miami (Ohio) 70				
Creighton 72, Providence 63				
Green Bay 65, Detroit 48				
IUUPI 80, Wright St. 60				
Kent St. 75, W. Michigan 63				
N. Kentucky 88, Ill. Chicago 46				
Oakland 78, Milwaukee 62				
Rio Grande 87, Chicago St. 67				
SE Missouri 83, Tennessee St. 54				
S. Dakota 77, Nebraska-Omaha 44				
Toledo 63, N. Illinois 51				

TENNIS				
WTA BRISBANE/INTERNATIONAL				
SF at Queensland Tennis Centre; Brisbane, Australia; outdoors-hard				
#2 Karolína Pliskova d.	#3 Naomi Osaka, 6-7 (10), 7-6 (3), 6-2.			
ATP DOHA OPEN				
Final at Khalifa International Tennis and Squash Complex; Doha, Qatar; outdoors-hard				
#2 Andrey Rublev d.	Corentin Moutet, 6-2, 7-6 (3).			

NFL

DIVISIONAL PLAYOFFS				
SATURDAY'S RESULTS				
San Francisco 27, Minnesota 10				
Tennessee 28, Baltimore 12				
SUNDAY'S GAMES				
Houston (11-6)	at Kansas City (12-4), 3:05 p.m. (CBS)			
Seattle (12-5)	at Green Bay (13-3), 6:40 p.m. (FOX)			
CONFERENCE CHAMPIONSHIPS				
SUNDAY, JAN. 19				
AFC, Tennessee (11-7)	at Houston or Kansas City, 3:05 p.m. (CBS)			
NFC, Seattle or Green Bay	at San Francisco (14-3), 6:40 p.m. (FOX)			

COLLEGE FOOTBALL

LSU
Conference: SEC | **Location:** Baton Rouge, La.
Key regular-season win: Beat Alabama 46-41 in Tuscaloosa on Nov. 9
CFP semifinal: Thumped No. 4 Oklahoma 63-28 behind 7 TD passes by Joe Burrow



NATIONAL CHAMPIONSHIP
NO. 1 LSU (14-0) VS.
NO. 3 CLEMSON (14-0)
 7 p.m. Monday, ESPN | LSU by 5½ | O/U 69
Mercedes-Benz Superdome, New Orleans



CLEMSON
Conference: ACC | **Location:** Clemson, S.C.
Key regular-season win: Avoided upset with 21-20 road win over North Carolina on Sept. 28
CFP semifinal: Rallied past No. 2 Ohio State 29-23 after trailing 16-0 in first half

Earning their stripes

LSU AT A GLANCE

HOW THEY GOT HERE
Regular season
8/31: Ga. Southern, W 55-3
9/7: at Texas, W 45-38
9/14: NW State, W 65-14
9/21: at Vanderbilt, W 66-38
10/5: Utah State, W 42-6
10/12: Florida, W 42-28
10/19: at Miss. St., W 36-13
10/26: Auburn, W 23-20
11/9: at Alabama, W 46-41
11/16: at Ole Miss, W 58-37
11/23: Arkansas, W 56-20
11/30: Texas A&M, W 50-7
SEC championship
12/7: Georgia, W 37-10
CFP semifinal
12/28: Oklahoma, W 63-28

KEY PLAYERS

Offense
QB Joe Burrow: Did you really have to ask? The Heisman Trophy winner piled up 5,208 yards and 55 TD passes in a season for the ages. No defense has really been able to figure him out, and there's only one more chance to do it.



Defense
DE K'Lavon Chaisson: The Tigers had 35 sacks, and Chaisson is far and away their best individual pass rusher. Injuries slowed the sophomore early this season, but he led the team with 6½ sacks, including 4½ the last three games.



NUMBERS TO KNOW

77.6

Burrow has completed 77.6% of his passes. The NCAA record is 76.7% by Texas' Colt McCoy in 2008.

11-3

LSU coach Ed Orgeron is 11-3 against teams ranked in the top 10 at the time of the game.

WHAT'S AT STAKE FOR LSU?

LSU, the Southeastern Conference champ, is looking for its first national championship since 2007 and fourth overall (2003 BCS, 1958 AP).

KEY STATS

Passing
 ■ Joe Burrow: 371-478, 5,208 yards, 55 TDs, 6 INTs

Rushing
 ■ Clyde Edwards-Helaire: 199 attempts, 1,304 yards, 16 TDs
 ■ Burrow: 101 attempts, 310 yards, 4 TDs
 ■ Tyrion Davis-Price: 64 attempts, 295 yards, 6 TDs

Receiving
 ■ Ja'Marr Chase: 75 receptions, 1,559 yards, 18 TDs
 ■ Justin Jefferson: 102 receptions, 1,434 yards, 18 TDs
 ■ Terrace Marshall Jr.: 43 receptions, 625 yards, 12 TDs
 ■ Thaddeus Moss: 42 receptions, 534 yards, 2 TDs

Kicking
 ■ Cade York: 83-87 PATs, 21-26 FGs

Defense
 ■ Jacob Phillips: 105 total tackles, sack
 ■ K'Lavon Chaisson: 58 total tackles, 6½ sacks
 ■ Grant Delpit: 33 solo tackles, 2 INTs
 ■ Kary Vincent Jr.: 45 total tackles, 4 INTs
 ■ Damone Clark: 49 total tackles, 3½ sacks

Team information by Associated Press



GREGORY SHAMUS/GETTY

LSU QB Joe Burrow threw for a record-tying seven TDs in the 63-28 blowout of Oklahoma in the Peach Bowl.

BREAKING IT DOWN

Tigers squared: LSU, Clemson in battle for perfection

BY RALPH D. RUSSO | Associated Press

Top-ranked LSU and Heisman Trophy winner Joe Burrow head into the national championship game peaking, matching their record-setting offense with a healthy and improving defense. Clemson has not lost since sophomore quarterback Trevor Lawrence joined the team in 2018. The third-ranked Tigers are looking for their third national title in four seasons and second straight. With the help of Texas A&M's Jimbo Fisher, the only coach to face both Clemson and LSU, and Pro Football Focus college analyst Cam Mellor, here are the matchups that could make the difference Monday in New Orleans:

When LSU has the ball

What can Clemson defensive coordinator Brent Venables cook up to stop LSU's hyper-aggressive passing game that often attacks with five receivers?

Clemson is playing a 3-3-5 defensive alignment and using lots of eight-man coverage. Lacking dominant defensive linemen, Venables has needed to be creative to pressure the quarterback.

"Brent's going to blitz," Fisher said. "But LSU has been good at either picking it up or Burrow identifying it and getting the ball out quickly. Or he can scramble away from it and keep his eyes down field. He is so patient."

The stars of Clemson's defense are versatile back-seven players such as All-America linebacker Isaiah Simmons and strong safety K'Lavon Wallace, both of whom can play multiple positions, and free safety Tanner Muse.

Mellor said Burrow was the top-graded quarterback in the country this season when facing pressure.

"Pressure doesn't matter in this game as much as allowing Simmons and Muse to roam the back end freely," Mellor said.

LSU has five players who can consistently win one-on-one matchups in the passing game in wide receivers Ja'Marr Chase, Justin Jefferson and Terrace Marshall Jr., tight end Thaddeus Moss and running back Clyde Edwards-Helaire. All have more than 40 catches, allowing Burrow to feast on a defense's weak links.

"They move those guys inside and force your linebackers and safeties to cover," Fisher said.

In the semifinal against Oklahoma, Chase, an All-American, was locked down by the Sooners. No big deal: Jefferson caught 14 passes and scored four touchdowns, mostly working from the slot.

Burrow's raw numbers are eye-popping (55 touchdown passes and 5,208 yards). Go deeper and it gets even more impressive. He rarely forces throws into tight coverage, but when he does he completes those passes at a higher rate than any quarterback in the country, Mellor said.

"There isn't really much you can do to stop them," he added.

When Clemson has the ball

Over his last seven games, Lawrence has been the highest-graded quarterback in college football by Pro Football Focus.

As prolific as LSU has been offensively, Clemson has the weapons to keep pace, with two-time Atlantic Coast Conference player of the year Travis Etienne at running back and wide receivers Tee Higgins, Justyn Ross (both 6-foot-4) and Amari Rodgers.



NORM HALL/GETTY

Clemson RB Travis Etienne (9) is congratulated by teammates after scoring a TD in the Fiesta Bowl.

Higgins has been dominant, averaging 19.9 yards per catch with 13 touchdowns. Ross has been good, but not quite the breakout star he was during last season's playoff.

LSU has its own \$2 million per year defensive coordinator in Dave Aranda, who will try to frustrate Lawrence with a plan built around two of the best cornerbacks in the country: Kristian Fulton is a possible first-round NFL draft pick, while freshman Derek Stingley Jr., an All-American, was PFF's highest-graded cornerback.

Safety Grant Delpit also grades well in coverage, but his tackling has been spotty. That has improved of late after a high ankle sprain healed.

"Avoiding those three (in coverage) is the biggest win for Clemson," Mellor said.

The LSU defensive line is huge, with three 300-pounders usually on the field at once.

"Against that 3-4, it's hard to get a push inside," said Fisher, who expects Clemson to run outside the tackles.

Etienne is maybe the toughest back in the country to take down so getting him out in space is the way to go. Mellor said the junior set a PFF record by forcing missed tackles on 45% of his carries. The previous best was 33% last year by Iowa State's David Montgomery.

Russo's pick: LSU 35, Clemson 27

CLEMSON AT A GLANCE

HOW THEY GOT HERE
Regular season
8/29: Ga. Tech, W 52-14
9/7: Texas A&M, W 24-10
9/14: at Syracuse, W 41-6
9/21: Charlotte, W 52-10
9/28: at UNC, W 21-20
10/12: Florida St., W 45-14
10/19: at Louisville, W 45-10
10/26: BC, W 59-7
11/2: Wofford, W 59-14
11/9: at N.C. State, W 55-10
11/16: Wake Forest, W 52-3
11/30: at S. Carolina, W 38-3
ACC championship
12/7: Virginia, W 62-17
CFP semifinal
12/28: Ohio State, W 29-23

KEY PLAYERS

Offense
RB Travis Etienne: On an offense with an array of elite playmakers, Etienne is the best and most versatile weapon. He ran for 1,538 yards and 8.0 per carry. Ohio State slowed him down on the ground in the semifinal, only to see him catch three passes for 98 yards and two touchdowns.



Defense
LB Isaiah Simmons: The Butkus Award winner lines up all over the



defense run by coordinator Brent Venables. Simmons could be the best way for Clemson to fluster Burrow. Nothing has worked so far this season.

NUMBERS TO KNOW

13

The Tigers can become the 13th team in the history of major college football to win 30 straight games, and just the seventh to accomplish the feat since 1950.

12

Clemson coach Dabo Swinney could become the 12th coach to win at least three national titles in the AP poll era.

WHAT'S AT STAKE FOR CLEMSON?

Clemson, the Atlantic Coast Conference champ, is trying to become the first team to repeat as national champion since Alabama in 2011-12. The Tigers would enter even more exclusive company with a third national title in four years. In the AP poll era (starting in 1936), only Alabama (2009, 2011-12), Nebraska (1994-95, 97) and Notre Dame (1946-47, '49) accomplished that feat.

KEY STATS

Passing
 ■ Trevor Lawrence: 250-370, 3,341 yards, 36 TDs, 8 INTs

Rushing
 ■ Travis Etienne: 192 attempts, 1,536 yards, 18 TDs
 ■ Lyn-J Dixon: 103 attempts, 636 yards, 6 TDs
 ■ Lawrence: 93 attempts, 514 yards, 8 TDs

Receiving
 ■ Tee Higgins: 56 receptions, 1,115 yards, 13 TDs
 ■ Justyn Ross: 61 receptions, 789 yards, 8 TDs
 ■ Amari Rodgers: 28 receptions, 418 yards, 4 TDs

Kicking
 ■ B.T. Potter: 77-77 PATs, 12-20 FGs

Defense
 ■ Isaiah Simmons: 61 solo tackles, 6 sacks, 3 INTs
 ■ James Skalski: 41 solo tackles, 3½ sacks, 2 passes defended
 ■ Tanner Muse: 34 solo tackles, 2 sacks, 4 INTs
 ■ K'Von Wallace: 10 passes defended, 2 INTs

Chicago Tribune
A+E
 Sunday



James Franco, left, and Seth Rogen in 2008's "Pineapple Express," a buddy stoner action-comedy film.

DARREN MICHAELS/COLUMBIA PICTURES

CANNABIS IN THE MOVIES

It's been used as a sight gag and depicted as demon weed, but how will modern storytelling respond to legalization?

Now that cannabis and Illinois have made it legal, time has gone a little ... haywire. It seems so long ago since Cheech Marin and Tommy Chong gave us the "Dave's not here" routine. Forty-nine years later, it's still 83 seconds of stupidly perfect stoner comedy, and without it, just about every commercially successful 21st century pothead odyssey, with side orders of violence and snacking — "Harold & Kumar Go to White Castle," "Pineapple Express," dozens more — is unthinkable.



MICHAEL PHILLIPS
 Tribune movie critic

All that belongs to a distant epoch. Not the one our popular culture is figuring out what to do with now.

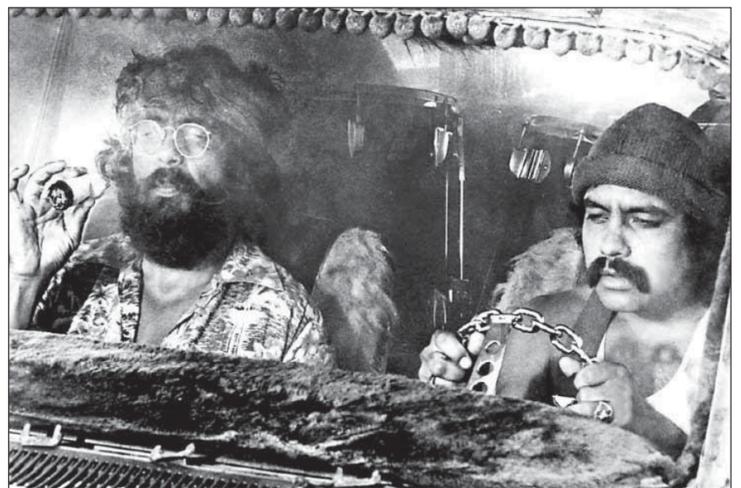
Does legalizing the forbidden take the funny out of it?

"It's going to take *some* of it out," argues Columbia College Chicago associate professor Ron Falzone, who teaches film and film history. "Part of comedy is dealing with the forbidden, and once something becomes legal it's not the same. From a screenwriting perspective I wonder if the actions that characters (in a film, or TV show) take,

if they're using marijuana, will have to be more plausible. More people are going to know what marijuana is, and what it does, and doesn't do."

Falzone likens the Illinois cannabis legalization to the 1933 end of alcohol's Prohibition era. "After Prohibition had turned the entire nation into criminals," he says, even with the Depression raging "there was this period of elation in the movies." He doesn't expect a comparable pop-culture celebration regarding pot.

Neither does Tamika Spaulding, a



Tommy Chong, left, lights up with Cheech Marin in "Cheech and Chong's Up in Smoke," from 1978.

EVERETT COLLECTION

recent graduate of the Harold Ramis Film School at The Second City. She agrees with Falzone: Legalization will "change the way it's shown on screen."

"Two things," she says, "pop out to me when I think about how it's usually dealt with: in a caper, like 'Pineapple Express,' or in a coming-of-age experimentation way." The relatively uncharted territory, Spaulding says, lies in "being honest about the actual effects of

marijuana. As a writer and director, it makes me think about marijuana as a storytelling device, and how to think about it differently."

"There's something interesting in how you can start to portray it on screen, as a part of an ordinary, everyday life."

In the silent film era, marijuana

Turn to **Phillips, Page 9**

A time when music meant everything

New musical 'Verboten' explores how punk changed the lives of 4 Evanston kids

BY GREG KOT

The new musical "Verboten" is named after a punk band formed by a bunch of kids in Evanston, circa 1982-83.

That may not seem like a big deal, but then there's the subtitle, which promises a lot more: "A Story About How Punk Saves Lives."

"It's a corny phrase, but when we were kids, this band, this music, meant everything to us," says Jason Narducy, Verboten's co-founder and songwriter, who now records and tours with Bob Mould and Superchunk, among others, in between sessions with

his band Split Single. As corny or melodramatic as that subtitle might be, for four kids from a Chicago suburb it continues to ring true.

Narducy comes from a troubled home where he and his father were constantly at odds, each week a never-ending series of emotional cul de sacs. Picking up a guitar and playing fast, hard-edged music with his friends in a basement felt liberating.

"When anyone feels scared or lost, you're just grasping for anything to hold on to," Narducy says. "When you're a kid, you feel even more desperate. You need things to feel good about.

"No one else was playing gigs at rock clubs at age 11. Playing in the band was important to all of us, a way to propel us through the turmoil of middle school and high school."

The play, which opens Jan. 16 at the Chopin Theatre, was directly inspired by a Verboten testimonial from Dave Grohl, founder of Foo Fighters and a former member of Nirvana, in his 2013 HBO documentary mini-series "Foo Fighters: Sonic Highways." Grohl saw Verboten when he was a kid, and if it didn't exactly save his life, it certainly transformed it.

Not that any of that was apparent in 1982 when Narducy and his friends in the band — singer

Turn to **Punk, Page 10**



Jason Narducy, right, works with Jimmy Chung during a rehearsal of the new musical "Verboten" on Jan. 6 at the House Theatre Company.

BRIAN CASSELLA/CHICAGO TRIBUNE

Resolutions for Chicago jazz, classical music



HOWARD REICH

What's a New Year without resolutions? Here are a few for music in Chicago:

Acknowledge Wagner's anti-Semitism. Come April, Richard Wagner devotees from around the world will travel to Chicago to behold his complete "Ring" cycle. Like many great opera houses, Lyric Opera will present the epic series of four operas, the most ambitious and revered such work in the repertoire. But as violent anti-Semitism gathers new momentum in the United States and around the world, we should acknowledge the hatred of Jews that Wagner espoused in his copious writings. True, other groundbreaking composers, such as Frederic Chopin, also expressed bigotry toward Jews. But Wagner's notorious essay "Judaism in Music" and other commentary stand in a class by themselves. It is no coincidence that the Nazis embraced Wagner's off-bombastic music, making it the soundtrack to the Holocaust. As crowds queue up for the "Ring," let's not forget its context.

Improve the club tour. The Jazz Institute of Chicago, which programs the Chicago Jazz Festival, recently announced that the annual club tour will return this summer. This deeply flawed offering, which has been on hiatus, in previous incarnations had taken listeners to various Chicago venues via bus or trolley. The concept always was great: Give Chicagoans and tourists an easy way to visit clubs they otherwise might never have attended, in hopes they would return during the rest of the year. Unfortunately, the execution always has been terrible, with guests arriving and



CHRIS SWEDA/CHICAGO TRIBUNE

Conductor Carlos Kalmar is seen on the big screen as the Grant Park Orchestra performs at Millennium Park's Pritzker Pavilion last June 12. The screen could be used more effectively to enhance the proceedings.

leaving in the midst of sets; volunteers parading through clubs with huge signs indicating the next shuttle was about to leave; and listeners experiencing more noise and confusion than music. Now that the club tour is coming back, its organizers need to find a way to handle transportation without ruining the music.

Smarten the screen. By all indications, we're stuck with the gargantuan LED screen that's permanently positioned in the worst possible place in Millennium Park: high atop the back of the Pritzker Pavilion stage, where it overshadows the performing musicians. So when the Chicago Jazz Festival and Grant Park Music Festival show live video footage of a concert in progress, the brilliantly lit images reduce the musicians onstage to tiny, dark, insignificant figures. In addition, the herky-jerky camera-

work edits the listening experience for us, telling us what to focus on and what to ignore. The only way out of this unfortunate situation, short of switching off the screen (by far the best option), is to use it more creatively. Rather than merely projecting what's happening onstage (and doing so poorly), the screen could be used to enhance the proceedings, perhaps with other imagery apropos to the music at hand. This could happen on June 17, when the Grant Park Orchestra will share the stage with two dance groups (Polonia Ensemble and Tango 21 Dance Theater), leaving the camera operators to illuminate the choreography rather than the musicmaking. The more alternatives that can be found to distorting the musicians' work, the better.

Elevate the monologues. Give some people a microphone, and

they drone on and on. And on. This happens at Orchestra Hall, the Pritzker Pavilion and other venues where musicians, emcees and others consider their wit and wisdom indispensable. They are wrong. The music always speaks most eloquently for itself. But if these talkers insist on sharing their deep wells of knowledge with a captive audience, at least they ought to find something worthwhile to say. That means not repeating what's already in the program book, as happens more often than not. A better model would be Chicago Symphony Orchestra music director Riccardo Muti, who rarely addresses the audience before a concert. But when he does, as in the aftermath of dramatic news events, his carefully chosen two or three sentences resonate long after the concert has ended.

Police those phones. Is it really

possible that, at this late date, people who pay high prices to attend state-of-the-art productions at Lyric Opera, Harris Theater and other darkened venues still get away with scrolling on their cell phones during performances? Every major venue makes a pre-concert announcement urging everyone to shut off their devices, and most people do. But at virtually every concert, there always are oblivious souls who don't heed the instructions, shattering the silence with a ringtone or disturbing the darkness with the bright lights of their screens. Music presenters should start responding to offenders, particularly those whose glowing phones render them easily identifiable.

Conceive a recital hall. OK, let's dream big. Orchestra Hall, which opened in 1904, was remodeled in the 1990s to sit in the grandiosely renamed Symphony Center. But the place — home to the Chicago Symphony Orchestra and, therefore, the city's most prestigious musical address — never really has felt like a "center" bustling with multiple performances (a la Lincoln Center in New York or the Kennedy Center in Washington). Though some Symphony Center performances unfold elsewhere in the building, none can be considered permanent, first-rate listening rooms. Ultimately, Symphony Center should have a medium-sized recital hall to present musicians who can't fill Orchestra Hall's 2,500-plus seats; to draw new audiences to the grand old building; and to make it a bona fide center of multiple musical activities. The space behind Symphony Center, including the parking lot that faces Wabash Avenue, is the obvious location to develop; and philanthropists love to give money for nothing more than brick and mortar. It's time to start thinking about helping Symphony Center live up to its name.

Howard Reich is a Tribune critic. hreich@chicagotribune.com

Threats about cultural sites spin the world backward

Trump's tweets recall Iraqi museum looting



CHRIS JONES

Back in the spring of 2003, Karen Wilson, then the director of the Oriental Institute on the campus of the University of Chicago, was walking through the Mesopotamian gallery, angrily pointing at one image of an ancient treasure after another.

"I believe that piece is gone," she kept saying as she waved her arms, eyes flashing with every sweep. "Gone."

Wilson was talking about the looting of the National Museum of Iraq in Baghdad, where most of the original artifacts referenced in the gallery's educational exhibit (designed mostly to teach U. of C. undergraduates) were held. At the time of my visit, the historians at the institute in Hyde Park were in a fury because evidence was seeping out of Baghdad that the museum had been collateral damage in the bombing of Iraq by U.S. and allied forces. In the aftermath and confusion, Iraqis were walking off with some of the most valuable artifacts.

What irked the U. of C. faculty the most was that they said they had been asked for input by U.S. military planners, who had intended to avoid the city's most important historic sites. They had been assured they would be heard. One professor with a specialty in ancient Mesopotamia, McGuire "Mac" Gibson, had even secured himself a meeting some



JOSE M. OSORIO/CHICAGO TRIBUNE

A relief from the site of Persepolis in Iran, part of the Persian Gallery in the Oriental Institute Museum at the University of Chicago.

weeks before at the Pentagon. He had been confident that the situation regarding the National Museum was understood at the highest levels.

But war is messy, confusing and unpredictable. Damage was done nonetheless. Gibson was so angry at what had just happened he could barely discuss it with me.

As things turned out, it wasn't so much a matter of direct destruction: museums in the business of preservation need services, like security guards and alarm systems, climate control and electrical power. Once those things are knocked out, museums are vulnerable to exhibits walking out the door and disappearing into the shadowy world of the private trafficking of antiquities.

I wrote about the issue. My mailbox filled up with readers saying, in essence if sometimes less politely, that collateral damage is a part of any war. The

broader goals of that conflict, it was said, rightly usurped the concerns at the Oriental Institute. You are focusing on the trivial, I was told. But even in their castigation, many of those readers expressed regret at what had happened to the museum. It was, many said, a shame.

The issue came roaring back on Jan. 4, when President Donald Trump, tweeted that the U.S. "had targeted 52 Iranian sites (representing the 52 American hostages taken by Iran many years ago), some at a very high level & important to Iran & the Iranian culture."

This was something entirely different from what had been posited in 2003. The fate of the National Museum of Iraq was inarguably avoidable, but it had not been intentionally targeted. Trump's tweet, though, appeared to be a barbaric and most likely illegal threat to do precisely that. Iran, like Iraq, has many an-

cient treasures and sites, from the Armenian Monastery of St. Thaddeus to, perhaps most notably, a grand palatial complex dating back to the sixth century B.C. To a lot of historians and art critics, many of whom voiced their dismay, or announced their resignations, over the last few days, it sounded like Trump was threatening to bomb Persepolis.

The world may only spin forward. But that tweeted pronouncement was difficult to see as human progress. Whatever your politics. Really. Whatever your politics.

How far we have sunk in so few years.

For one thing, the tweet conflated the current Iranian regime with Iranian culture in some vague and general sense.

While Persepolis surely is important to the many Iranians who support their government, Iran has been many things at many times. Tehran was a very different city not so long ago. It could be a different city again.

To threaten sites that reflect that country's complicated past — indeed, our shared human past — actually is counterproductive to current U.S. aims in the region. To find the past often can mean finding freedom in its complexity. These sites actually link Iran to the international academic community, which in turn can lead to a more sympathetic hearing for treaties and democratic imperatives. A shared veneration thereof actually is a force for peace.

When we feel our country is being disrespected to its core, we tend to lash out at the perceived aggressor. If, on the other hand, we feel that our cultural heritage is respected, we're more willing to look critically at ourselves in the present. This simple truth is being forgotten, on both the left

and the right. The diminished amount of acknowledged respect is behind many of our problems, both foreign and domestic. This is yet another manifestation of the global shortage of empathy.

Sure, Trump was engaging in his strategically rash rhetorical threats. Bullying realpolitik. Scorched earth arbitrage designed to provoke a reaction. And it is worth noting that ISIS, the so-called Islamic State of Iraq and Syria, destroyed ancient buildings in those nations, especially between 2014 and 2017. That is not a comparison to be enjoyed.

First, Trump's spokespeople walked back the implications of the tweet and, although he first had doubled down on his threats in post-tweet comments to reporters, by Tuesday Trump seemed even to walk it back himself. Perhaps he knew he had gone too far. Perhaps the State Department got through. Perhaps media criticism stung. Perhaps he expected everyone to know that this was speech, not action.

If you are an optimist, you would see the events of the week as proof that safeguards still exist in our democracy. If you're a pessimist, or maybe a realist, you will be breathing a sigh of relief and then worrying about what happens next. To breach what seemed like a firm line always puts other lines at risk. The year 2003, it has turned out, was a very different era. Who could have anticipated what has happened since?

And Wilson? She has retired. But not as a scholar who cares about ancient Iran. "It has been an appalling week," she said when I reached her. "Deeply distressing."

Chris Jones is a Tribune critic. cjones5@chicagotribune.com

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Chicago Tribune

CHEWING

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Chew on, CHICAGO

Shaping lakefront detritus into art

What some consider junk, Soss collects and photographs



RICK KOGAN
Sidewalks

A beach can be a lonely place, particularly in winter. John Soss wanders beaches in every season but does so less frequently when the cold comes, and the snow and the ice bury what he is seeking.

What he is seeking are remnants of this world, specifically things that have been lost or tossed or otherwise found their way into the waters of Lake Michigan. Thousands of these things eventually wash up along the shore and Soss grabs some, looks them over and takes a few home, there to arrange together in patterns and take a photo.

His neat and orderly North Side house is filled with things he has rescued from beaches. They sit on tables and in jars. They fill part of his garage. You name it, he's probably found it: bird feathers, shotgun shells, knives, silverware, sunglasses, keys, light bulbs, squirt guns, Legos, cigarette lighters, driftwood, toys, dolls, fireworks, bones, golf balls, pieces of glass, balloons, wallets, credit cards, nuts, and on and on and on and on. He finds many, many pieces of glass. He sometimes finds, as one might expect, money on the beach.

"But I don't keep any of that," he says. "I gather up all the coins and bills at the end of each year and send it to my sister."

It's a fitting annual tribute because his sister is the person who sparked his beachcombing passion on an early 1980s family trip to Southwestern Michigan.

"My sister showed me a piece of glass and explained how beaches were filled with things dumped into the lake," he says. "We took a long walk and found all kinds of things."

Decades later this memory resurfaced when a friend showed him some pieces of glass that she



John Soss shows off art and materials in his Chicago home. A show of his photographs, titled "On the Beach," opens Friday at The Dime gallery.

had found on Chicago beaches and he realized, "It wasn't just empty beaches in Michigan or beaches in places like the Bahamas that held these things. They were here in the city."

So, seven years ago he began to hit the beaches with regularity and purpose. Divorced with two grown children, Soss is an early riser and ardent bicyclist, habits that lend themselves nicely to beachcombing. The items he found he brought home, arranged in some pattern on top of a table, took a photo with his iPhone and sent it to his sister with this caption: "Like finding money on the street."

For two years, he shared photos only with his sister. But as his photography and design skills matured, she urged him to begin posting the photos on Facebook and Instagram. There are now more than a thousand of them, compelling, mysterious, some beautiful and all provocative. What other people might consider junk, Soss finds art, a philosophy captured in a note he found on the beach. It was from a Chinese fortune cookie: "Finding exotic uses for what others ignore will make your special fortune."

Once a photo is taken and posted, he dismantles the arrangement, stores what he considers its good pieces, tosses a bunch of others and recycles the rest.

"The items do make my mind wander, concocting fictional stories about where they came from, who may have owned them, how did they get in the lake," he says. "It is not so much that they represent a puzzle. It's really as if these things are waiting for me to put them together."

This relatively private pursuit goes public with the art exhibit "On the Beach," opening Friday at The Dime, a gallery at 1513 N. Western Ave. It was more than two years ago that gallery owner Tony Fitzpatrick suggested this show. Soss scoffed, thinking the idea to be "ridiculous. I was never doing this for appreciation or recognition." But Fitzpatrick, a longtime Soss friend and a fan of his internet postings, is an energetically persuasive man and now Soss feels excited about the show, which will include some 40 of his photos mounted handsomely on pieces of aluminum in 16 inches by 16 inches, 12 by 12 and 8 by 8. These photos are modestly priced

(at \$300 to \$500) and the show will run through Feb. 1.

Soss does not consider himself an artist. He works as the vice president of marketing and advertising for Jam Productions, the venerable (almost 50 years old) concert and special events producer. Except for a short interlude, Soss has worked at Jam since starting as a college intern while earning his B.A. from Columbia College.

"For John music has always been about much more than commerce," says my colleague Greg Kot, Tribune's popular music critic. "He was always deeply invested in art and music, a connoisseur of everything from maverick country artist Jimmie Dale Gilmore to handmade Christmas cards, and the beauty they embrace, the empathy they inspire. He may work in the music industry, but he's not an 'industry' guy."

Soss has many friends and interests. A personable and contemplative man, he has collaborated on writing songs. He collects Christmas music and was for some years a Friday night regular patron of the Green Mill. He loves to visit flea markets. Travel is

another frequent activity and one room in his house is covered with maps of the places he has been.

He also writes, as he did for the Tribune a decade ago. Though those stories — many about his then young, now grown, son and daughter from a marriage that ended in divorce — were quite good, they barely hinted at his lyrical way with words. Here is an example, part of a speech he gave at a memorial service: "An old friend pointed out that we all pick up marks throughout our life, scars, and they decorate us until we pass from this life. This I now know to be true. We're also marked, indelibly, by the deep connections we make with our fellow travelers."

He travels to the beach with a shoulder bag to store his finds. Some days it bulges.

"I don't go out every single day but when I go out there has not been one day that I didn't find a number of things to bring home and photograph," he says. "Each beach has its own personality."

He has his favorites, but he is understandably proprietary, refusing to give precise names or locations lest "I start to attract people curious about what I'm doing and following me around." He has wandered other shorelines, from Milwaukee in Wisconsin to South Haven in Michigan, but his feet most often walk the beaches in Chicago.

For the last two years, many of his walks were in the company of his girlfriend, a Chicago public school special education teacher who died in August.

Two months after her death, Soss discovered a note that she had written to him but never delivered: "I've seen you work your way along the shoreline, choosing some pieces and discarding others. You keep the ones that have been frosted and smoothed and toss the shiny ones back. The more they've been tumbled and churned and buffeted against the beach, the more beautiful and interesting they become. They take on new and unexpected forms as they're shaped by raging storms and polished by gentle waves. I learned this from you, and what is true for beach glass is true for people too."

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BOOKS

Cartoonist is back with 'Drew and Jot'

Eisner-winning artist's superheroes are regular kids

BY WEB BEHRENS

Award-winning artist. Comic-book publisher. Co-owner of his own small chain of shops, one each in three states. He doesn't run around in a cape nor sport a mask, but Art Baltazar wears many professional hats.

For his literal sartorial choices, Baltazar tends toward fedoras and flat hats, like newsboy caps. "I think I have 63 hats. I counted them recently," he says. "I just love dressing up. When I do school visits, I like to dress up. I don't want to look like everyone's dad or neighbor. When I go out with my wife, I dress up too, even if we're just going to Buffalo Wild Wings."

As the new year begins, the Streamwood resident adds another feather to his creator's cap: A brand-new solo project, "Drew and Jot: Dueling Doodles," was just published. Within its 200 or so pages, writer-artist Baltazar takes his utterly delightful cartooning to new dimensions, crafting a tale within a tale when two middle-school boys create their own comic book — a project complicated by a kid sister who starts scribbling in their notepads.

Baltazar had just seen an advance copy before he chatted with the Tribune by phone in late December, a few days before his 51st birthday. "To see it in hard-cover was pretty cool," the writer-artist says. He was especially excited by the reception the book got at home from his two adolescents, ages 12 and 16: "My kids are fighting over who gets to read it first."

Although Baltazar has been creating original characters in DIY comics since he was a youth himself, his most celebrated comic books so far involve beloved superheroes that everyone knows. Which makes sense, because Baltazar's own origin story is closely tied to those characters.

A South Side native, he grew up near Sox Park, which he still calls "Comiskey." His dad worked the graveyard shift at Sears, which meant they spent time together during the day before little Art started kindergarten. "He'd draw with me — Ernie and Bert, Batman and Robin. I loved those drawings. But then he started working day shifts, so I had to draw things myself. I thank Sears for giving me my comic career."

Eventually he started acquiring comic books, from Justice League of America to Richie Rich — but it wasn't enough for the



ART BALTAZAR PHOTO

Cartoonist Art Baltazar — a South Side native best known for his Eisner-winning *Tiny Titans* — is back with a new graphic novel for kids, "Drew and Jot: Dueling Doodles."

burgeoning artist to merely read them. He customized them too: "I remember on 'Spider-Man,' some artist wouldn't draw enough webs on his face, so I'd put in new webs with pen or pencil. And I re-stapled them when they fell apart."

Baltazar is now patriarch to his own close-knit family: his wife Rose, their two teenagers and a grown stepson. All five regularly spend time together; when he spoke, a few days before Christmas, Baltazar expressed enthusiasm that they were going together to see "Star Wars: The Rise of Skywalker." Of course, Baltazar has turned his passion for geek culture into a career.

A rising star in 2003 when he first got published in *Disney Adventures*, Baltazar's first huge hit came in 2008, when he and partner Franco Aureliani (who goes by just "Franco") reinterpreted DC Comics' Teen Titans from angst action heroes into *Tiny Titans*, fun young kids attending *Sidekick Elementary*. The award-winning comic series captures the same sort of multiple-level magic that makes the *Muppets* and *Pixar* so successful: exuberant art for chil-

dren that also cleverly entertains grown-ups.

In 2012, Baltazar added "proprietor" to his list of professional achievements. That spring, the first *Aw Yeah Comics* opened, brightening up downtown Skokie with its primary-colored walls bursting with white stars — and *Action Cat*, a character Baltazar created, painted onto the door as greeter. Two years later, the *Aw Yeah* brand of whimsy extended throughout the Oakton shopping district when Baltazar and another artist painted 15 hydrants, with the village's encouragement, to represent various superheroes (plus a droid or two tossed in for good measure).

Because many comics shops had long catered to a narrower but richer customer base of adult collectors, *Aw Yeah Comics* felt like a burst of fresh air. "We wanted our store to be the place where a kid gets their first comic," Baltazar says. "When you walk in our store, you're part of our world. And you're encouraged to loiter." The not-so-secret headquarters for comics fans was so successful it expanded into two other states: If you ever take a road trip heading

east from Skokie, you could stop into an *Aw Yeah Comics* in Muncie, Indiana, and another in Harrison, New York.

The locations aren't centered in big cities, but they're connected to the store owners' roots in the comics business. Baltazar and Franco both dreamed of having their own comics shop, but they were busy writing and drawing — winning two Eisners, the industry's Pulitzers, for *Tiny Titans* and a third for *Itty Bitty Hellboy*, another early reader comic book. Their collaborations happen despite long distance: Baltazar lives in northwest suburban Streamwood, while Franco lives in Harrison, about an hour northeast of Manhattan. (The glue holding the shops together is the stores' third partner, Marc Hammond, who focuses exclusively on the business.)

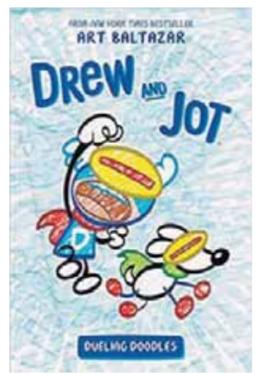
In addition to expanding one shop into a tiny national chain, the team also self-published its own line of comics. Deciding to spin *Action Cat* and his anthropomorphic buddies into their own limited series, they launched a Kickstarter campaign in February 2013. "We asked for \$15,000 to

publish six issues, and we got funded in less than eight hours," Baltazar says. They ended up extending the goal and raised more than \$47,000 from 1,100 backers. Many of the funny-book adventures are set in Skokie and involve the comics shop.

The success doesn't surprise Heidi MacDonald, onetime editor at both DC Comics and *Publishers Weekly* who now covers the comics biz on her own site, *The Beat*. She remembers first meeting Baltazar and Franco in Chicago, during a comics/pop-culture convention. "I had dinner with them," she recalls, "and found them as completely hilarious in person as their work suggested."

"Kids still like print comics," MacDonald continues. "Anecdotal, yes, but the kids I know who are always fiddling on tablets still like physical books and comics. And it is hard to overestimate the success of kids' comics in bookstores in recent years. ... The comics shops that have survived almost all have very well curated kids' sections."

One sea change in comics for kids — a trend Baltazar had predicted — is the



'Drew and Jot'

By Art Baltazar, KaBOOM, 208 pages, \$14.99

shift away from monthly comics to thicker volumes. "Publishers want the 100-page volume, the graphic novel," he says — volumes such as "Drew and Jot: Dueling Doodles," the first part of a three-book series with Boom Studios.

The story-within-a-story element to "Drew and Jot" enables Baltazar to play with his art style. To illustrate the pages drawn by the kids, he scanned ruled notebook paper to use as the background of the boys' sketchbooks, then he drew some elements in crayon and scanned that too. It's an idea that's been in the works for about 15 years, since his son was a baby. "I wanted to see if I could whip up a comic while my son was still napping, so I got notebooks and markers and crayons and challenged myself. I drew it real fast, in like an hour and a half."

He takes special pride in creating his own original work, which includes another series of graphic novels about Gilbert, the little merman. But Baltazar hasn't stopped playing in other publishers' toyboxes: Later in 2020, DC Comics will release "ArkhaManiacs," another playful, G-rated take from Baltazar and Franco on famous characters — this time, specifically the ones in the Batman universe.

As he currently works on "Drew and Jot," volume two, he admits to a bit of professional pride. "I think 'Drew and Jot' is the best book I've ever done," he says. "It's so unique-looking. I love it so much, mostly because they're my own characters." Most of all, he's excited for 2020 to unfold and his new creations to appear in the world: "I can't wait for all these projects to be over, so I can read the books."

Baltazar will appear at 7 p.m., Jan. 23, at Anderson's Bookshop, 123 W. Jefferson Ave., Naperville.

Web Behrens is a freelance reporter.

REVIEW

Language, power and why dolphins have accents

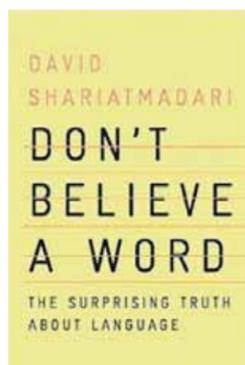
BY PARUL SEHGAL
The New York Times

It's astonishing that humans are expected to make our way in the world with language alone. "To speak is an incomparable act / of faith," the poet Craig Morgan Teicher has written. "What proof do we have / that when I say *mouse*, you do not think / of a stop sign?"

"Don't Believe a Word," a new book by Guardian writer and editor David Shariatmadari, delves into the riddles of language: the opacities, ambushes, dead ends, sudden ecstasies. It's a brisk and friendly introduction to linguistics, and a synthesis of the field's recent discoveries. So much more is now known about how language evolves, how animals communicate and how children learn to speak. Such findings remain mostly immured in the academy, however. Our "insatiable appetite for linguistic debate," Sha-

riatmadari writes, is born out of confusion. "Why do millennials speak their own language? Do the words they choose reflect the fact that they are superficial, lazy, addicted to technology? How can you protect a language against outside influence? Does the language we use to talk about climate change, or Brexit, change the way we think about them?"

Shariatmadari organizes his book around a few core misapprehensions, taking decisive aim at some well-chosen foes. *Enemy Number One*: The pedant or self-styled grammar snob, who has been with us for at least 400 years judging by the examples presented here. "Even though the idea that language is going to the dogs is widespread, nothing much has been done to mitigate it," Shariatmadari writes. "It's a powerful intuition, but the evidence of its effects has simply never materialized." The expressive power of



'Don't Believe a Word'

By David Shariatmadari, 324 pages, Norton, \$27.95.

language is undiminished, but human communication is in constant flux and ought to be understood, this book argues, as "a snapshot" of a time, place and particular community of speakers. Even the sim-

plest words alter with time. Bird used to be "brid," and "horse," "hros," transpositions of letters that later became the norm. "Empty" used to be "emty" — a transformation that reveals physics at work, according to Shariatmadari. "The simple mechanics of moving from a nasal sound ('m' or 'n') to a non-nasal one can make a consonant pop up in between" — in this case, the "p" sound we hear.

Our bodies drive these changes, as do our yearnings for status and belonging. A study of Martha's Vineyard in the 1960s found that longtime residents were unconsciously adopting an accent to separate themselves from summer visitors.

Of all the factors that transform how we communicate, none are so powerful as young people, who have always steered language. They remake it as they learn it, inducing in older people a powerful sense of "linguistic disorientation."

To speak about language is always to speak about power. There is the power of linguistic innovation, which is often met by the powers of stigma and contempt, of racism and class prejudice. Perhaps no dialect has come under more hysterical attack than African American Vernacular English (AAVE). In the book's strongest section, Shariatmadari reveals how little the so-called guardians of the English language understand about English, let alone the particular innovations of AAVE, which linguists have described as a rule-bound language that has given us at least one new verb tense.

The scope of "Don't Believe a Word" is impressive. It pauses to consider what modes of communication can tell us about the working of the brain, its role in communal violence in India and whether some languages are genuinely richer, more expressive or efficient. Shariatmadari is

an earnest writer — clarity, not style, is his priority — but the quirks of human and animal speech are strange and alluring enough to leaven the narrative. Who knew that dolphins had accents?

It's curious, however, that a writer so word-besotted should have such a blind spot for literature. Of course young people break and remake language. But so do poets. John Berryman was much on my mind as I read this book: "Nouns, verbs do not exist for what I feel," he wrote in "Epilogue."

Nor does this book explore some of the knottier questions it so tantalizingly dangles. How *does* language shape our understanding of Brexit and climate change?

In providing the reader a foundation in rudimentary linguistics and its history, Shariatmadari is perhaps prompting — even inducting — us into thinking through such issues ourselves.

BIBLIORACLE

Essential insight into startup culture

BY JOHN WARNER

January tends to be a slow time for new books, as publishers have already flooded the scene with marquee titles in advance of the holiday sales season.

But if you keep a sharp eye, you might just find a book released in January that people will still be talking about at the end of the year. Last year, that book was Tressie McMillan Cottom's "Thick," a book I touted in my first column of 2019.

This year, my pick is "Uncanny Valley," a memoir by Anna Wiener, a staff writer for The New Yorker. While "Uncanny Valley" is billed as a memoir — and it is — it doubles as a kind of ethnography of Silicon Valley startup culture, which Wiener joined as a refugee from low-level New York book publishing in 2013.

Wiener's initial foray at a digital reading app was short — and the app didn't last much longer — but she quickly wound up in customer service at a "data analytics" firm. This is where the book takes off, due to both her personal journey and her insight into the forces that have so profoundly shaped our culture.

The specifics of what these companies are doing matter little; regardless, their owners are convinced they're changing the world. The book is an exploration of Wiener's gradual alienation from herself as she's drawn deeper into the startup mindset of messianic zeal around growth and market share.

The rest of us are just starting to pay the price for all that hubris. As Wiener tells the tale, this is not a story of thirst for power or greed, necessarily, though the promise of wealth seems to play a role in driving the culture. More important was the sense of doing something big, something that would put a stamp on the world. Valuation was only the scorecard.

The companies claimed to be obsessed with customer service, but in one of the most revealing (and terrifying) moments, Wiener recounts employing the company's "God mode," which allowed total access to all of her customers' personal information. Her company was ostensibly in the business of maximizing the usefulness of that underlying data.

The quality of Wiener's on-the-ground observations, coupled with acuity she brings to understanding the psychology at work, makes the book illuminating on a page-by-page basis. It is as though Wiener found herself under a spell that separated her from herself, a temporary state she still finds a little baffling.

She wanted to believe that all these young, driven, mostly male people were doing as much good as they proclaimed, but of course this wasn't the case. It was never the case.



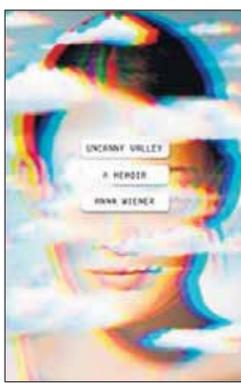
RUSSELL PERKINS PHOTO

New Yorker staff writer Anna Wiener offers a memoir and an incisive critique of Silicon Valley startup culture in "Uncanny Valley" — which Blioracle columnist John Warner calls the first must-read of 2020.

Mark Zuckerberg once proclaimed that Facebook would be a vehicle for world harmony. Google's slogan was "don't be evil." Both of these entities are now vectors for propaganda that has sown division to the point that we now question whether we still live in a shared reality.

Nonetheless, "Uncanny Valley" is a kind of compassionate condemnation. Wiener extends great empathy to the people she once moved among. They are not evil or craven, necessarily. The temptations are real and explicable.

But that empathy makes the portrait all



the more damning. These men consider themselves masters of the universe, but Wiener reveals their flaws and frailty. It is this that is most dangerous: the inability to admit fault or to reorient work around a different set of values.

Wiener's book isn't a warning so much as a lament over the damage done and the damage still to come.

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

Twitter @blioracle

Book recommendations from the Blioracle

John Warner tells readers what book to pick up next, based on the last five titles they've read.

1. "The Amazing Adventures of Kavalier and Clay" by Michael Chabon
2. "The Rosie Project" by Graeme Simsion
3. "The Bluest Eye" by Toni Morrison
4. "Pachinko" by Min Jin Lee
5. "As I Lay Dying" by William Faulkner — Lisa S., *Lake Bluff*

I think Lisa can handle the emotional intensity of "Revolutionary Road" by Richard Yates.

1. "Natural Rivals: John Muir, Gifford Pinchot, and the Creation of America's Public Lands" by John Clayton
2. "Lesser Beasts: A Snout-to-Tail History of the Humble Pig" by Mark Essig
3. "The Underground Girls of Kabul: In Search of a Hidden Resistance in Afghanistan" by Jenny Nordberg
4. "Late Migrations: A Natural History of Love and Loss" by Margaret Renkl
5. "The Ministry of Truth: The Biography of George Orwell's 1984" by Dorin Lynskey

— Stanley G., *Buffalo Grove*

This is all nonfiction, but in his email, Stanley says he does read fiction, so I'm going to change things up. In theory, this list of big concept titles should point me to a sprawling narrative, but I'm going toward the intensity of close intimacy in "My Name Is Lucy Barton" by Elizabeth Strout.

1. "The Overstory" by Richard Powers
2. "The Water Cure" by Sophie Mackintosh
3. "The Power" by Naomi Alderman
4. "Where the Crawdads Sing" by Delia Owens
5. "When Breath Becomes Air" by Paul Kalanithi

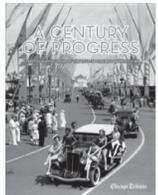
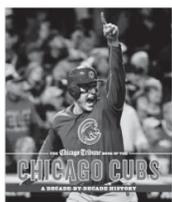
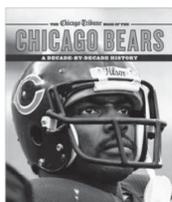
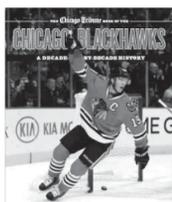
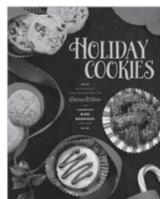
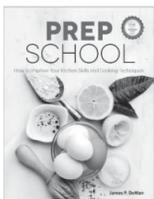
— Peg K., *Willmette*

I just read somewhere that "Where the Crawdads Sing" was the bestselling book of 2019, and I wouldn't be surprised if it's near the top in 2020. It has some serious legs. For Peg, a novel that takes its characters and its setting seriously: "Bangkok Wakes to Rain" by Pitchaya Sudbanthad.

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LITERARY EVENTS

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TUESDAY EVENTS



MARIE BENEDICT

Lady Clementine
Tuesday, January 14 at 7 pm
Anderson's Bookshop
123 W. Jefferson Ave. Naperville
(630) 355-2665
andersonsbookshop.com

Anderson's Bookshop in Naperville presents Marie Benedict with her new title, *Lady Clementine*. Historical fiction from the author of *The Other Einstein*. 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.

THURSDAY EVENTS



ROMI NEUSTADT

You Can Have It All, Just Not at the Same Damn Time
Thursday, January 16 at 7 pm
Anderson's Bookshop
123 W. Jefferson Ave. Naperville
(630) 355-2665
www.andersonsbookshop.com

Anderson's Bookshop in Naperville welcomes entrepreneur and business coach Romi Neustadt with her latest guide to success, *You Can Have It All, Just Not at the Same Damn Time*. 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.

WEDNESDAY EVENTS



NATHAN HALE

Major Impossible
Wednesday, January 15 at 7 pm
Anderson's Bookshop
26 S. La Grange Rd. La Grange
(708) 582-6353
www.andersonsbookshop.com

Anderson's Bookshop in La Grange hosts middle grade author Nathan Hale sharing his exciting new adventure, *Major Impossible*. A thrilling story of real-life hero, John Wesley Powell. 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.



PETER ASHER

The Beatles: From A to Zed
Wednesday, January 15 at 7 pm
Anderson's Bookshop
123 W. Jefferson Ave. Naperville
(630) 355-2665
www.andersonsbookshop.com

Anderson's Bookshop in Naperville welcomes celebrated music producer Peter Asher with his book, *The Beatles: From A to Zed*. 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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break
the
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of time
— Carl Sagan



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CHRISTOPHE ENA/AP

The original "Cats" choreography by the stage show's co-director, the late Gillian Lynne, pictured in 2015, featured actors prancing around for two hours in body-hugging cat costumes.

COMMENTARY

More than 9 lives for 'Cats'?

In spite of scathing reviews and jokes, the show goes on

BY CHARLES MCNULTY
Los Angeles Times

When we first encounter the Roy Cohn of Tony Kushner's "Angels in America," he's furiously working his phones. To soothe an irate client, he offers tickets to "Cats," a Broadway show he knows this rube will appreciate. "It's about cats," he explains. "Singing cats, you'll love it. Eight o'clock — the theater's always at 8."

After he hangs up, he calls her a "bleeping tourist." The line always kills because while "Cats" will always be popular, it also will always be a joke.

"Cats," Andrew Lloyd Webber's blockbuster spun from the light verse of T.S. Eliot's "Old Possum's Book of Practical Cats," is a paradox and a puzzle illustrating the disconnect between theatrical success and respect.

The fourth-longest-running show in Broadway history, it is the consummate tourist musical.

Theater people resent "Cats" not just because it made Broadway uncool until "Hamilton" finally

rescued it from the pop cultural stocks. What really infuriates buffs is that "Cats" ushered in an era of grandiose spectacle, the vacuous parade of shows from the 1980s and early '90s that made it seem as if a musical had to have a helicopter or a crashing chandelier to be worth the rapidly rising ticket price.

Yes, "Cats" won the 1983 Tony for best musical. Hell, even dead Eliot won for best book, a Tony to shore against his ruins. But few with any real discernment thought the show was any good, notwithstanding the overheated British hype machine.

The trailers for Tom Hooper's newly released film version of "Cats" had the Twitterverse ready to pounce. Questions were raised about whether the cats of "Cats" were supposed to have human-shaped breasts. Some wondered why a teaser for a musical was downplaying the singing.

But knowing the show as I do, I had no expectations to be smashed. I showed up to the screening not to mock a travesty but to see

what in the world could be done cinematically with such intractable material.

Los Angeles Times movie critic Justin Chang did what any humane critic must do in this situation: He euthanized the film.

"Cats" is now the laughingstock of the movie world, but the musical will always be with us. Nothing can destroy it. Public curiosity, Taylor Swift and the rest of the starry cast might drive ticket sales.

Somewhere, some quixotic director is scratching out plans for another revival. Tourists right now are being born to replenish future audiences.

Surely there must be some feline magic in the musical's weave. Popular taste can be easily dismissed, but how to account for the way the show has always attracted top theatrical talent?

Trevor Nunn, the show's original director, was the artistic director of the Royal Shakespeare Company at the time. He didn't have to turn his attention from "Hamlet" and "Romeo and Juliet" to a theatrical litter box. Of course the prospect of grand commercial success is a powerful lure, but "Cats" was initially seen as a ludicrously risky endeavor.

The word from rehearsals, when "Cats" was bounding for its 1981 West End debut, was DOA. Judi Dench, who had been cast as Grizabella, the Tottenham Court Road cat with the shady past, snapped her Achilles tendon and had to pull out. Disaster seemed preordained.

What ultimately rescued "Cats" from failure was the directness of its theatrical appeal. This is a dance musical, in which the book is subsidiary to spectacle and motion. Nunn helped patch together a narrative by borrowing material from elsewhere in Eliot's oeuvre, but the story is as jury-rigged as a carpeted cat tree.

The original choreography by co-director Gillian Lynne elicited just enough subliminal eroticism from the strange situation of adult theatergoers gathering to watch a company of actors prance around for two hours in body-hugging cat costumes. Audiences members could, under the auspices of the author of "The Waste Land," turn off their cognitive faculties and secretly indulge in some vicarious cosplay. But mostly it was just a dusky pantomime set on an urban Disneyland trash heap.

Threaded through the revue was an operatic tale of tattered Grizabella's redemption. This ostracized cat doesn't cough bloody hairballs into her handkerchief, but she does get her own Puccini-flavored ballad in "Memory," the song that earned Elaine Paige in London and Betty Buckley in New York eternal fame. Audiences developed a Pavlovian response to those insinuating moonlight chords introducing the song.

Jennifer Hudson's sobbing rendition doesn't hold a candle to Paige's or Buckley's. The blunt emotionalism seems to be a diversionary strategy to keep us from recognizing that this tricky number is outside her range. Nevertheless, I found myself flicking away a tear at the end.

No, I'm not proud to have momentarily succumbed. But there were longueurs to get through. "Cats," on the big screen as well as onstage, is shot through with tedium.

The film rubs the wrong way at points. (Why did James Corden, who looks more like a penguin than a cat, and Rebel Wilson, who sprawls gamely on her back, submit themselves to so much fat shtick?) The plot rebuffs scrutiny. You'll

wring no information from me about this jelliecat tribe.

The film's new material seems designed to give Swift more to do. (She moves with a lithe loveliness, by the way, in a movie that often behaves like a music video.) I'm not really sure how to respond to choreography that's CG-enhanced. (Oh, that was a dazzling computerized leap!) But I gazed as dutifully as my two cats do when birds are frolicking in the tree outside the window.

No, I didn't hate-watch the movie. How could I? Dench, finally getting her crack at whiskers, is in the cast. She plays the wise-elder cat Old Deuteronomy, who selects the feline who will be granted a new life.

Some actors you would pay to hear read the phone book. I'd go into debt to listen to Dench give a dramatic recitation of "Cats."

Before you accuse me of going soft, let me remind you that felines in musicals have a special power.

"Cats," as I've mentioned, is the fourth-longest-running musical in Broadway history. Want to know what's third? "The Lion King"

These theatrical tabbies and toms will survive this latest wreck. (Gulp!)

'Kid from the block' made anthemic soul

Sam Moore of Sam and Dave recalls band's early days

BY STEVEN GAYDOS
Variety

During that bright burst of Memphis music magic that lit up radios, record players and concert stages in the mid-'60s, no act outshined the dynamic rhythm and blues duo known as Sam and Dave. Alongside legendary performers such as Otis Redding, Carla Thomas and Booker T. & the M.G.'s, Sam Moore and Dave Prater ran up a string of chart hits for the Stax label that included such soul anthems as "Hold On, I'm Comin'," "Soul Man" and "I Thank You." The duo first parted ways in 1970 and by the early '80s, had broken up for good. Prater died in an auto accident in 1988, and Moore's career overcame numerous setbacks. But Moore endured, going on to enjoy the duo's Rock & Roll Hall of Fame induction in 1992 and a 2006 Grammy nomination for his version of the song "You Are So Beautiful," among many career highlights. Variety first noted Moore on June 22, 1966, when he and Prater hit the singles charts with "Hold On, I'm Comin'."

The following is an edited transcript of the conversation.

Q: You and Dave Prater put out records before you broke through on Stax. But none of those records ever clicked?

A: We were signed, and we had a producer who'd worked with Joe Williams, Count Basie and Dinah Washington. We came up with some pretty good stuff. But it became clear that nothing was working, and I finally said, "We're not going any further with you guys. Could you let us out of our contract?"

Q: Roulette was owned by Morris Levy, who was very famously, shall we say, difficult, or impossible, to negotiate with.

A: What did I know? I was just a kid from the block. They told us to talk to Morris, so we found out where he lived. He had a beach house in Miami. We knocked on the door, and a maid answered and asked us what we wanted. We said, "We're here to see Mr. Levy." Right, two black guys in that neighborhood, and remember, this is back in the early '60s, and we're not that close to integration. She says, "Go around the back, and Mr. Levy will see you." So we go around, and



DUFFY-MARIE ARNOULT/GETTY

Sam Moore, left, of R&B duo Sam and Dave, who was inducted into the Rock & Roll Hall of Fame in 1992. Moore was also nominated for a Grammy in 2006.

we're greeted by three guys wearing overcoats in the middle of the summer, and you can see these bulges in their coats right where you'd be carrying a gun. Levy comes out and says,

"What do you want?" We said, "We're Sam and Dave. We're on your label. We've cut some tracks." "What do you want from me?" "You're losing money with us, and we can't find a way

to do anything." Then I started to sit down, and he said, "Did I ask you to sit down?"

Q: You know that other acts had very bad things

happen to them after that kind of conversation with Morris Levy.

A: He took out a box and found some papers, and he signed things and crossed things out. He said, "Let me know if you get any offers. How are you getting back?" We told him we had our car and thanked him and left. When we got back and told our manager, he said, "Morris Levy let you out of your contract? OK, let's see how far this goes."

Q: Essentially, from many different directions, you were being robbed.

A: And the more confused I got, the more I shot dope and I got more confused. Eventually, I learned that being angry, resentful and hurting wasn't helping anything. I found a way to move on.

Q: Such a horrible business experience but we still have all those amazing records. Is there anything you might have done differently?

A: To tell you the truth, I love those records, and when I made them, I knew they were songs I could sink my teeth into. But my background is gospel. The truth is, I wanted to stay in the gospel field. But it wasn't paying the bills.

WATCH THIS: SUNDAY



Ben Mendelsohn and Cynthia Erivo

"The Outsider" (8 p.m., 10 p.m., 2:10 a.m., HBO): Adapted from a novel by Stephen King, this new thriller follows Georgia police detective Ralph Anderson (Ben Mendelsohn) as he investigates the murder of an 11-year-old boy. Eyewitness accounts and physical evidence point to an unlikely suspect: Terry Maitland (Jason Bateman), a popular local teacher, husband and father. When contradictory evidence that seems to clear Terry emerges, Ralph—who still is mourning the death of his own son—brings in private eye Holly Gibney (Cynthia Erivo) to provide her perspective.

"25th Annual Critics' Choice Awards" (6 p.m., CW): Presented by the Broadcast Film Critics Association and the Broadcast Television Journalists Association, this awards ceremony—which honors the year's best in films and TV/streaming—observes its silver anniversary. In the movie categories, Martin Scorsese's "The Irishman" leads this year's pack of nominees with 14 nods, followed by Quentin Tarantino's "Once Upon a Time in Hollywood" (12) and Greta Gerwig's "Little Women" (9). One of last year's acting winners, Mahershali Ali ("Green Book"), is back this year as a nominee for HBO's "True Detective."

"Kids Say the Darndest Things" (7 p.m., ABC): A group of kids shows host Tiffany Haddish the best way to eat pizza—and the youngest and toughest food critic in Brooklyn, N.Y., goes on a culinary adventure at a Michelin star-rated restaurant—as a new episode called "A Thousand Thumbs Up!" airs. Later, Tiffany goes toe-to-toe with a dazzling young chess player, and an aspiring entomologist shows off her cockroach collection. In another segment, a virtual assistant called Tiffy stirs up trouble with some young rebels.

"A Beautiful Place to Die: A Martha's Vineyard Mystery" (7 p.m., Hallmark, HMM): After being badly injured and incurring a painful loss in the line of duty, Boston police detective Jeff Jackson (Jesse Metcalfe) retires to a quiet life in his late father's home on Martha's Vineyard. After a mysterious visitor to the community turns up dead, however, the local police chief (Eric Keenleyside) recruits Jeff to help in the investigation... which also involves medical examiner Zee Madeieras (Sarah Lind), who has a history with Jeff. Chelsea Hobbs and Sunita Prasad also star.

"Psycho Party Planner" (7 p.m., 11:01 p.m., Lifetime): As her daughter Kerry's (Cathryn Dylan) 16th birthday approaches, gallery owner Kayla Anderson (Lindsey McKeon) finds herself completely buried in work, so she looks for someone to help plan Kerry's big Sweet 16 bash. She hires enthusiastic young Lindy Shores (Katrina Begin), blissfully unaware that (a) Lindy is mentally unstable, (b) recently murdered her own husband and (c) has a sick compulsion to make Kerry her own—no matter what it takes—in this 2019 thriller.

Hey, TV lovers: Looking for detailed show listings? TV Weekly is an ideal companion. To subscribe, go to www.tvweekly.com or call 1-877-580-4159

SUNDAY EVENING, JAN. 12

MOVIES

	PM	7:00	7:30	8:00	8:30	9:00	9:30	10:00
BROADCAST	CBS 2	God Friended Me: "BFF." (N) ©		NCIS: Los Angeles: "High Society." (N) ©		FBI: Most Wanted ©		News (N) ★
	NBC 5	★ (6) America's Got Talent: "The Champions One." ©		Ellen's Game of Games ©		Ellen's Game of Games ©		NBC 5 News at 10pm (N)
	ABC 7	Kids Say the Darndest Things (N) ©		Shark Tank (N) ©		Shark Tank ©		News at 10pm (N) ★
	WGN 9	black-ish ©	black-ish ©	Last Man Standing ©	Last Man Standing ©	Weekend News (N)	Instant Replay (N) ©	Chicago's Best
	Antenna 9.2	Family Ties	Two Dads	Wings ©	Coach ©	It's a Living	It's a Living	Designing
	Court 9.3	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic
	PBS 11	Howards End on Masterpiece (N) ©		Sanditon on Masterpiece (Series Premiere) (N) ©				Check, Please!
	CW 26.1	★ (6) 25th Annual Critics' Choice Awards (N) ©				Broke Girl	Broke Girl	Seinfeld ©
	The U 26.2	Open Season (PG-'06) ★★	Voices of Martin Lawrence.			Along Came a Spider (R,'01) ★★		
	MeTV 26.3	Columbo: "Death Lends a Hand." ©		Collector		Flintstones	Honeymoon.	D. Van Dyke
	H&I 26.4	Star Trek ©		Star Trek: Next		Star Trek: Deep Space 9		Star Trek ★
	Bounce 26.5	★ (6) Our Family Wedding		The Trumpet Awards ©				Trumpet ★
	FOX 32	★ (5:30) NFL Football: Seattle at Green Bay Packers. (N) ©		Seahawks	NFL Post-game (N)	Bob's Burgers (N)	Bless the Harts (Season Finale) (N)	Fox 32 News ★
	Ion 38	NCIS: Los Angeles		Chicago P.D. ©		Chicago P.D. ©		Chicago ★
TeleM 44	★ (6) Hard to Kill (R,'90) ★★	Jack Reacher (PG-'13, '12) ★★	Tom Cruise. ©				Noticiero	
MNT 50	Big Bang	Big Bang	Big Bang	Mod Fam	Mod Fam	Mod Fam	Dateline ★	
UniMas 60	Exodus: Gods and Kings (PG-'13, '14) ★★	Christian Bale.	Joel Edgerton.				Book of El ★	
WJVS 62	Ever Increasing Faith		Truth of God		Pol-News		Van Impe (N)	
Univ 66	Mira quién baila All Stars (N)				Crónicas: Historias		Noticias (N)	
CABLE	AE	Hacksaw Ridge (R,'16) ★★	Andrew Garfield, Sam Worthington. ©					Top Dog ★
	AMC	★ (5) The Hunger Games		The Hunger Games: Catching Fire (PG-'13, '13) ★★				★
	ANIM	(7:01) Lone Star Law		(8:01) Lone Star Law (N)		Lone Star Law (N)		Lone Star ★
	BBCA	Doctor Who (N) ©		(8:07) Doctor Who ©		(9:12) Independence Day ('96) ★★		★
	BET	The Family Business		New Jack City (R,'91) ★★		Wesley Snipes, Ice-T. ©		★
	BIGTEN	★ Wm. Basketball (N)		Basketball (N)		BIG Basketball & Beyond		Basketball ★
	BRAVO	Housewives-Atlanta (N)		Housewives-Atlanta		Watch (N)	Housewives-Atlanta	
	CLTV	Sign-off						Sign-off
	CNN	Impeachment-Trump (N)		Impeachment-Trump (N)		CNN Special Report ©		The 70's ★
	COM	The Hangover (R,'09) ★★	Bradley Cooper, Ed Helms. ©			South Park		South Park
	DISC	Naked and Afraid: "Gary's Journey." (N) ©				Naked and Afraid (N) ©		Afraid ★
	DISN	Raven	Roll With It	Gabby	Owl Hse.	Star Wars	Star Wars	Bunk'd ©
	EI	★ (6) Sweet Home Alabama ('02) ★★		Sweet Home Alabama (PG-'02) ★★				★
	ESPN	Championship Drive (N) (Live)				NFL Rewind (N) (Live) ©		SportsC. (N)
	ESPN2	Playoff (N)	College Football 150 - Football Is US			Championship Drive (N) ★		
	FNC	Life, Liberty & Levin (N)		The Next Revolution (N)		Watters' World ©		Life ★
	FOOD	Guy's Grocery Games		Worst Cooks (N)		Beat Play (N)	Beat Bobby	Beat Bobby
	FREE	★ (6:30) Captain America: The Winter Soldier (PG-'13, '14) ★★				(9:45) Hook ('91) ★★		★
	FX	★ (6:30) Deadpool (R,'16) ★★	Ryan Reynolds. ©			Weekly (N)	The Weekly	Independ ★
	HALL	A Beautiful Place to Die: A Martha's Vineyard				Golden Girls	Golden Girls	Golden Girls
	HGTV	Holmes & Holmes ©		Holmes & Holmes (N) ©				Holmes (N) ★
	HIST	American Pickers: Bonus Buys: "Pickers Sign Off." (N) ©						
	HLN	Forensic	Forensic	Vengeance: Killer (N)		Vengeance: Killer (N)		Forensic
	IFC	The Wedding Singer (PG-'13, '98) ★★	Adam Sandler.			The Wedding Singer (PG-'13, '98) ★★		★
	LIFE	Psycho Party Planner (NR,'20) Lindsey McKeon. ©				(9:03) Psycho Wedding Crasher ('17) ★		
	MSNBC	(6:00) Kasie DC (N) ©		Dateline: "Poison." ©		Dateline ©		Dateline ★
	MTV	Ridiculous. Ridiculous.		Ridiculous. Ridiculous.		Ridiculous. Ridiculous.		Ridiculous.
NBCSCH	Bensinger	Poker (N)	Heartland Poker Tour		World Poker Tour (N)		Poker ★	
NICK	Henry	Casagran (N)	How to Train Your Dragon (PG,'10) ★★		Voices of Jay Baruchel. ©			
OVATION	★ (6) Along Came a Spider (R,'01) ★★		Point Break (R,'91) ★★		Patrick Swayze. ©		★	
OWN	20/20: Homicide		20/20 on OWN		20/20: Homicide		20/20 ★	
OXY	Snapped: "Betty Neumar."		Snapped ©				-Killer ★	
PARMT	★ (5:30) John Wick (R) ★★		John Wick: Chapter 2 (R,'17) ★★		Keanu Reeves, Common. ©			
SYFY	★ (6:58) Harry Potter and the Order of the Phoenix (PG-'13, '07) ★★						Futurama	
TBS	Star Wars: The Last Jedi (PG-'13, '17) ★★	Mark Hamill, Carrie Fisher. ©			Star Wars		Star Wars ★	
TCM	Harry and Tonto (R,'74) ★★	Art Carney. ©			(9:15) The Late Show (PG,'77) ★★		★	
TLC	90 Day Fiancé: "Choose Me." (N)				(9:02) Sister Wives (N)		90 Day (N) ★	
TLN	IMPACT	Manna Fest	In Grace	Turning Point ©			King	
TNT	Wonder Woman (PG-'13, '17) ★★	Gal Gadot, Chris Pine. ©					Immortals ★	
TOON	Burgers	Burgers	Joe Pera	Amer. Dad	Amer. Dad	Family Guy	Family Guy	
TRAV	Expedition Bigfoot ©		Expedition Bigfoot ©		Expedition Bigfoot (N) ©		Lost- Wild	
TVL	King	King	King	King	Two Men	Two Men	Two Men	
USA	Law & Order: SVU		Law & Order: SVU		Dare Me (N) ©		Lincoln ★	
VH1	Soul Plane (R,'04) ★★	Kevin Hart, Tom Arnold. ©			Love & Hip Hop Miami		Hip Hop ★	
WE	Law & Order: "Slaughter."		Law & Order: "Dazzled."		Law & Order: "Foul Play."		Law ★	
WGN America	Last Man	Last Man	Last Man	Last Man	Last Man	Last Man	Married	
PREMIUM	HBO	★ John Wick: Chapter 3		The Outsider (Series Premiere) (N) ©		The Outsider (N) ©		Outsider ★
	HBO2	Les Misérables (PG-'13, '12) ★★	Hugh Jackman. ©			Just Like Heaven ★★		★
	MAX	Dick Tracy (PG,'90) ★★	Warren Beatty. (8:45) Ocean's 8 (PG-'13, '18) ★★			Sandra Bullock. ★		
	SHO	Ray Donovan: "Bugs." (N)		Shameless (N) ©		The L Word (N)		Work- Pro.
	STARZ	Power (N) ©		Power (N)		Power: "He Always Wins."		Power Con. ★
STZENC	★ (6:09) Psycho ('60) ★★		No Country for Old Men (R,'07) ★★				Pulp ★	



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Earliest Oscars ever leave voters scrambling

BY JOSH ROTTENBERG
Los Angeles Times

We all know the feeling of coming back from a leisurely holiday break to suddenly face a wall of deadlines.

This year in Hollywood, that experience has had its own unique twist.

The voting period for this year's Academy Awards nominations closed Tuesday afternoon — a full two weeks earlier than normal. The compressed timetable forced Oscar campaigners to push their “for your consideration” blitzes forward and left many of the motion picture academy's nearly 9,000 voting members scrambling to plow through piles of DVD screeners, make their lists and check them twice.

Despite the academy's frequent reminders, some it seems may have been unaware of the earlier deadline altogether, believing they still had time to set aside for, say, Martin Scorsese's sprawling, 3 1/2-hour gangster epic “The Irishman” or the black-and-white Czech war drama “The Painted Bird.”

“It was very rushed this year, and it was hard to watch over the holidays while traveling,” says Australian documentary filmmaker Eva Orner, who produced 2007's Oscar winner “Taxi to the Dark Side.”

“A lot of screeners came late in the second half of December. I actually like to unplug over holidays, so it was very difficult.”

The awards season calendar, like the presidential election calendar or a religious calendar, has its own familiar rhythms and long-standing rituals and milestones, running from the early rush of fall festivals in Venice, Telluride and Toronto through the year-end



FRANÇOIS DUHAMEL/UNIVERSAL PICTURES

Benedict Cumberbatch as Colonel Mackenzie in “1917.” Despite November screenings, the film's wide release came only last week, which some say puts the film at a disadvantage.

critics group and guild nominations, the Golden Globes and other pre-Oscar awards shows, plus the nonstop screenings and cocktail parties.

Any change in that calendar is bound to create ripple effects through the entire awards ecosystem, from the consultants who strategize Oscar campaigns to the designers who dress the stars for the red-carpet galas.

And this year, the academy made a big one: After more than a decade of the Oscars being in late February or early March, the 92nd Academy Awards will be held Feb. 9, the earliest date ever.

Knowing the effect the shortened schedule would have, the academy gave its members — and all of Hollywood — plenty of time to prepare.

In September 2018, the group's 54-member board of governors, facing perennial concerns over steadily declining ratings for the Oscar telecast and complaints about awards fa-

ctive, announced that the date of the 92nd Oscars would be moved up from Feb. 23 to Feb. 9, 2020.

In October 2019, the academy began steadily sending its members nudges to remind them of this year's key dates, an effort that has since intensified to nearly daily emails, robo-calls and text messages.

“I've never received so many emails from the academy,” says a member in the acting branch, who is involved in a potential contender and wished to remain anonymous.

“They've been extremely diligent. Do I wish I had more time? Yes, but I feel that way every year.”

Still, anecdotally, it seems some academy voters — perhaps having opted out of the organization's notifications — may not have received the message.

Last week, as the nominations deadline loomed, film journalist and longtime academy observer Mark Harris tweeted, “Based on my extremely informal

survey of Oscar voters, a high number of them have NO idea that voting for nominations ends in three days,” adding, “I can't imagine that isn't going to affect this year's nominations — I just don't know how.”

One longtime awards consultant, who declined to be quoted by name because of the sensitivity of the subject, dismissed such apparently out-of-the-loop voters by stating: “If you don't know that voting ends Tuesday after the barrage of emails and texts that the academy has sent out, maybe you shouldn't be allowed to vote. Maybe that speaks to a competency issue.”

Further complicating things, the academy has brought in hundreds of new members from foreign countries in recent years as part of its ongoing push to diversify its historically white male-dominated membership.

To make it easier for these far-flung members to watch potential Oscar contenders — and in a

perhaps overdue recognition that many no longer own DVD players — the organization made more films than ever available to stream this year via its online “Academy Screening Room” and a new Apple TV app. Still, some have expressed concern that the shortened window for voting could be a disadvantage for smaller films — or late arrivals such as Universal's World War I epic “1917,” which began screening in earnest in late November but only opened wide on Friday — by making it harder for them to work their way to the top of members' queues.

“I feel smaller films are definitely suffering from the rush and slipping through the cracks, with those released late in the year lost in the crowded field,” says Orner.

Syrian filmmaker Feras Fayyad says he is concerned that the shortened schedule could hurt movies like his shortlisted documentary, “The Cave,” about doctors under fire in the Syrian conflict, that have more difficult subject matter.

“‘The Cave’ got a great start at the Toronto Film Festival, but the film has been described as hard to watch,” Fayyad says. “This year, many films have hard-to-watch subjects, and that makes so many of the academy voters delay watching the film in this short time.”

Adding to his own time pressures as the Oscars near, Fayyad has been denied a visa to enter the United States to attend the show, a decision that has prompted the documentary community to rally around him.

“As a Syrian filmmaker suffering from harsh, impossible visa requirements, during this short time I can do nothing,” he says. “I am a victim of bureaucracy and

compact time in the awards season.”

Even as members and awards campaigners have scrambled to adjust to the compressed timetable, the academy itself has had less time than usual to figure out how to mount its all-important Oscars telecast.

In years past, the show's hosts have been announced as early as the previous fall, giving them ample time to prepare. Last year, the academy announced Dec. 4 that Kevin Hart would be hosting, only to see him drop out days later amid controversy, leaving the telecast to ultimately go on without an emcee for the first time in 30 years.

This year's Oscars producers, Lynette Howell Taylor and Stephanie Allain, who came on board in mid-November, have yet to reveal their plans for the show. But given the limited time remaining for rehearsals and the fact that ratings actually rose for last year's host-less telecast, it's likely the show will once again dispense with a traditional single emcee.

Those who have been left feeling frazzled can take comfort in two things: One, the academy has already announced that in 2021 and 2022, the Oscars will return to their traditional late-February spot. And two, as frantic as this year may feel, it'll all be over that much sooner.

Still, for all the added frenzy, some academy members say their experience has not really changed much at all.

“Honestly? I didn't know the timeline was compressed,” says actress and filmmaker Katie Aselton. “It felt the same: They email, I click, et cetera. Life feels compressed.”

Times staff writers Amy Kaufman and Glenn Whipp contributed to this report.

Alanna Ubach turned to Google for her ‘Bombshell’ role

BY JENELLE RILEY
Variety

The world of “Bombshell” is populated with familiar faces playing familiar faces; in addition to Charlize Theron as Megyn Kelly and Nicole Kidman as Gretchen Carlson, you'll catch actors including Richard Kind playing Rudy Giuliani and John Lithgow as Fox News head Roger Ailes.

But for maximum impact with minimum screen time, it's Alanna Ubach who stands out as Fox News star Jeanine Pirro. She is an Ailes defender and in one particularly tense scene, Pirro confronts Kelly over her refusal to

publicly support their embattled boss.

Ubach is a familiar face from such shows as “Girlfriend's Guide to Divorce” and a familiar voice for her role as Mama Imelda in “Coco.” She'll next be seen in the Fox series “Filthy Rich” opposite Kim Cattrall.

Ubach said: “I was called into just another audition, I had absolutely no idea who Jeanine Pirro was back then. I had exactly 24 hours to bring her to life. I had known Jay Roach from ‘Meet the Fockers,’ and I thought, ‘If he's gonna be there, I'm just gonna go all out.’ I had the false eyelashes, the pantyhose, push-up bra, the chicken



HILARY BRONWYN GAYLE
Alanna Ubach in a scene from “Bombshell.”

cutlets and the hooker heels on. I went to town. “The fortunate thing about playing a famous

person in 2019 is you just have to Google them and watch videos. I watched her footage for hours. Then I finally came across this TMZ footage of her being bothered at the airport and I really saw who she was behind closed doors. If I just played celebrity Jeanine Pirro, the one who's in interviews, then it was going to come across very ‘SNL.’ This was Charles Randolph writing the script and we're going to want to see what she's like behind closed doors. So thank God for that footage.

“There was also a Lebanese publication — she's Lebanese — where she was just an open book. They asked her a lot of questions

about her youth and she talked about how insecure she was going to an all-Catholic school in upstate New York. She was the only Lebanese girl at this school. I think that had a lot to do with her finally becoming who she became. She had a lot of drive.

“My main scene is with Charlize Theron where Jeanine confronts Megyn to support Roger. I like to call Charlize the Charlie Parker of acting. She was amazing and made up to look so much like Megyn Kelly. It was a scene at the end of the day and I thought to myself, ‘I better nail this because I know she's dying to go home and take all that makeup off.’

She brings it every single time. It's amazing to watch and be a part of.

“My job is to use substitution. I'm extremely liberal, so for me to say these lines and defend someone I myself would never defend in a million years, is to substitute. So the child-immigration horror is something that I used. I had to defend something that I wholeheartedly believed in. It really did occupy my brain and soul the entire time. It was the only thing I could stand behind and believe it's wrong, it should be illegal, it's terrifying. So I thought of children being separated at a border and imagined that Megyn Kelly was for it.”



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De Niro's time travel linked art, science

Technology used to de-age 'Irishman' stars is here to stay

By JOSH ROTTENBERG
Los Angeles Times

Few actors have undergone more dramatic physical transformations on-screen than Robert De Niro. For 1980's "Raging Bull," the actor, then in his mid-30s, famously put on 20 pounds of muscle to play boxing champ Jake LaMotta; then, over the course of several weeks, he packed on 60 pounds of fat to play the fighter as a bloated, washed-up older man. The extreme weight gain temporarily wrecked his health, but for his trouble he won his second Oscar — and the awed respect of every actor on the planet.

But not even the protean De Niro can reverse the relentless march of time.

To portray the hit man Frank Sheeran in Martin Scorsese's gangster epic "The Irishman" — a role that spans more than five decades, from Sheeran's service in World War II to his death in 2003 — the 76-year-old De Niro was put into a time machine unlike any seen in film history. The effort involved years of collaborative work from some of the industry's top visual-effects artists, costume designers, makeup artists and even sound editors. That work may not only yield a slew of Oscar nominations but, in a very literal sense, may also change the face of acting forever.

The road began in November 2015, when Scorsese had dinner one night in Taiwan with Industrial Light & Magic visual-effects supervisor Pablo Helman, with whom he was working on the drama "Silence." Scorsese asked Helman how CGI might be used to help an actor like De Niro play the same character at several stages of his life.



A new kind of camera rig was key in winding the clock back on Robert De Niro and Joe Pesci for "The Irishman." NETFLIX

Movies like "The Curious Case of Benjamin Button," "Tron: Legacy" and "Star Wars: Rogue One" had used this type of digital plastic surgery. But Helman knew that to push it to the limits that "The Irishman" required would necessitate the development of new technology.

For years, visual effects artists have been refining the ability to "de-age" actors by digitally mapping their performances with dots placed on their faces, often capturing the data with head-mounted cameras and then manipulating the performance using advanced software. Skilled makeup work, combined with tracking dots and the use of younger actors filmed in key scenes for visual effects artists to use as a sort of digital paintbox in post production is an approach used to create younger versions of Kurt Russell in "Guardians of the Galaxy Vol. 2" and Samuel L. Jackson in "Captain

Marvel."

But for "The Irishman," Helman and his team needed to figure out a way to de-age De Niro, as well as co-stars Al Pacino (who plays union leader Jimmy Hoffa) and Joe Pesci (who plays crime boss Russell Bufalino) without resorting to such elaborate and obtrusive performance-capture tech.

"When I first met Bob De Niro, he said, 'There's no way we're going to wear markers on our face or helmets with little cameras in front of us or gray pajamas,'" Helman says. "He said, 'We're going to be on set with each other, having a conversation in the moment, and you're going to have to come up with the technology that allows us to do that.'"

Helman brought the idea to his mentor, ILM creative director and eight-time Oscar winner Dennis Muren. "I put the script in front of him and I said, 'We have the incredible oppor-

tunity to develop new software and to further filmmaking — what do you think?'" Helman recalls. "He said, 'Risky.' I said, 'Do you remember how you felt when you did "Jurassic Park"? Didn't you feel that was risky?' And he said, 'Yeah, you're right. We should do this.'"

After creating a successful proof-of-concept by inserting the 70-something De Niro into a scene from 1990's "Goodfellas," Helman and his team spent two years developing a new type of camera rig that would enable Scorsese to shoot the actors on a real set under whatever lighting conditions the scene called for — no motion-capture suits or green screen required. Weighing 64 pounds, the rig had a standard camera flanked by two infrared cameras that could capture the volumetric information that would normally have been picked up with the sorts of tracking dots that Scorsese and

his cast refused to use.

Then, for Helman and a small army of visual-effects artists, the real work began. To bring Sheeran and the other characters back in time was not simply a matter of digitally smoothing out wrinkles. The ILM artists team created younger likenesses for each age the actors would be depicting then, using newly developed software, "re-targeted" their performances to those younger versions.

It was delicate, painstaking work, as much art as science. The difference between, say, a smile and a wince could be a matter of just a handful of pixels.

CGI was used to de-age De Niro back to his 20s, 30s and 40s. To take him back to his 50s — and forward to his 80s — makeup artist Carla White and her team stepped in, using the tools of their trade.

To further depict Sheeran's transformation over the decades, costume de-

signers Sandy Powell and Christopher Peterson developed scores of distinctive looks for Sheeran — 102 wardrobe changes in all — for each phase of his life. "We were tracking the way things changed through the decades with menswear," Peterson says, "but we were also tracking character at the same time; Frank's ascendance from a working-class Teamster to one of the soldiers in the (crime) family and working his way up."

Even sound came into play. Oscar-winning sound mixer Tom Fleischman experimented extensively to figure out how to de-age De Niro's voice. "It had to be very subtle," Fleischman says.

As software improves and computing power increases, you can expect Hollywood to continue to push the envelope of de-aging. Earlier this year, with the sci-fi action film "Gemini Man," director Ang Lee and his team used motion capture and other techniques to create a fully digital clone of 50-year-old Will Smith as he looked at 23. In what some may argue is a bridge too far, visual-effects artists have even reached beyond the grave; the late actor Peter Cushing was digitally revived for 2016's "Star Wars: Rogue One," and outtakes from Carrie Fisher's performance in "The Last Jedi" before her 2016 death were used as building blocks for "The Rise of Skywalker," now in theaters.

But all the digital technology in the world will be for naught if it fails to preserve the analog soul of a performance. With "The Irishman," what Helman is most proud of is that his work enabled Scorsese and his cast to shoot the film largely as they would have in the old days. For all of the countless hours of work that went into de-aging De Niro, Pesci and Pacino, he says, at the heart of it, the performances belong entirely to the actors.

Phillips

Continued from Page 1

(along with cocaine, heroin and other drugs) meant either criminality or hijinks or both, depending on the movies and on the political sentiment of the moment. The 1924 short "Notch Number One," also known as "High on the Range," delivered anti-marijuana propaganda in a Western setting. When an upright, clean-cut cowboy decides to experiment, it's only a matter of time before he turns into a killer.

Other films, especially in the early sound era prior to the enforcement of the Motion Picture Production Code, turned marijuana into a gag — laughing gas in cigarette form. In the 1932 "Jewel Robbery," William Powell is a suave burglar who disarms various authority figures by offering them his special cigarettes, "a pleasant, harmless smoke." Bam! They're giggling like maniacs in no time.

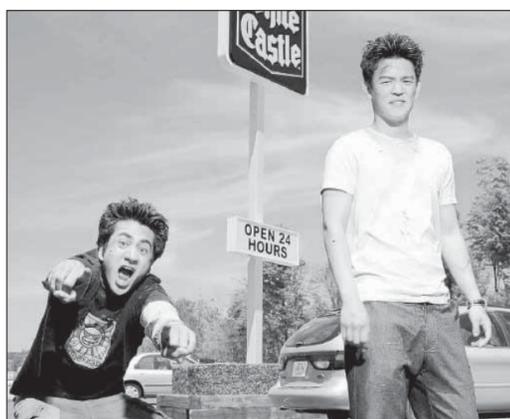
Depression-era audiences could've gotten high just watching some of the pre-Code musical numbers. In "The Big Broadcast" (1932), Cab Calloway hi-de-hoes his way through the song "Kickin' the Gong Around," borrowing the jazz underground phrase for smoking a "muggle," or some "mezz," aka cannabis. (Jazz lingo really is the best.) "It was down in Chinatown/ All the cokies laid around/ Some were high, and some were mighty low," the lyrics went.

A year later Calloway was back with an up-tempo ode to marijuana habitues, in the W.C. Fields comedy "International House" (1933). "What's the matter with this cat here?" the bandleader asks his sidemen, while the bass player, plainly stoned, slaps out a crazy rhythm.

"He's high!"
"Whaddya mean he's high?"
"Fulla weed!"
"Fulla weed?!" And off they sail into a frantic



A scene from a cult classic, 1936's "Reefer Madness." The movie was one of a few wild-eyed anti-marijuana scare pictures. MOTION PICTURE VENTURES



Kal Penn, left, as Kumar and John Cho as Harold in "Harold and Kumar Go to White Castle."

comic ditty called "Reefer Man." The song's lyrics paint the man in question as a disoriented goofball half out of his mind. Just before the fade-out, however, Calloway is heard to utter: "Now pass that thing slightly, lightly and politely."

One of the strangest of all pre-Code movies, "Murder at the Vanities" (1934), offers a musical interlude titled "Sweet Marihuana," with an *h*. (Historical footnote: A 1921 edition of the humor magazine "Captain Billy's Whiz Bang" includes

the seriocomic poem "Pangs of Conscience": "For now I'm down and out./ And broken is my will./ I'd sell my very clothes/ For a marewanna pill.") Against a backdrop of cactus and a chorus of Mexican guitars, vocalist Gertrude Michael wails: "Soothe me with your caress ... help me in my distress, sweet marihuana."

Bowing to boycott threats from, among others, the Catholic Legion of Decency, that same year Hollywood cleaned up its act. The Production Code,

(By the 1970s,) the establishment culture had run headlong into the counterculture, and Hollywood didn't know whether to follow the old blueprints or listen to the younger generation.

long sidestepped by the studios, went into enforcement. Meantime: With alcohol again legal, the U.S. Federal Bureau of Narcotics needed something to target.

Presto: reefer! Before long, wild-eyed anti-marijuana scare pictures such as "Reefer Madness" (1936) entered the marketplace. Decades later that title once again became big business, although this time a punchline, when it recirculated in midnight screenings in the 1970s.

By that time the establishment culture had run headlong into the counterculture, and Hollywood didn't know whether to follow the old blueprints or listen to the younger generation. Scare tactics, however, still made for effective melodrama. In the notorious 1967 "Dragnet" TV episode titled "The Big

High," a respectable-looking middle-class couple, not-so-secret dopers, leave their baby unattended in a rapidly filling bathtub. The child drowns.

"The baby in the bathtub scene is not mine; Jack Webb did an uncredited rewrite to make his point," screenwriter David H. Vowell, a veteran of '60s and '70s series television, told me the other day. "I objected at the time. And I still object. And this is the first time I've gone on the public record. But Jack was good to me. He had his finger on the pulse of law and order, and of law enforcement." Vowell's original script ended with the couple getting busted, and the child alive and well. Webb saw things differently.

Cheech & Chong saw things differently, too. By

the time the comedy duo made it big with their self-titled 1971 debut album, the Jack Webbs of Hollywood had largely receded and the complex, contradictory pop culture swirl of New Hollywood spun forward.

Now marijuana was funny, or cool, or both. When Cheech & Chong tried their first movie, "Up in Smoke" (1978), it made tens of millions of dollars. And none of the most recent generation of stoner comedies would've been possible without it.

Things change. "I'm a Seth Rogen fan myself," says Columbia College film professor Falzone, "but watching his movies over the past 10, 15 years, you can see a maturing process at work, just from the way he approaches storytelling. He doesn't want to play the idiot the rest of his life."

Then again, some things stay the same. Now, the children and grandchildren of anyone who saw "Reefer Madness" in the '70s have found an unlikely love-to-hate-it successor: A recent Washington Post story by Maura Judkis details a novel phenomenon: The new and widely derided film version of the Andrew Lloyd Webber musical "Cats" has become a mind-altering and mind-altered favorite for select audiences, either legally or illegally stoned.

The headline: "People are seeing 'Cats' while high out of their minds. These are their stories." Thanks to anguished reviews and terrible word-of-mouth, notes Judkis, "Cats" has become "a siren call for people who believe they know how to salvage an irretrievably weird movie, at least for themselves: by doing drugs first."

As Falzone puts it: "There are movies about being high. And there are apparently still movies best appreciated when high."

Michael Phillips is a Tribune critic.
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Punk

Continued from Page 1

Tracey Bradford, bassist Chris Kean and drummer Zack Kantor, ranging in age from 11 to 13 — bonded over their shared love of punk. When the band members went their separate ways after a mere 15 months, Verboten's story seemed destined to occupy an obscure corner in Chicago punk lore. But the quartet's impact loomed larger than anyone could have ever expected.

As punk rockers, the band members were misfits not just in their school but at local clubs unwilling to give a shot to untested bands who played a not particularly popular style of music. Yet the band wrote and recorded its own songs and even played a few gigs, including one at Cubby Bear opening for future Chicago punk icons Naked Raygun and Articles of Faith.

"We were definitely nervous," Narducy says. "But everyone there that night — the band, the audience — we all felt like outsiders. It was hard to get an original band gig let alone a punk rock one at that point. You had to be a cover band or play country, reggae, anything but punk rock."

"But Tracey gave us an air of confidence because she knew so many people. The other bands (on the bill) embraced us because we were so precocious, and they were impressed not just that we knew this style of music but could write original songs. There was a lot of love in that room that night."

Among those who became enamored with the band of adolescent punk rockers was a 13-year-old Grohl. He had no idea about punk rock or that his cousin Tracey was in a band when he arrived from Virginia with his family to visit her in Evanston during the summer of 1982.

"I came to Evanston every summer to visit relatives, only this particular time Tracey had turned



BRIAN CASSELLA/CHICAGO TRIBUNE

The cast performs during a rehearsal of the new musical "Verboten" on Jan. 6 at the House Theatre Company.

into a punk rocker, which just blew me away," Grohl told the Tribune in a 1996 interview, on the eve of Foo Fighters' first tour. "I mean the only punk rock I'd been exposed to was either on (TV shows) 'Quincy' or 'C.H.I.P.S.' And here comes Tracey down the stairs in bondage pants, her hair cut short and black. She took me to my first punk rock show ever, with Naked Raygun and Rights of the Accused, and it was the best time I'd ever had doing anything."

"Then I find out she's actually in a band, so she brings me to a Verboten rehearsal in their basement. I couldn't believe these kids my age were playing this style of music and writing their own songs. Jason was playing this guitar that looked bigger than he was. It was a huge revelation: 'I can do this too!' From then on, I was a changed man."

Narducy didn't connect the kid he briefly met in 1982 with the front man in Foo Fighters until he read the 1996 Tribune article. But Verboten left a deeper



VERBOTEN

Evanston band Verboten in 1983 (from left): Zack Kantor, Chris Kean, Jason Narducy, Tracey Bradford.

imprint on Grohl, who got teary-eyed when discussing the band of young punks on "Sonic Highways."

Brett Neveu, a senior lecturer at Northwestern University and a veteran playwright and scriptwriter for TV and film, happened to be watching and realized Grohl was talking about his neighbor in Evanston, where their daughters were both attending the same school.

"I'd been in bands for 20 years and had wanted to do

a rock musical for a while," Neveu says. "I loved Jason's music, the pop quality of it, and felt it would translate well to the stage. I had a vague idea for a story about the music that stayed with us from that age, this universal truth about how a play or a concert or a movie can connect with us at a certain point in our lives and inspire us."

It wasn't a straight path to the stage. The script underwent numerous revisions over five years as

Neveu increasingly focused on the complex relationships of the band members with each other and their families. All the band members have found stability in adulthood — Bradford in Florida, Kantor and Kean in Evanston — and were supportive of the musical but wary of digging too deep into decades-old family conflicts.

"It died a number of times," Narducy says of the play. "At one point I said to one of the band members that I don't care about this musical as much as I care about us being friends. Our story as people was more important than our music."

"So I had to have a talk with my dad, and I'm sure others had discussions with their families. We finally found a comfortable space by making it a fictional story based on true events. In the interim, I remember losing momentum myself, but Brett just kept re-writing. His focus and dedication really propelled this forward."

The play found a home at the House Theater of Chicago, where artistic

director Nathan Allen signed on as director. Narducy wrote 20 new songs for the musical that reflected the viewpoints of both the band members and their parents, and they play a pivotal role by laying bare the personal turmoil that underpinned Verboten.

The process of writing the songs and excavating some of those adolescent emotions gave Narducy, who is married and has three children, a new perspective on the band and his life since then.

"It makes me very thankful that my own kids aren't desperately trying to form another family like I was," Narducy says. "Hopefully I've learned some things from the past. That is something that crosses my mind: forgiveness."

"I think of meeting my wife when I was 21, the ups and downs of the music business keeping me grounded, a recognition of how I ended up being OK. And I am OK."

For Neveu, those truths became central to the play. For him, the "A Story About How Punk Saves Lives" tagline isn't just hyperbole, though he might tweak it a bit.

"As a person who loves punk, I think it saves lives and also gives life," the playwright says. "As an art form, as a mode of expression, it gives life to those who hang on to it or discover it. People think punk is about tearing things down, but in reality it's about examination and a rally cry ... These kids you know are in pain are, like you, regular kids from the suburbs. What about them is so inspiring?"

"I found out in talking to all of them about that experience. Their story has this genuine heart."

"Verboten: A Story About How Punk Saves Lives," opens 8 p.m. Jan. 16 (through March 8) at the Chopin Theatre, 1543 W. Division, \$25; 773-278-1500.

Greg Kot is a Tribune critic. greg@gregkot.com Twitter @gregkot

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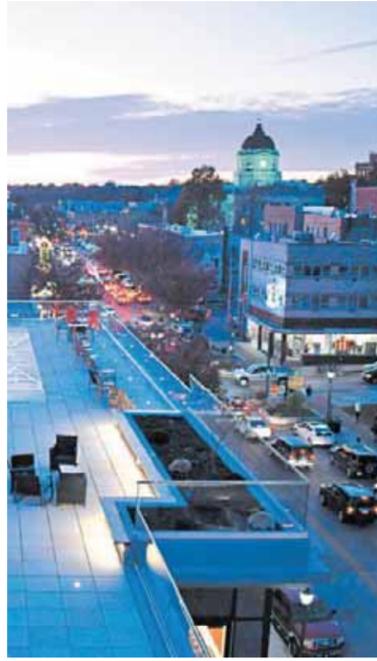
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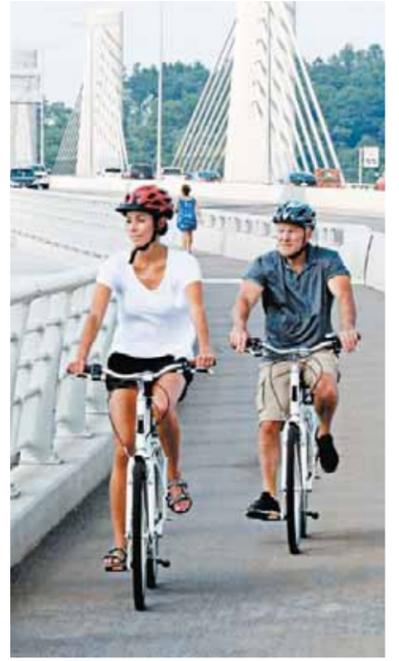
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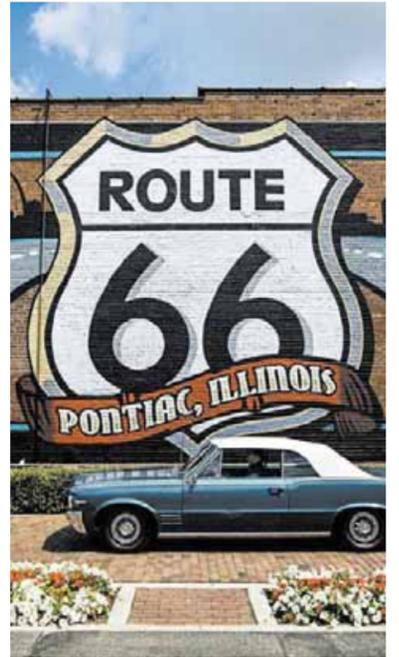
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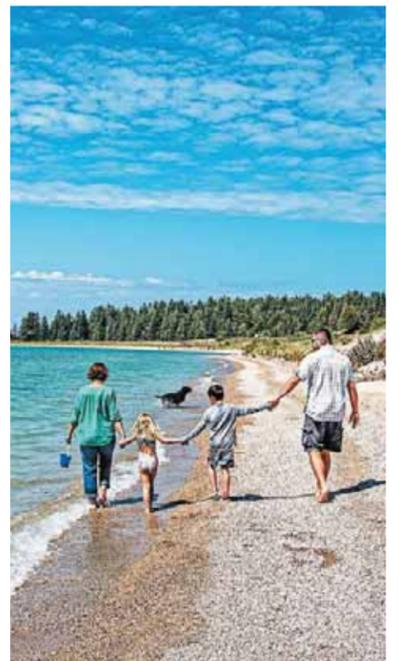
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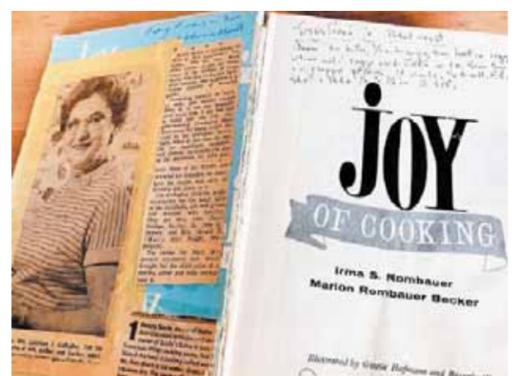
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HEIDI STEVENS' BALANCING ACT

Discovering 'Joy'

An old find that turned out to be a treasure trove of family cooking

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ASK AMY

By AMY DICKINSON | askamy@amydickinson.com | @askamy

Faith change leads to change in friend

Dear Amy: "Caroline" has been a dear friend since we were teens 35 years ago. We both came from very religious, conservative families and have always shared the same beliefs — until now.

Over the last five years, my way of life has changed a lot. For many reasons, I no longer attend church or believe in her religion. I defend equality rights that she views as sinful, and I even cuss and have a beer on occasion. It has been a long and liberating journey for me.

I have not explicitly told Caroline that I've changed. I only see her once a year. I realize that I am not what she thinks I am.

Perhaps I'm being a coward, but I just don't want to discuss this with her. I know she will be disappointed, judgmental and try to evangelize to me. She is smart and very good at debating and has a quick answer for everything. Sadly, I stink at that, even when I feel very strongly that I'm right.

She is going to visit me in a few months. Is it necessary to have a conversation with her? If so, do you have any advice on how to have this conversation?

— *Losing My Religion*

Dear Losing: One of the many benefits of adulthood is that adults get to change.

Another benefit is that you don't have to discuss anything you don't want to discuss. It is not "necessary" to have any particular conversation.

If you two spend time together and you find that you want to discuss the change in your faith-status, you should keep it simple. The more detail you overlay onto your point, the more points "Caroline" will find to debate.

Her disappointment regarding your life-change is her burden to bear. You should not assume responsibility for her reactions.

If she feels the need to evangelize to you, ask her to stop and say, "I'm completely at peace with my point of view, so this really isn't up for discussion," and change the subject.

There is nothing wrong with engaging in a hearty debate, by the way, if both sides are permitted to express themselves and each of you listen and respond respectfully.

Dear Amy: Like many people, my wife and I send out Christmas cards during the holiday season — one card to each household on our list.

Some folks who have other household

members (age 21 and above) living with them have asked us to send a separate card to each of their adult children in the household.

These are single adults still living in their childhood bedroom, not a family living in separate quarters on the property.

We think "and family" covers everyone under the same roof. By the way, those extra adults do not send out their own cards.

We update addresses, and add or drop folks, in what we believe to be normal Christmas list maintenance. Did some etiquette change?

— *Getting Carded*

Dear Carded: I understand that there are circumstances where perhaps an adult child has a special need and will be cohabiting with parents for the duration of their lifetime. In that case, it would be kindest to send the adult child a separate card.

Otherwise, the idea that these parents would advocate for their babies to receive separate cards sent to their home address tells me that these parents will be enjoying the company of their adult children in their household for many Christmases to come.

Tell them: "When the kids have their own mailing addresses, we will be delighted to add them to our mailing list."

Dear Amy: I am a university professor of pharmacy science. A recent question from "Wondering," regarding using CBD prompted me to respond.

Anyone using any form of cannabidiol (CBD) should talk with their pharmacist about possible drug-to-drug interactions and side effects.

Pharmacists are the drug experts. We are happy to provide correct and scientifically sound information about any drug a patient chooses to use, including cannabidiol.

Thank you for all you do to make people's lives better, and for helping to promote the safe use of medications, even those that may be purchased without a prescription.

— *Ally*

Dear Ally: My local pharmacist is a font of information — and a lifesaver.

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BALANCING ACT

By Heidi Stevens | hstevens@chicagotribune.com | @heidstevens13

A 'Joy of Cooking' that turned out to be a treasure trove

For Christmas, my mom gave my daughter a copy of the new "Joy of Cooking," a rich and unabashed 1,156-page love letter to food, revised and updated with hundreds of new recipes, ingredients and techniques since the book's original 1931 debut.

The kitchen has been my daughter's playground and sanctuary since she was a tipsy little toddler, standing at the counter in a special contraption my dad built her, with supports on the back and both sides to keep her from falling over as she poured and stirred and pounded flour into plumes. We called it making "mess-ipes."

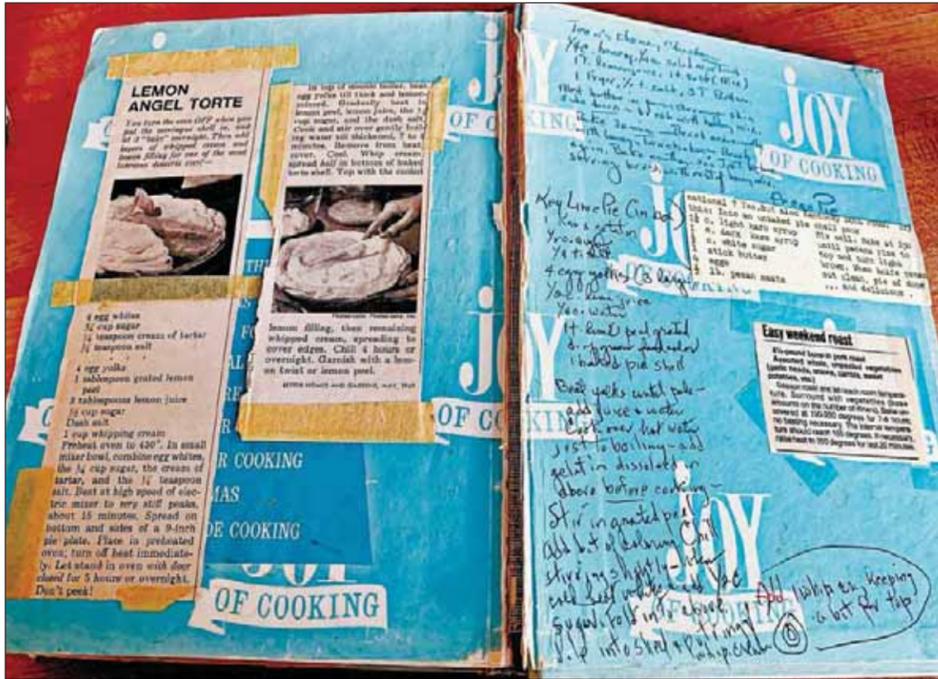
Today she makes creme brulee and sourdough bread from scratch and fresh pasta dough. The joy of cooking, indeed.

A few days after Christmas, we flew to New Mexico to visit my husband's family. My daughter, now 14, was scanning her aunt and uncle's bookshelves and happened upon an old "Joy of Cooking." We opened it and found a hidden treasure trove.

The book belonged to my husband's grandmother, Mary Q. Gallagher. She also received it as a Christmas gift — in 1966, from her daughter, Jean (my husband's mom). Taped inside the front cover is a Kenosha News article about Grandma Mary's prize-winning cranberry meatball recipe.

"Combining careers as teacher, wife and mother caused Mary Q. to use her ingenuity even more than if she had had to fulfill just one role," the newspaper reports. "Her prize-winning Cranberry Meat Balls were the happy result. Revised to the Gallagher family taste, Mary Q. has used the recipe for appetizers, brunches and dinners, increasing the size of the meatballs for each purpose. Many of her friends, who attended her brunches for years, have the recipe, and, now, all of Kenosha will share in it."

For winning the newspaper's recipe contest, she received a sterling silver and ruby crystal



HEIDI STEVENS/CHICAGO TRIBUNE PHOTOS

Friends' and family members' recipes fill up most of the blank spaces in this 1966 edition of "Joy of Cooking."



The inside cover of this "Joy of Cooking" from 1966 includes a copy of a Kenosha News article about Mary Q. Gallagher's winning recipe.

bowl. Taped inside the back cover of the book is a recipe for lemon angel torte from Better Homes and Gardens, May 1969, along

and other blank spaces and credited to friends and neighbors: Patsy's mixed kidney bean salad; Cathie's lamb sauce; Mildred's chocolate cake; Hilda's two-layer meringue torte; Grace Gray's rolls.

It's like a little time capsule, opened by a girl and her mom whom Grandma Mary never met (she passed away in 1984) and could scarcely be expected to conjure in her imagination: her middle child's younger son's wife (who works at a newspaper, though not covering recipe contests) and that wife's daughter, who happens to be crazy about cooking.

I don't believe in destiny. I don't like the implication that a previous life or an angry God or a scorekeeping universe somehow deemed certain people deserving of the terrible traumas and losses and disappointments that life can hand out, even as others are

spared. I don't think people who live long, happy lives unmarked by much grief have been smiled upon by the universe/God/the gods.

But I do believe in searching hard for the connective tissue that binds us all together.

I do believe in keeping your eyes and ears tuned to stories and traditions and artifacts and feelings — feelings most of all — that remind us of all the ways we humans are alike. Even when we're born to different lands and different religions and different languages and different eras.

More than five decades ago, my mother-in-law was shopping for Christmas gifts, stumbled upon Irma S. Rombauer and Marion Rombauer Becker's "Joy of Cooking" and decided it was just right for her mother. "To Mother, from Jean, Xmas 1966," she would write on the book's first blank page.

Jean's son, 5 at the time, would grow up and marry me. And together we would raise a girl whose grandmother (my mom) would one day go shopping for Christmas gifts, stumble upon Irma S. Rombauer and Marion Rombauer Becker's updated "Joy of Cooking" and decide it was just right for her granddaughter — my daughter, whose joy and company in the kitchen I've had the honor of sharing and cherishing for more than a decade now.

Maybe my daughter will fill her "Joy of Cooking" with newspaper clippings and ingredient tweaks and recipes from friends. Maybe one day a girl or boy in her family, a few generations removed, will stumble upon her copy on a bookshelf. Maybe they'll see it as connective tissue.

Life is funny. And surprising. And complicated. And beautiful. May we never stop looking for the reminders. They're all around us.

Join the Heidi Stevens Balancing Act Facebook group, where she continues the conversation around her columns and hosts occasional live chats.



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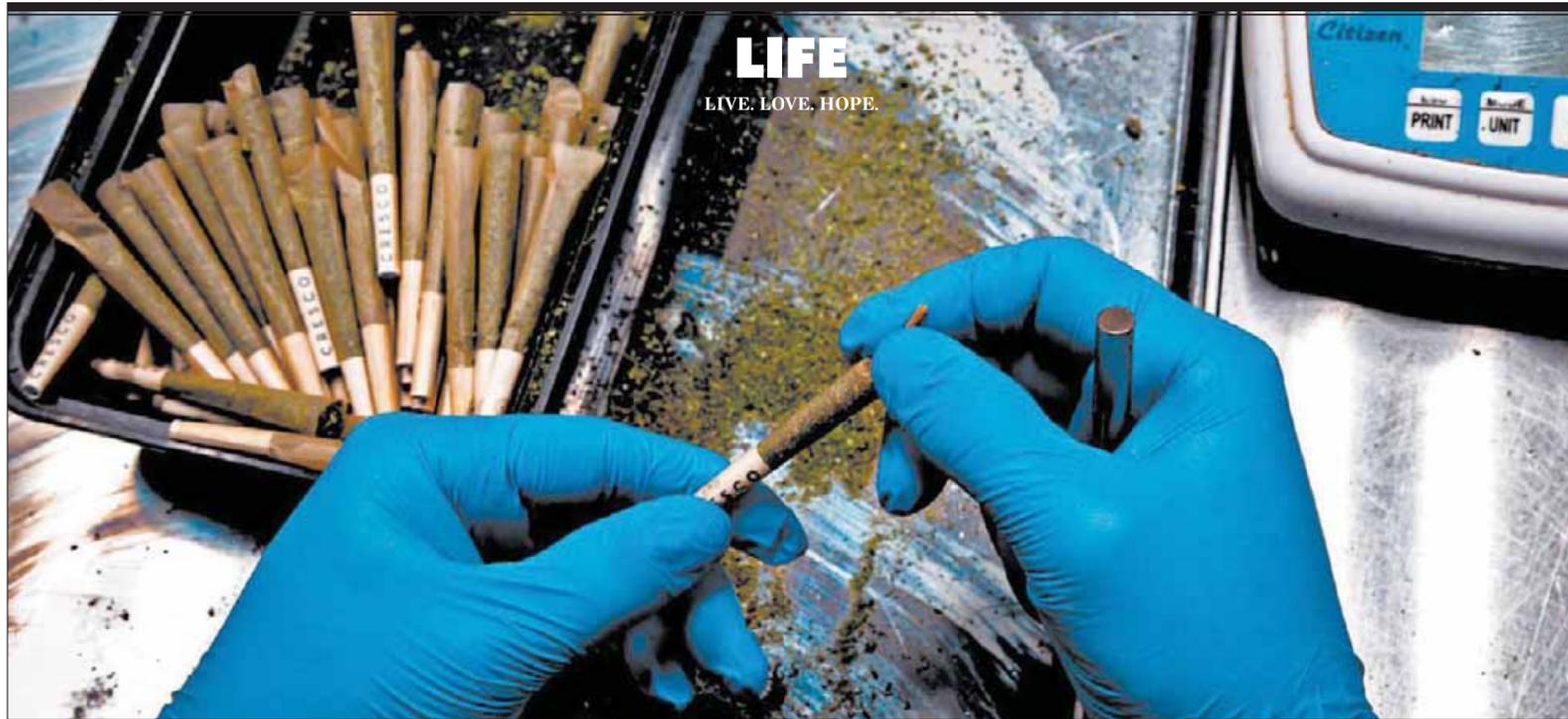
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Workers roll joints at Cresco Labs in Joliet in December 2019. Cresco Labs is one of the largest cannabis companies in the state and recently expanded its marijuana growing facilities.

Weed: A user's guide

What to know about smoking, edibles, microdosing and more as cannabis becomes legal in Illinois

By JOSH NOEL

Not long ago, there was nothing complicated about using marijuana.

We simply “smoked weed.” We “got high.”

The great majority of us barely knew a thing more about what we were doing.

We had a dealer — or knew someone who did — and smoked whatever marijuana was handed to us in a small plastic baggie. Sometimes things went phenomenally well (seeing “Magnolia” on the big screen). Sometimes they didn’t (questioning your entire existence as the world jerked into hyper awareness). Either way, that pint of ice cream probably tasted delicious.

But as Illinois will discover now that recreational marijuana sales have begun, there’s no longer such a thing as simply “getting high” — because there’s hardly just one sort of high anymore.

The birth of a legal cannabis industry has led to far more product variety and consumer knowledge, which in turn has led to far more nuanced experiences than the days of being beholden to a dealer — or whoever happened to be standing next to you at a Phish show.

Legal recreational marijuana presents a wonderland of options. There’s still plenty to smoke if you want it, but you can also vape cannabis, eat it, drink it, cook with it, drop some under your tongue, spray it into your mouth, pop it as a capsule, apply it as a patch or rub it in as a cream.

While cannabis will never be for everyone — just like alcohol isn’t for everyone — legalization has opened the pursuit to a far wider audience than the clichés of yesteryear. How do you get high in the era of legal cannabis? That depends on you.

Why?

The key question behind cannabis use is simple: *Why?*

Why are you using cannabis? Do you plan to stay home and watch a movie? Go out and see a movie? Work on your novel? Go to a bar? A concert? Dinner with your extended family? Curb anxiety? Relieve physical pain? Emotional pain? Go for a hike? Have some relaxing fun?

“Don’t go in just thinking, ‘I just want to get high’ — you can do a lot more than that,” said Peyton Brennock, sales manager of national accounts for Cresco Labs, a Chicago-based cannabis grower and product manufacturer that operates five Sunnyside dispensaries in Illinois with five more in planning.

“We all deserve more than a blanket effect,” he said.

The beer industry thinks in terms of “occasions” — the beer you drink with dinner may be different than the beer you drink at a corner bar, which may be different from the beer you drink while playing poker with your buddies. Same goes for cannabis.

Nearly three-quarters of Americans who used cannabis in 2019 did so to relax at home — by far the most common reason for use, according to a survey by Chicago-based cannabis research firm Brightfield Group.

The most common marijuana occasions are home-based, according to the Brightfield Group survey: 55% of people said they used it to accomplish tasks at home (such as cooking or chores) and 47% said they used it to socialize with friends at home.

Among the biggest changes

due to recreational legalization — which has happened in 11 states plus Washington, D.C. — is that cannabis is leaving the house, said Andy Seeger, Brightfield Group’s cannabis research manager. Popular occasions outside the home include outdoor activity (47%), before or after yoga (42%), concerts and music events (41%), before or after school (40%), at work (40%), after-work gatherings and family gatherings (both 30%) and going to a bar or nightclub (24%).

“We’ve hit critical mass,” Seeger said. “If you go to a concert and every demographic has a (vaping) cartridge and you wonder how this guy in the suburbs got access to it, then it’s really for everybody at this point.”

It’s also being used across age groups. The heaviest group of national users is people between 36 and 40 years old (21%), according to the Brightfield Group survey. But all age groups between 26 and 55 show at least 12% of people using cannabis. Even baby boomers — defined as those between 56 and 79 — are on the upswing: from 9.4% in 2018 to nearly 11% in 2019. (Brightfield calls a segment of them “boomer-angs,” those circling back to cannabis after experimenting with it decades ago.)

Adult use among those 21 and older in newly legalized markets usually surges to somewhere between 20% and 30%, Seeger said. He expects Chicago to push closer to 30%, if not surpass it.

“We’re seeing a lot of newbies, but they’re going through the learning process — like craft beer,” Seeger said.

He said the budding cannabis industry has several parallels to beer — and that it’s little wonder the nation’s three largest beer companies (Anheuser-Busch, Molson-Coors and Constellation Brands) have all partnered with cannabis companies. But cannabis has one important advantage: “Cannabis goes across more of life.”

“Beer is 5 p.m. and on and we’re seeing cannabis usage throughout the day for various reasons,” Seeger said.

If you’ve been overwhelmed by wine or beer options, get ready for more of the same from a cannabis industry churning out higher quality products with better branding in a bid to connect with mainstream audiences yet to form brand loyalties. The key to navigating the options is exactly the same as in those wine and beer shops: ask advice.

“You’re going to be overwhelmed — there are tons of options,” Seeger said. “It’s OK to ask questions. Everyone at the store will know you have questions. And if they don’t like questions, go to a different dispensary.”

Smoking or edibles

Options are plentiful, but there are two basic avenues for getting high. For a quicker, sharper high — think bungee jumping — smoking or vaping are the way.

For a slower, more methodical high — think roller coaster, with a slow ascent before the thrills — try edibles.

Many old-school users swear by the old-school method of rolling a joint.

“I love the ritual,” Brennock said.

It’s also the go-to for many users after legalization. The biggest selling products in newly legal markets, according to Brightfield, are high-THC cannabis flower (also known as “bud”) and pre-rolled joints; they’re familiar avenues requiring nothing but a match, while the popularity of the high-THC content speaks to the fact that many people want to get, in the technical nomenclature, *blown*.

Smoking flower is something plenty of people try to avoid due to obvious health concerns about inhalation. That has made vaping — heating oil or flower to produce vapor rather than traditional smoke — a popular option. A second advantage to vaping: because it doesn’t produce smoke, it’s more discreet and transportable.

(A recent spate of illnesses and deaths linked to vaping is believed to be tied to black market cartridges tainted with vitamin E acetate; buying cartridges from dispensaries should be a far safer proposition, Seeger said. Still, plenty remains unknown about the long-term health effects of vaping.)

Though smokable cannabis is reliably a top seller, edibles tend to become increasingly popular in legal markets, Seeger said. The products have become more creative and have attracted the involvement of restaurateurs and chefs, including Mindy Segal, of popular Bucktown restaurant Mindy’s HotChocolate.

Way back in 2015 — an eternity in the world of legal cannabis — the James Beard award-winning pastry chef teamed up with Cresco Labs to launch Mindy’s Chef Led Artisanal Edibles. Products include gummies, fruit chews, hard candies and chocolates, all of which will be available at Cresco Labs’ Sunnyside dispensaries.

The gummies come with names and descriptions more likely to be found on cocktail menus, including Botanical White Grapefruit (“super juicy with an essence of gin botanicals”) and Glazed Clementine Orange (“zesty and thick with notes of kumquat, clementine and candied orange rind”). But that’s the point for Cresco Labs, whose motto emphasizes its mainstream plans: “We’re on a mission to normalize, professionalize and revolutionize cannabis.”

Ultimately, many dedicated cannabis users don’t judge between smoking and edibles; they cross genres — say, an edible in the morning, vaping during the day and a joint at night. (There are also options such as tinctures, cannabis beverages and breath sprays, which have an onset somewhere between smoking and eating. Creams and lotions are usually used for medicinal purposes and rarely, if ever, produce psychoactive effects.)

There is a crucial difference between smoking cannabis and eating it, however. THC is usually felt within minutes of smoking or vaping because it heads directly to the bloodstream (and then the brain). Edibles tend not to take effect for an hour or two because the THC must pass through the stomach. It is also a high that lasts much longer. That can lead to problems.

“It’s easy to take more than intended through oral administration because effects aren’t felt right away,” said Christie Fowler, assistant professor of neurobiology and behavior and a part of the Center for Cannabis Studies at the University of California, Irvine.

Colorado emergency rooms saw a 109% surge in visits from edible-eating tourists in the midst of panic attacks after recreational use was legalized in that state in



ERIN HOOLEY/CHICAGO TRIBUNE

Edible cannabis candies are ready to be wrapped at Cresco Labs’ medical marijuana cultivation facility in August 2018 in Joliet.

2014. Most of them are believed to have thought they didn’t eat enough cannabis, then overcompensated. For such reasons, the industry has developed an edibles slogan: “Start low, go slow.”

The industry is laboring in chemistry labs to make edibles react more quickly to prevent overdosing, Seeger said. “Everyone’s got a bad edibles story, but they’re doing their best to turn that around.”

Know your dose

Cannabis options aren’t limited to how they’re consumed. There’s also the cannabis itself.

In most dispensaries, much is made of two groups of strains: Sativa and Indica. Sativa is reputed to be the “upper” strain (best for that walk along the lakefront); Indica is the “downer” (staying home to watch a movie or head toward sleep).

However, parts of the industry are moving away from such shorthand, mostly because it isn’t useful — or even accurate. Fowler said the differences between the strains are more helpful for understanding the plants themselves and their lineages rather than their effects.

There likely is underlying difference, she said, but they’re mostly unknown: “There’s just no hard and fast understanding of what they are — only anecdotal,” she said.

Fowler also suspects much of the reputation for many kinds of cannabis is rooted in the placebo effect: If you’re told a certain type of cannabis will be relaxing and another is energizing, you’re more likely to experience them that way. Because cannabis is still criminalized under federal law, the ability to do research is limited, she said.

That said, most dispensaries will offer guidance on the effects you’re likely to feel.

Paul Lee, of Dispensary 33, an Uptown medical dispensary that began selling recreational cannabis at 6 a.m. Jan. 1, said he can be given “a bud with no name and I can smell it and probably tell you what it’s going to feel like.” That’s possible, he said, due to the unique mix of cannabinoids and terpenes — the compounds that combine to create cannabis’ intoxicating effect — in different products.

There are two primary factors to consider when using cannabis.

One is dosage. Edible cannabis products are generally designed to be had in 10, 5, 2.5 (or 2) and 1 milligram increments. Ten and 5 milligram products are most popular, and generally elicit a noticeable buzz. But “microdosing” — taking 2.5 milligrams to 5 milligrams continually throughout the day — has gained popularity for its ability to blend into daily living; it’s more of a polish on the world than a deeply heady high. “Macro dosing” is also a niche — especially for medicinal and sleep needs — but, as if it

needs to be said, tread carefully.

“We like to say, ‘Know your dose’ — everyone’s got their dose,” Lee said. “That’s the most important thing with a THC product no matter what it is.”

“Your dose” depends on a few factors, including your experience with cannabis and the effect you’re after. Finding it is significantly easier when smoking because effects are felt quickly. When it comes to edibles, Lee said, the best approach is to start with a recommended dose and not to exceed it: “Record how you feel; even if you feel nothing, it’s a lot of information.”

Eventually, he said, the goal is “reaching a level where it does what you want and every time.”

The other key is the THC to CBD ratio.

CBD, which has surged into the mainstream in recent years, is the nonpsychoactive compound in cannabis that is reputed to have a relaxing or calming effect. It is also believed to act as a crucial counterbalance to THC for those who want it. (Fowler noted this also is not scientifically proven.)

Some cannabis is deliberately THC-heavy and CBD-light; for instance Dispensary 33 sells a vaping cartridge called Lemon Cake that is nearly 89% THC with no CBD. Such a product will produce a sharply “heady” high in most users — very much a stoned effect.

But Dispensary 33 also sells a cartridge called Cherry Wu: 8% THC and 70% CBD. Such a high degree of CBD usually leads to what is called a “body high” — more calm than spacey.

Most people gravitate to a middle ground, Lee said. The optimal THC to CBD ratio is usually 1-to-1, and 10 milligrams of each account for his most popular products.

It’s a journey

Fowler, who studies cannabis in mice, said research shows that the drug can be incorporated into a healthy adult lifestyle.

The primary benefit, she said, is the relaxation component, and its ability to relieve anxiety. (Too much in newer users, however, can also create anxiety.) Also, Fowler said, cannabis can help with pain management and studies in older mice have “shown enhanced cognitive function.”

She notes, however, cannabis shouldn’t be used until the brain finishes developing at about the age of 25, nor by pregnant women or people prone to psychosis. Experts also warn that 1 in 10 marijuana users will become addicted. Also, like alcohol, marijuana shouldn’t be mixed with driving.

Ultimately, understanding how to get high “is not an algebraic equation,” said Brennock, of Cresco Labs.

“You know it when you feel it,” he said. “It’s putting yourself out there and trying new things.” jbnobel@chicagotribune.com

THE KIDS

HOW TO KEEP THEM BUSY THIS WEEK

Gather around a bonfire to make s'mores

By Web Behrens

Monday

CHICAGO CHILDREN'S CHOIR'S NEW SINGER DAYS

Chicago Children's Choir is more than just the one large ensemble. Now's the time for kids to plug into the smaller groups, via New Singer Days held in 10 different neighborhoods. No experience is required — the choir seeks students who can match pitch and have a passion to sing. On Monday, the process takes place in Austin, Bucktown, Englewood, Humboldt Park, Pilsen/Little Village and Rogers Park; Tuesday in Albany Park, Beverly, Hyde Park and Lincoln Park. Check-in begins at 4:15 p.m., with rehearsal at 4:30 and auditions 5-5:30. Find exact locations and sign up in advance online: ccchoir.org/join/auditions

Thursday

CHICAGO PLAYWORKS: 'BROOKLYN BRIDGE'

As a "latchkey kid," 10-year-old Sasha is supposed to stay inside her apartment, alone in the evenings, while her immigrant mom goes to work. But Sasha ventures out into the hallways of her Brooklyn tenement one night, seeking help on a school project. This acclaimed play by Melissa James Gibson arrives via the great Chicago Playworks program, a program of DePaul University's Theatre School. The show runs Tuesdays and Thursdays at 10 a.m., and (most) Saturdays and Sundays at 2 p.m., Thursday through Feb. 22. Merle Reskin Theatre, 60 E. Balbo Drive. \$12. theatre.depaul.edu/on-stage/Pages/production-details.aspx?dpusearchbyid=374

TSUKASA TAIKO IN CONCERT

An intergenerational troupe dedicated to the art of Japanese drumming, Chicago's own Tsukasa Taiko brings its booming sound and impressive technique to the northwest burbs for a concert performance. 7:30 p.m. at Metropolis Arts, 111 W. Campbell St. \$25. app.arts-people.com/index.php?action=58&p=1

Friday

JUICEBOX: SUZI SHELTON

January brings this special engagement



ELLIOT MANDEL



CRISTINA RUTTER

TOP PICKS

Monday, Jan. 13: CHICAGO CHILDREN'S CHOIR'S NEW SINGER DAYS

Sunday, Jan. 19: WINTER CAMPFIRES

of the Juicebox series, geared for the toddler set. Moving beyond the fertile local crop of indie artists, the city's Department of Cultural Affairs and Special Events imports Brooklyn-based Suzi Shelton, who's built a large fan base in New York. As with all Juicebox events, the all-ages show happens twice: 11 a.m. Friday at the Chicago Cultural Center (Preston Bradley Hall), 78 E. Washington St.; and 11 a.m. Saturday at Garfield Park Conservatory, 300 N. Central Park Ave. Free. tinyurl.com/y5nxmt9d

HYDE PARK ART CENTER'S TEEN ARTSHOP

Calling all teen artists! The Hyde Park Art Center offers a few different courses, all

tuition-free, exclusively for high-school students. Some of the Teen Education programming consists of advanced-track classes, but the popular weekly ArtShop offers a great starting point. Apply early for the winter term, which begins Friday; accepted students gain access to various labs inside the Art Center, from drawing and painting to photo departments to ceramics. 4:30-6:30 p.m. Fridays at Hyde Park Art Center, 5020 S. Cornell Ave. Free. hydeparkart.org/education/teens/artshop/

Saturday

SNOW DAY FESTIVAL

This annual celebration of winter pro-

vides enough fun to thaw even the Grinchiest of souls. Go for a hike on snowshoes, speed down a 40-foot sled hill, watch an ice sculptor ply the trade, make s'mores around a bonfire and more. Need to warm up? Head indoors to check out the nature center's exhibits and craft station. Plus, the first 200 visitors get a winter giveaway. Noon to 4 p.m. at Plum Creek Nature Center, 27064 S. Dutton Road, Crete Township. Free. www.reconnectwithnature.org/news-events/event-calendar/january-2020/snow-day-festival

'TOO HOT TO HANDEL: THE JAZZ-GOSPEL MESSIAH'

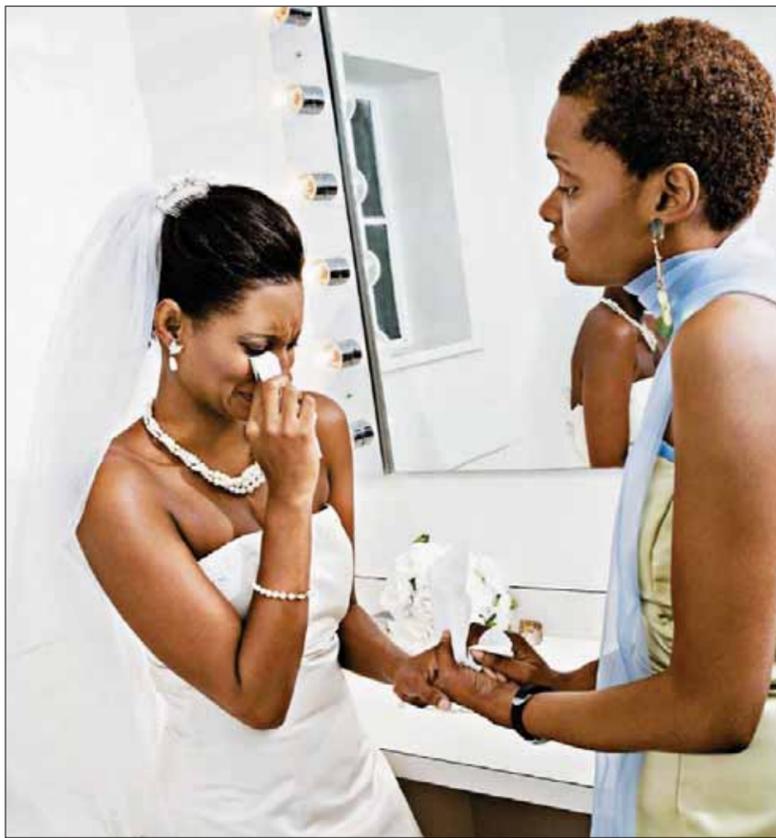
Scoop up the kids and the grandparents too — this ebullient concert truly is entertainment for all ages. The two 15th annual Martin Luther King Day weekend concerts transform Handel's famous "Messiah" into a blend of oratorio, jazz and gospel. The result? A joyously interactive, everybody-clap-your-hands experience. The soloists and 150-member choir, singing famous numbers such as "And the Glory of the Lord" and the iconic "Hallelujah" Chorus, get help from more than 50 musicians and, occasionally, from the audience. 7:30 p.m. Saturday and 3 p.m. Sunday at the Auditorium Theatre, 50 E. Congress Parkway. \$29-\$68; \$5 day-of-show tickets for teens registered for Urban Gateways' Teen Arts Pass [teenartspass.urbandgateways.org]. tickets.auditoriumtheatre.org/production/2464/too-hot-to-handel/

Sunday

WINTER CAMPFIRES

Dress for the weather for this outdoor adventure from the Forest Preserves of Cook County. Take a hike to find signs on animal and plant life, then sip hot cocoa and gather around an afternoon bonfire to make s'mores. 1-2:30 p.m. Sunday at the Trailside Museum of Natural History, 738 Thatcher Ave., River Forest; fpdcc.com/event/winter-scavenger-hunt-and-campfire If that date or location doesn't work, try a nighttime version of the event, 7 p.m. Jan. 24 at Camp Shabbona Woods, 15810 S. Torrence Ave., South Holland; fpdcc.com/event/winter-campfire-night-hike/

Web Behrens is a freelance reporter.



GETTY

SOCIAL GRACES

Speak now or hold your peace: Firing a bridesmaid

By Hannah Herrera Greenspan
Chicago Tribune

Q: How do you fire a bridesmaid?

A: First, step back and clearly identify the issue. Sometimes this situation can be fixed by simply realigning your expectations. You may also want to consider hiring a wedding planner or coordinator to take the heat off your family/friends.

If your situation has reached a boiling point, set plans to meet alone, in person, just the two of you. Decide in advance if you want to retain or remove the bridesmaid from the bridal party.

During the meeting, outline the reasons for your

disappointment, and present this in a way that won't be offensive. If you want the bridesmaid to step down, prepare dialogue that clearly expresses that. This honest conversation can save your relationship.

If you want the bridesmaid to remain on your squad, be clear about what you need from her, and ask if she can meet these expectations. You can also offer her a reduced role (personal attendant, reader, greeter, etc.), so she is still involved.

Whatever your decision, remember not to get emotional. The bridal party role is meant to be fun, and if it's not working, offer the bridesmaid an "out."

— Susan Corodgan, owner and founder of Big

City Bride

A: If you do need to dismiss a bridesmaid, please do it in person, never, ever by text or email. This is already a very sensitive situation, and you need to be able to have a conversation face-to-face to explain your perspective.

Make sure you give her specific reasons why you are "letting her go" — maybe you had a disagreement or she didn't understand the cost involved. You need to be very clear and kind, and take some of the blame if you didn't explain expectations upfront.

— Renny Pedersen, owner and creative director of Bliss Weddings & Events
hgreenspan@chicagotribune.com

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After the honeymoon

What happens when a wedding influencer gets divorced?

BY ALLIE JONES
The New York Times

A woman who bought her wedding dress at Stone Fox Bride was probably going to wear a flower crown along with it. She most likely idolized the Olsen twins and had an active Instagram presence. Her wedding was not going to be religious, but it was going to be spiritual, and her vows might even include curse words. She was going to buck tradition, and she was going to do it in a sunset-pink robe dress with silk chiffon bell sleeves that cost \$6,800.

"Cool wedding culture — I'm proud to say, I think I was the pioneer of that space," said Molly Rosen Guy, the writer and designer who founded Stone Fox Bride in 2012. The high-priced bohemian wedding brand was born out of Guy's frustration when she planned her own wedding and didn't see retailers and media brands that reflected her vision for her special day.

"I couldn't find anything that looked or felt like how I looked or how I felt," Guy said. "I felt like I was entering this radical union with this really radical person, and I wanted to celebrate it and explore it. But all I could find was like, articles on bouffants and Bergdorf Goodman, where my sister got her wedding dress."

Once she got into the business, Guy started posting "cool wedding" content on Pinterest and Instagram, which were beginning to take off. Sharing photos of her clients, herself, her family and glamorous weddings past, she amassed over 100,000 followers on Instagram. She also started

a website and an email newsletter, landed a book deal and became the executive weddings editor at Domino magazine.

From the outside, it all looked picture-perfect. But like so many online personas, Guy's masked the more complicated aspects of her personal life. In 2017, she separated from her husband, but she did not tell her followers or clients for fear of losing authority as an expert on weddings and all things happily ever after.

"I did start to feel like, I have to be the perfectly imperfect bohemian mom, because that was the brand," she said. "You know, because I was selling \$10,000 dresses or \$5,000 dresses."

Even as her own marriage was falling apart, Guy continued to post about flower crowns and heirloom emeralds. That is, until 2018, when she came clean to her followers and renamed her brand. What happens to a wedding influencer when the honeymoon is over?

Building a brand

"First of all, the plan was never to be the public face of weddings," Guy said. "The plan was just to be a writer. To be the next Great American Novelist. I'm just kidding."

Sort of kidding. From the time she was young, Guy was obsessed with writers, celebrities and writers who became celebrities. She grew up in the Lincoln Park neighborhood of Chicago. She attended college at Brown and spent a summer in Los Angeles trying to become an actress and a model, and going to clubs with Leonardo DiCaprio.



BRITAINY NEWMAN/NEW YORK TIMES

Molly Rosen Guy, the writer and designer who founded Stone Fox Bride, now teaches a writing class on "love and loss," in Brooklyn, New York.

When Hollywood didn't pan out, she graduated and moved to New York to pursue a career in fashion media, landing writing jobs at Nylon and the now-shuttered teen bible YM.

In 2005, she took a break from the workforce to get an MFA in creative writing. She ended up selling a novel to Grove Atlantic, but "it sort of turned into a disaster," she said. She returned the advance and the book was never published. Then the recession hit, and Guy found herself boxed out of media, working instead as a copywriter for a large beauty conglomerate. After her wedding in 2011, she landed on the idea for Stone Fox Bride.

Guy secured \$250,000 in

investment from her brother-in-law, Peter Shapiro, the owner of Brooklyn Bowl. She rented a retail and studio space and started cold-calling designers to make samples for the store. Many of them, including Ohne Titel and Ryan Roche, said yes.

When she introduced her own collection in 2013, her friends Pamela Love, a jewelry designer, and Jemima Kirke, an actress, modeled the dresses for the photographer Cass Bird. One of the photos, featuring Kirke and Love kissing, made headlines. "That's when we started to blow up," Guy said.

Instagram became her journalistic outlet. It also became a place where Guy

would share photos of her daughters and her husband.

"In hindsight, I wouldn't have done any of that," she said.

'Wild at heart'

By 2016, her marriage was coming to an end, and selling wedding dresses, in person and online, stopped being so fun. Guy closed her studio "the day Trump got elected," she said, and started selling her inventory out of her apartment, while her estranged husband lived in an Airstream around the corner.

"I was doing some wedding-dress fittings at my apartment with some very high-profile clients, and I

would, like, pray to the gods that they wouldn't see him as they were walking in," she said. "I didn't want anyone to know that we were split."

"There was a lot of mental and emotional gymnastics that I was doing to sort of keep the brand afloat," she added.

At the end of 2017, Guy published her first book: a wedding planning guide "for the wild at heart." She was advised, she said, to keep her separation and eventual divorce a secret until the book was released. But shortly after, her father died, and she decided she did not want to keep up the "patina that I had things under control."

On Mother's Day in 2018, she announced her divorce to her followers on Instagram. To her surprise, they were supportive. In fact, the post got more "likes" than any wedding photos she'd shared before.

With her wedding-dress business all but shuttered, Guy wondered how she might connect with these clients again. She still had her Instagram following, which included a new set of women drawn to her long, confessional captions. And so last year, she asked them if they would be interested in taking a writing class about "love and loss."

Twenty-seven of her followers signed up for her first class. Now, teaching writing is Guy's main profession; she calls her new business the Brooklyn Writers Collective. Some of her former bridal clients are her students.

In a syllabus from this past summer, she described the course as a "crash course writing workshop" for "foxes in flux." She shares some of her students' best work on, yes, Instagram.

Guy said she created the class as a way for women to tell stories that are not easily represented with a diamond ring or a white dress. But she may find a way to do that in the future too: Women have started to approach her to make rings and dresses fit for a stylish and spiritual divorce.

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Travel

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Mil, opened in 2018 by the acclaimed Peruvian chef Virgilio Martínez, aims to celebrate the centuries-old cuisine of the Andes with an avant-garde twist.

Framed by green

In Peru, singular culinary experiences at the opposite ends of the spectrum

STORY AND PHOTOS
BY MAYA LAU
Los Angeles Times

SACRED VALLEY, Peru — The road up the mountain was empty and rough. It seemed impossible that one of Peru's most exclusive restaurants, perched next to an eerie, lesser-known Inca ruin, would appear at the end of the red dirt path.

To get there, our driver navigated a wooden bridge barely wide enough for his car and honked his horn before every bend. We bumped along past mud brick houses and girls with bowl-shaped baskets tied to their heads as we climbed so high that the snow-capped peaks in the distance reached our eye level.

We were headed in February to Mil, a restaurant a 90-minute drive from Cuzco opened in 2018 by Peruvian chef Virgilio Martínez. It aims to celebrate the centuries-old cuisine of the Andes with an avant-garde twist.

The establishment overlooks Moray, an ancient formation of concentric circles made into stone-lined terraces that sink deeper and deeper into the earth. The Incas are thought to have used the site as a food laboratory, a fitting neighbor for a restaurant that experiments with smoked lettuce infusions and dehydrated cacao fruit.

Most tourists in Peru go straight from Cuzco to Machu Picchu without stopping. They miss what's in between: quiet pockets of the Sacred Valley, like this one, where chefs highlight the region's purple corn, local herbs and 4,000 varieties of potato.

Here, the earthy flavors are wholly different from ceviche, the coastal food for which Peru is globally known.

The lack of oxygen at Mil's elevation, 11,000 feet above sea level, hit me with a dull headache I thought I had shed after several days in the Andes. My husband, Jesse, glancing at me in a moment of altitude-induced discomfort, felt it too.

My wooziness was somehow appropriate. Mil had a spalike feel — pristine, sparse and scarily intoxicating. The small dining room served only lunch. The servers, some of whom had left the high-dining scene of Lima to commit themselves to life in isolated villages near the restaurant, seemed almost part of a religious order. We lost track of time, missing our planned rendezvous with our driver by hours.

Our first bite was of coca bread topped with oozing, bloody-red

elderberry butter. We ate a cake of pork belly served with tarwi seed, avocado and rocoto sauce made of red peppers.

One of the most memorable dishes was called Extreme Altitude, featuring duck, black quinoa, dehydrated leaves and cushuro, cyanobacteria in the form of translucent green balls that are harvested from the surface of alpine lakes.

The flavors were rich and surprising, and as we dined facing a window that framed the green hillside, we kept thinking, "Where are we?"

Each of the eight courses — referred to by the staff as "moments" — was paired with a narrative from the waiters and a drink, such as "mata cuy," a punishing liquor made of local botanicals. The name, borrowing from the Spanish "matar" and the Quechua word for guinea pig, means, well, guinea-pig killer.

Lunch ended with a hot chocolate for me and a coffee for my husband, the latter prepared by a young man who poured the beverage in a spiraling motion. His sole mission seemed to be to get that part of the meal right.

Staffers at Mil said they work hard to integrate the restaurant into the surrounding community by inviting locals to events and working with women's groups on small-business development. An anthropologist who helped develop Mil's culinary plan lived at the site for two years studying local ingredients before the restaurant opened.

It was hard to picture, though, how a restaurant that charges \$200 per person could relate to nearby villagers. A man holding a list of approved names guarded the road leading to the establishment. When we asked our driver, a local, whether the restaurant is seen as an inviting part of the community, he smirked. Perhaps that's why it was refreshing to slip a more casual Andean cooking experience into our trip.

My husband and I ventured through the Sacred Valley to Ollantaytambo, a historic town of cobblestone streets that sits at a more sensible 9,000-foot elevation. We stayed at El Albergue, a hotel whose doors open onto the city's train platform.

Few travelers would know that the restaurant wedged feet from the tracks is part of a serene hotel with bursting gardens that is one of the most charming and reasonably priced in all of Peru (doubles from \$129 a night).

We chose to stay at El Albergue not just because of its wide second-floor porches with mountain



A dish at Mil called Extreme Altitude features dehydrated leaves and cushuro, cyanobacteria in the form of green spheres that are harvested from the surface of high-altitude lakes.



Mil, one of Peru's most exclusive restaurants, highlights some of Peru's 4,000 varieties of potatoes.



Lamb, chicken and pork are placed on scalding-hot stones to cook at El Albergue in Ollantaytambo.

views or its greenery that felt oddly tropical or its ideal location as a jumping-off point for the Machu Picchu trek, but because it offers an earth-oven cooking experience on its sprawling organic farm.

We were here to taste

"pachamanca," a dish thought to date to the Incan empire as far back as the 12th century, involving alpaca, guinea pig and beef as well as local vegetables cooked in the ground. In Quechua, pacha means "earth" and manca means "oven" or "pot."

Our host, Giselle, was an experienced restaurant server who had found refuge in recent years in the laid-back culinary scene of Peru's mountains. She led us past fields of flowers and fruit trees to a small shade structure where a crater had been dug. We watched as workers handled rocks that had been heating for more than an hour, rising to 800 degrees Fahrenheit.

They layered the stones at the bottom of the 3-foot-wide hole, placing whole potatoes directly on top of them. Then more hot stones were piled on, followed by lamb, chicken and pork that had been marinating in garlic, salt, cumin and Andean mint known as "chinchu."

After a final layer of scalding rocks, leafy herbs and fava beans were placed on top, followed by wet muslin and shovelfuls of dirt for insulation. The process allowed the meat to sear on the rocks, while fat and juices dripped onto the potatoes. The herbs became charred, developing a smoky taste.

While we waited, Giselle took us a few steps to the distillery, where she gave us sips of "canazo," a liquor made from fresh-pressed sugarcane juice.

At the roastery next door, we sniffed freshly roasted coffee beans the hotel cafe would serve its guests.

Soon it was time to eat; the food was done in just 15 minutes because the earth oven was so hot and pressurized. The result was a feast spread on a communal table in a small field framed by the green slopes of the valley. We drank fresh "chicha morada," the deep-hued juice of purple corn. The meal was deliciously uncomplicated and satisfying.

The next morning, we didn't feel rushed like the hundreds of other tourists crowding the train platform outside our hotel. They zoomed around, disoriented and hungry, on their way to hike the Inca trail or return to Cuzco, unaware of the world we had just experienced tucked behind the station.

We preferred it that way, nestled in a booth, coffee in hand, watching everyone whiz by.

Best of the Midwest

10 places to go in 2020

By LORI RACKL

The new year means a fat bank of vacation days just sitting there, waiting to be taken.

We're here to help you put them to good use with our list of Midwest getaways: 10 for '20. A mix of well-known spots and under-the-radar destinations, our 10 picks are spread across half a dozen states. Most are well within a six-hour drive of downtown Chicago. All of them are worth exploring, especially this year.

You might be surprised by some of the places that made the list. And some that didn't. Where's Milwaukee, home of the upcoming Democratic National Convention, you ask? It was on last year's list, 9 for '19. No back-to-back repeats.

Give it a look. See what you like. Pack your bags and get going. By the end of this year, hopefully you'll have taken some great trips — and all your vacation days.

lrackl@chicagotribune.com

Jackson, Michigan

The newly chartered Great Lake-to-Lake Trail Route No. 1 plots a course for hikers and bikers to travel 275 miles from Lake Michigan clear across to Lake Huron. One of the more interesting southern Michigan trail towns along the way: Jackson, less than 40 miles west of Ann Arbor. Rich in history, the city played an important role in the Underground Railroad and lays claim to being the birthplace of the Republican Party (bragging rights disputed by Ripon, Wisconsin). It's home to a bunch of museums and has one of the country's oldest continually operating rail stations, an 1873 red brick depot that still serves Amtrak's Wolverine line between Chicago and Detroit. Download the free Experience Jackson Tours app, launched last year, to guide you to historical sites, notable architecture, breweries, wineries and vibrant murals. The public art is the byproduct of Bright Walls, a festival founded in 2018 that's brought 36 murals to downtown. While walking from one wall of colorful images to the next, grab some brisket and an award-winning Monkey Mouth IPA at Grand River Brewery and leave room for Gilbert Chocolates. The cute shop's candy cases include sweet spins on Ritz crackers, whose origins purportedly can be traced to this town.



LORI RACKL/CHICAGO TRIBUNE

Take Amtrak's Wolverine line from Chicago to Jackson and you'll arrive at one of the oldest continually operating rail stations, opened in 1873.

Route 66 in Illinois

The Mother Road won't pop the cork for its centennial until 2026, but recent developments along Illinois' 300-mile section of America's Main Street make this a fine time to fill up the tank for a Route 66 road trip. After downing a stack of pancakes and what's boldly billed as the world's finest coffee at Lou Mitchell's in Chicago, pull over for a prison break in Joliet. The Joliet Correctional Center that housed some of the state's most infamous criminals now offers tours of the abandoned limestone fortress. State tourism officials say special events will take place this year in honor of the 40th anniversary of "The Blues Brothers," the movie that made the pokey famous. Keep on truckin' down to Wilmington for more food served with a huge helping of nostalgia at the recently renovated Launching Pad, where a 30-foot-tall Gemini Giant from the '60s stands sentinel in the parking lot. Swing by the Illinois Route 66 Hall of Fame and Museum in Pontiac and do some sightseeing in Springfield, including a stop at Cozy Dog Drive In for more Route 66 memorabilia and a battered, deep-fried hot dog on a stick. Four miles south is Route 66 Motorheads Bar, Grill & Museum, opened in 2018. End the Land of Lincoln leg of your journey near Missouri at the old Chain of Rocks Bridge over the Mississippi River, or keep following the directions at historic66.com and get your kicks all the way to California.



LORI RACKL/CHICAGO TRIBUNE

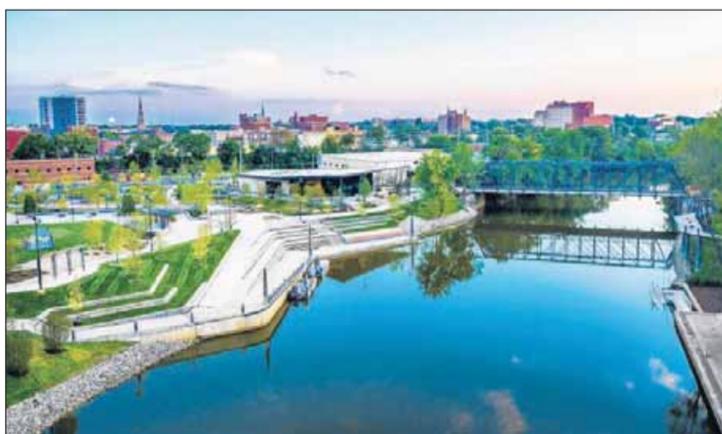
The 30-foot-tall Gemini Giant in the parking lot of the recently renovated Launching Pad.



One of the stars of Indiana Dunes National Park, Mount Baldy hovers 126 feet above Lake Michigan. Its shifting sands mean this wanders.

Beaver Island and Charlevoix, Michigan

If water is what you're looking for in a vacation destination, you'll find plenty of it surrounding Beaver Island and the northern Michigan resort town of Charlevoix. The 56-square-mile island — the largest in Lake Michigan — is a two-hour boat ride or 15-minute flight from Charlevoix, but it feels even more remote than its location 30 miles off the mainland. Forget about fudge shops, fine dining and fancy resorts. Beaver Island is where you go to unplug and do a deep dive into nature. Summer draws outdoor enthusiasts who come to camp, hike, fish, bird watch, kayak or just kick back and watch the sunset at a secluded beach. Experienced paddlers might want to tackle the new 42-mile water trail that circumnavigates the island. Roughing it just got a little less rough as of last summer, when a husband-and-wife team opened Beaver Island Retreat, a collection of 10 safari-style tents outfitted with queen beds and other creature comforts. At night, the stargazing is incredible. Back on Michigan's mitten, charming Charlevoix beckons boaters, beachgoers and water sports fans as well. More terrestrial pursuits include taking a tour of the whimsical, Hobbit-like homes built by late architect Earl Young. A massive renovation project at a hotel he designed, the newly christened Hotel Earl, is expected to wrap up this winter.



VISIT FORT WAYNE

Promenade Park features an elevated trail, boat rides, a band shell and more.

Fort Wayne, Indiana

Family-friendly Fort Wayne has been pumping lots of money into revitalizing its riverfront, where the St. Joseph, St. Marys and Maumee waterways converge. The first phase of that project, Promenade Park, debuted downtown last summer with a treetop canopy trail, canal boat rides, a concert venue and playground, among other bells and whistles. Get on the water with a kayak or canoe from the conveniently located Fort Wayne Outfitters, which also rents bikes — a great way to explore the region's extensive trail network. (In late 2017, Fort Wayne and Allen County welcomed their 100th mile of public trail.) The nearby Landing area is getting a face-lift too, with restaurants, apartments and retail breathing new life into this once bustling site. More changes on the horizon: The defunct 39-acre General Electric campus is being transformed into a massive, mixed-use development called Electric Works, the venue for spring's Middle Waves Music Festival, June 12-13. Later this year, Indiana's second largest city is expected to open its first boutique hotel. The lodging comes from the co-founder of Fort Wayne-based Vera Bradley, maker of colorful, quilted handbags and home goods. Vera Bradley's annual outlet sale is a big tourist draw in its own right; head to the Allen County War Memorial Coliseum April 15-19 to battle for some bargains.

Sheboygan, Wisconsin

Milwaukee, site of the 2020 Democratic going on this year. Roughly 60 miles north U.S. and Europe will square off Sept. 22-gan. Designed by Pete Dye and blanketed the first public course to host the prestige is part of Destination Kohler, a ubiquitous Kohler Arts Center — named for the for products behemoth — will cut the ribbon. ing structure will be a 56,000-square-foot Concrete Park, where retired Northwood sculptures. The Art Preserve opens Aug. Park (aka North Beach) to watch intrepid other Sheboygan nickname: Bratwurst C eponymous sausages sprinkled with oni



Hugging the shore of Lake Michigan, The

Indiana Dunes National Park

This time last year, Chicagoans wanting to visit a national park had to either get on a plane or buckle up for a long car ride. That changed last February, when Indiana Dunes shed its national lakeshore status to become the country's 61st national park, rubbing elbows with the likes of the Grand Canyon and Yellowstone. The Dunes spent most of 2019 as our newest national park, until New Mexico's White Sands got tapped to join the club in late December. While it's no longer the "newest," the Dunes remains a beautiful spot to hit the beach, go bird watching and get some sand in your hiking boots — all within an hour or so drive from downtown. Clinging to the southern shore of Lake Michigan, the park happens to be where a lot of ecozones overlap. The result? An enviably deep bench of biodiversity. Prickly pear cactus, Arctic bearberry and the federally threatened Pitcher's thistle are some of the 1,100-plus native plants spread across 15,000 acres. More than 350 bird species live or migrate through here; mark your calendar for the popular Indiana Dunes Birding Festival, May 14-17. Pass different habitats like black oak savannas, wetlands and beaches while hiking the nearly 5-mile Cowles Bog Trail. The national park, which graces the cover of the 2020 Indiana Travel Guide, surrounds a state park of the same name. Head to the latter to test your stamina by scaling the three tallest sand dunes, a workout rewarded with awesome views — and a 3 Dune Challenge sticker at the visitor center in Porter.



ZBIGNIEW BZDAK/CHICAGO TRIBUNE

...ing dune moves about 4 feet a year.



Beaver Island Retreat, a collection of 10 safari-style tents outfitted with creature comforts, opened on Michigan's Beaver Island last summer.

BEAVER ISLAND RETREAT

National Convention, isn't the only Wisconsin city to have a lot of MKE along the Lake Michigan coast, top golfers from the Ryder Cup at Whistling Straits, just outside Sheboygan, spread across 2 windswept miles of rugged shoreline. The Straits is a prestigious golf tournament in nearly three decades. The golf course has its name in this part of The Badger State. The John Michael Merz, former mayor of Sheboygan and founder of the kitchen-and-bath scene, opened on its new \$40 million Art Preserve this summer. The striking shrine to artist-built environments, such as the Wisconsin Dells lumberjack Fred Smith filled the grounds with his quirky art. Admission is free. Winter is a good time to head to Deland and surfers catch the waves at this Malibu of the Midwest. An- Capital of the World. Don't leave town without having one of its onion and brown mustard, and tucked into a round roll.



KOHLER CO.

Whistling Straits golf course will be the stage for this year's Ryder Cup.



LORI RACKL/CHICAGO TRIBUNE

The I.M. Pei-designed Eskenazi Museum of Art on the campus of Indiana University reopened last fall after a renovation.

Bloomington, Indiana

The best college towns have a mix of small-city charm and a worldly, cultural vibe. That's what emanates from the idyllic campus of Indiana University, celebrating its bicentennial this year. Be smart and book yourself a room at one of the newest properties in town: Graduate Bloomington. Opened a little more than a year ago, this southern Indiana outpost of the personality-rich, collegiate hotel chain (based in Chicago) commands a prime location. The 150-room, six-story Graduate sits on the main drag between IU's unofficial door — the Indiana limestone Sample Gates — and Bloomington's historic courthouse square, lined with an impressive array of restaurants, from veterans like Samira's (delish Afghan dishes) to the newer kids on the block, SmokeWorks barbecue joint and Social Cantina (modern Mexican fare). On campus, check out the sleek Eskenazi Museum of Art, whose I.M. Pei-designed building is fresh off a three-year, \$30 million renovation. Stretch your legs on the 5K-long B-Line Trail or head to nearby Hoosier National Forest. Better yet, rent a bike and pedal around town like Dave Stoller in "Breaking Away," the Oscar-winning 1979 coming-of-age flick set and filmed in B-Town. Or time your visit to coincide with the Little 500, a spectacle of a cycling race modeled after the Indy 500. It's billed as "The World's Greatest College Weekend." Women hit the track on April 24, followed by the men's teams the next day.



LORA

The lobby of the Lora hotel in Stillwater.

Stillwater, Minnesota

A couple of bridge projects are poised to make a big difference in this small town tucked into the bluffs of the St. Croix River. The nearly century-old Stillwater Lift Bridge closed in 2017, easing downtown traffic congestion and making it more pleasant to poke around the boutiques, restaurants, galleries and antique shops along historic Main Street. This spring, the Lift Bridge is slated to reopen — to pedestrians and cyclists only. That fills in the final missing link of a nearly 5-mile "Loop Trail" connecting Minnesota and Wisconsin. The scenic route includes the Lift Bridge's replacement: the newer St. Croix Crossing Bridge, built for cars as well as walkers, joggers and bikers. Less than 30 miles east of the Twin Cities, this pretty-as-a-postcard town of roughly 20,000 people punches above its weight in amenities and attractions. Its hotel scene got a boost in 2018 with two boutique properties: the hip, 55-room Hotel Crosby and the stylish Lora, a 40-room gem built on the site of an old 19th-century brewery. Both are good places to grab dinner and drinks too. Schedule your visit for mid-May and you might be part of a Guinness World Record. Plans are in the works to celebrate the launch of the Loop Trail by forming the longest human chain of people holding wrists. About 6,200 participants will be needed to line the trail and clasp wrists. Why not hold hands? That record was set in 2004 with over 5 million folks in Bangladesh.

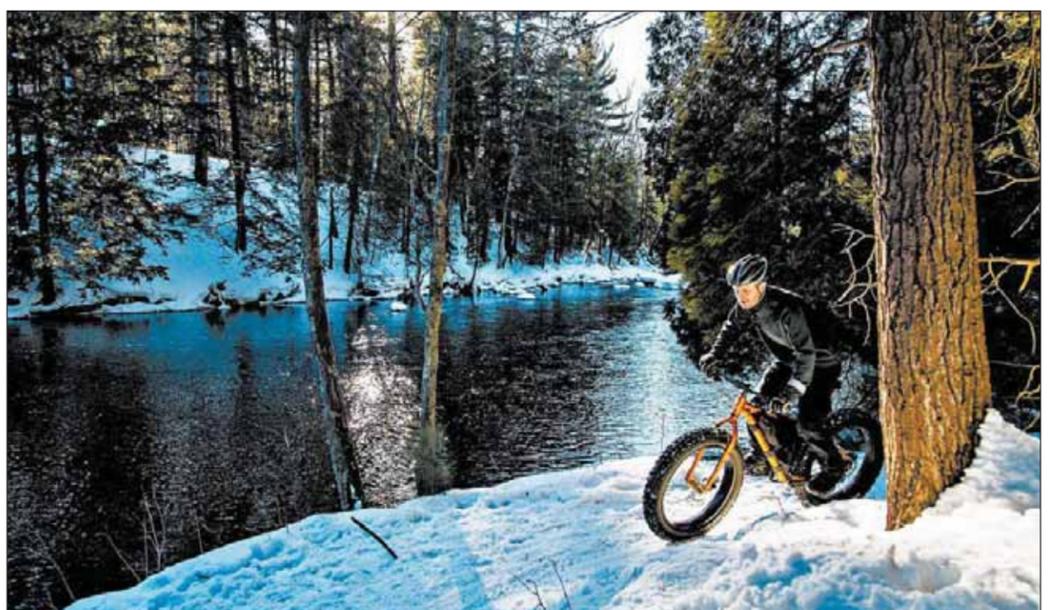
Cedar Point in Sandusky, Ohio

The country's second oldest amusement park turns 150 this year. As you might expect from a place full of scream machines, Cedar Point isn't about to let the occasion pass quietly. The Roller Coaster Capital of the World plans to celebrate its sesquicentennial with a new ride, retro offerings and an elaborate parade, among other things. The nighttime procession, running June 12 through Aug. 16, will be packed with 100-plus performers and a dozen illuminated floats paying homage to Cedar Point's history. Built on a narrow peninsula jutting into Lake Erie, the 364-acre park lured visitors back in the day with its sandy beach, humble bathhouse and beer garden. It went on to become a Midwest (and more affordable) Disney World of sorts, a multiday destination with lodging, live entertainment, a milelong beach and 71 rides. Eighteen of these rides are roller coasters, including the 120 mph Top Thrill Dragster and the gravity-defying Steel Vengeance, awarded best new ride in 2018. When the park opens May 9 for its 150th season, visitors can hop aboard a new, family-friendly riverboat journey called Snake River Expedition. Old park favorites will make a comeback too, like the return of fruit-shaped juice bottles. Starting in February, Cedar Point will mark the milestone by giving away free lifetime admission to 150 people; cedarpoint.com/150.



CEDAR POINT

A milelong beach on Lake Erie is a highlight of Cedar Point, celebrating its 150th anniversary this year.



TRAVEL MARQUETTE

Sure, Marquette in Michigan's Upper Peninsula gets cold in the winter. But that doesn't stop outdoor enthusiasts.

Marquette, Michigan

Into the outdoors? Then make tracks for this four-season playground on the shores of Lake Superior. The Upper Peninsula's largest city, still small by most standards with a population just north of 20,000, is an ideal base to explore the broader region — an area long known for natural beauty but more recently getting a rep for its burgeoning food-and-bev scene. Marquette County boasts more waterfalls (77!) than any other in the state. Some 150 miles of single-track await intrepid mountain bikers. Fall colors don't get much better than on a trek up Sugarloaf Mountain, a spin through Presque Isle Park and a hike or bike ride on the 47-mile Iron Ore Heritage Trail. This Yooper spot doesn't hibernate in the winter. Skiers and snowmobilers are out and about, and the popular UP200, a sled dog race that's an Iditarod qualifier, attracts packs of fans (Feb. 14-16). The college town has more to offer than just athletic pursuits. The culture calendar includes Art on the Rocks (July 25-26), a juried show with works from 140-plus artists, and the outdoorsy, Midwest-focused Fresh Coast Film Festival (Oct. 15-18). The U.P. Fall Beer Festival (Sept. 12) is another annual favorite, but good brews can be had year-round at the ever-growing lineup of craft breweries, including Barrel + Beam (great farmhouse ales) and the newly opened Drifa Brewing Co. and Lake Superior Smokehouse Brewpub.

NEWS TO USE

Snow sculpting in Rockford

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:

- Teams from around Illinois will face off in Rockford on Jan. 22-25 for the right to represent the state in the 2020 U.S. National Snow Sculpting Competition. High school teams will compete too. The action unfolds in Sinissippi Park. ilsnowsculpting.com
- Grand Haven, Michigan, is holding its 11th annual wine and art walk from 5-8:30 p.m. Jan. 17. Stores will display local artists' work, and wine from various areas of Italy will be available for sampling. A commemorative wineglass can be purchased along with tasting tickets. tinyurl.com/yxxevyfo
- The Michigan Winter Dog Classic, billed as the state's largest dog show, will be held Jan. 16-19 at the Suburban Collection Showplace in Novi. There will be

educational demonstrations, conformation judging, health clinics and seminars, obedience and agility trials, duck-herding demos and more. themichiganwinterdogclassic.com

- With thoughts of spring, the Iowa Boat & RV Show will be Jan. 17-19 at the UNI-Dome in Cedar Falls. There of course will be loads of boats and RVs in all sizes to check out along with associated gear. Seminars include ice fishing and kayaking. tinyurl.com/tdfwgyc
- The Hoosier Antique & Classic Bicycle Club holds its Winter Swap Meet on Jan. 25 at the Boone County 4-H Fairgrounds in Lebanon, Indiana. More than 100 vendors from the Midwest will be selling antique and classic bicycle parts, and there will also be lots of cycles on display. tinyurl.com/v2f7erm
- The Noquemanon Ski Marathon runs Jan. 24-26 in the Ishpeming and Marquette areas of Michigan's Upper Peninsula. Jan. 25 is the big day with cross-country ski events ranging from 12K to 50K in



ROCKFORD PARK DISTRICT

The snow will be flying later this month when teams compete in Rockford for the right to represent Illinois in the 2020 U.S. National Snow Sculpting Competition.

a variety of classes. There's also a 15-mile snowshoe event. On Jan. 24 there are junior races, and Jan. 26 has snow bike, skijoring and snowshoe competitions. noquemanon.com

- The Loop Ice Carnival will be held Jan. 17-19 in the Delmar Loop area of St. Louis. The family-friendly celebration of winter includes ice sculptures and demonstrations, ice slides, carnival rides and more. tinyurl.com/sycqghz
- The Iowa tourism folks have suggestions for winter weekend getaways in their

state at tinyurl.com/ralwuff.

- If you're headed to Missouri, the tourism pros in the Show Me State have some suggestions on indoor highlights to visit on a winter day. tinyurl.com/r1j6cje
- The McHenry County Historical Society is showing off quilts from its collection at the Woodstock Opera House in Woodstock through Feb. 3. Quilts include one made by the women of the Richmond Congregational Church in 1887. tinyurl.com/qu83sov

- The Haggerty Museum of Art at Marquette University in Milwaukee will offer free admission Jan. 20 in honor of Martin Luther King Jr. tinyurl.com/ukg6m6z
- Winter is the star Jan. 24-25 during the Lake Superior Ice Festival in Superior, Wisconsin. Among the activities will be ice racing with stock cars and motorcycles, curling, hockey, ice carving, ice skating and more. lake-superioricefestival.com

Deals and websites listed

here have been checked for availability as of press time. Listings are not an endorsement. Send tips at least a month in advance to ChicagoTribTravel@gmail.com.

Phil Marty is a freelancer.

GEOQUIZ ANSWER

Peru, Bolivia and Argentina. The border with Argentina extends roughly halfway down the western side of the continent.

For authentic Vegas, go to Fergusons Downtown

By MARY FORGIONE
Los Angeles Times

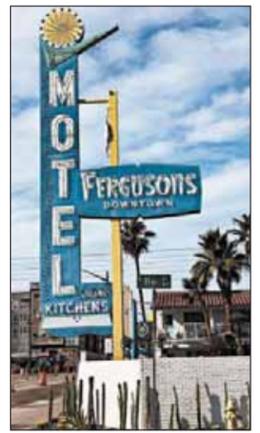
The recently opened Fergusons Downtown offers something in short supply in Las Vegas: authenticity. Fergusons departs from the usual over-the-top Vegas spectacles by creating a blocklong space filled with locally inspired restaurants, shops and pop-up events; tiny homes and Airstream trailers for visitors to spend the night may soon be added

too. It's a community place on Fremont Street between 11th and 12th streets where you can meet locals and makers at their (sometimes quirky) small businesses inside a refurbished old motel. And it's a respite from the casinos. There's no gambling here, unless you count the business owners taking a chance on their ideas. You can't miss the giant sculpture "Big Rig Jig" by Mike Ross, in the center's

courtyard. It's reason enough to visit. The 2007 work made from two discarded tanker trucks, which interlock and seem to dance in the air, stands about four stories high. For original Vegas items, All for Our Country (the state's motto) features furniture, lamps and home goods as well as jewelry items in the shape of Nevada. Food options include seafood ceviches, hand-made tortillas and agave-

based spirits at La Monja; a Japanese-style restaurant and bar called Hatsumi with seafood selections as well as cocktails and sake; and Mothership Coffee Roasters, a coffeshop where you can get everything from vegan cinnamon rolls to charcuterie and sandwiches. Fergusons started life in the 1940s as the Franklin Motel. Its name changed to Fergusons Motel in the 1960s, after the family that bought it. For the last three

years, Jen Taler and Tony Hsieh have worked to re-imagine the space as a place for hand-picked community artists and businesses, much the same way their monthly Market in the Alley pop-up has been doing across the street. (In fact, several of Fergusons' tenants took their first tentative steps into bricks-and-mortar retail there.) Fergusons Downtown is at 1028 Fremont St. It's open 7 a.m. to 10 p.m. daily.



ADAM TSCHORN/LOS ANGELES TIMES

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Chew on, CHICAGO

Rome, Naples better equipped for crowds



RICK STEVES
Tribune Content Agency

Rome is nicknamed “The Eternal City” and nowadays it could also be referring to the lines you’ll wait in. The city (along with Naples) is better organized than ever for the huge crowds that descend on it each year — but only for those who equip themselves with good information and use it. These tips may be wonky, but for smart travelers in 2020, they will translate into many precious hours saved — and lots of sweat avoided.

Rome’s big sights continue to tinker with ticketing procedures and crowd-control measures. For instance, travelers who want to tour the Colosseum must book an entry time when buying their ticket (which also covers the nearby Roman Forum and Palatine Hill). Reservations can sell out weeks ahead, so it’s essential to buy your ticket online, well in advance of your visit (visit www.coopculture.it).

Even with reserved entry times, the Colosseum can still feel packed. I know it sounds like a sacrilege, but travelers may want to consider skipping the inside of the Colosseum to avoid suffering through the mob scene. In my opinion, half the thrill of the Colosseum is seeing it from the outside. Instead, you can enjoy the magnificence of ancient Rome with a thoughtful visit to one of the city’s quieter sights, such as the Baths of Caracalla, south of the Roman Forum. Even in peak season, you’ll often be all alone with the wonders of the ancient world, wondering, “Where is everyone?”

If you decide to skip the Colosseum interior, but



CAMERON HEWITT/RICK STEVES' EUROPE

Consider skipping the Colosseum’s crowded interior and just enjoying it from the outside.



DOMINIC ARIZONA BONUCCELLI/RICK STEVES' EUROPE

Sitting on the Spanish Steps — a Roman pastime as seen in this photo from 2011 — could now land you a hefty fine.

you still want to visit the Roman Forum and Palatine Hill, purchase the “SUPER” combo-ticket, which also covers access to some smaller but worthwhile sights at the Forum and on Palatine Hill (keep in mind this ticket does not include

the Colosseum). These “minor” sights include the Palatine Museum, House of Augustus, House of Livia, and the recently opened Domus Transitoria — Nero’s first palace on Palatine Hill, complete with virtual reality headsets that

help reconstruct what the palace once was like (you must book an entry time when you buy your ticket).

Rome might be famous for its ancient sights, but the modern Welcome to Rome exhibition near Piazza Chiesa Nuova gives visitors a fun and informative introduction to the Eternal City. A series of four high-tech dioramas featuring famous Roman sights — Castel Sant’Angelo, Imperial Forums, Forum of Augustus, and St. Peter’s Basilica — show how each was built.

At the Vatican Museums, home of the Sistine Chapel, Friday evening visits are now being offered consistently from mid-April through October from 7 until 11 p.m., when crowds are limited. Another less conventional option is to book a guided tour of the Vatican Gardens, which

then lets you enter the museums. Both of these must be reserved online in advance.

Pilgrims should note that the American Catholic Church in Rome has moved its headquarters to St. Patrick’s Church near the U.S. Embassy. The parish welcomes pilgrims to the city, arranges papal audience tickets and lists convents that rent out rooms on its website (www.stpatrick-samericanrome.org). It’s an excellent resource for pilgrims.

In an effort to preserve Rome’s historic sights, the city has introduced hefty fines to curb bad behavior from visitors. Several tourists have been fined for jumping in the Trevi Fountain, and last year the city government enacted a ban on sitting on the city’s iconic Spanish Steps. Violators could face a 250 euro

fine (or more, if they damage anything).

Italy intensifies as you go south of Rome to Naples, the country’s third largest city. Due to construction throughout the city, Naples’ tram — useful for connecting the cruise port to the center — is not currently running. To help visitors reach the excellent Capodimonte art museum (on a hilltop north of the city center), the CitySightseeing bus company now runs a shuttle from Naples’ center to the museum, stopping en route at the city’s famous Archaeological Museum.

Naples is less than an hour from Pompeii, and improved transportation options makes day-tripping there more convenient than ever. In the past, the standard way has been by the Circumvesuviana commuter train, which tends to be dingy, hot, congested and full of pickpockets. But now, CitySightseeing offers a shuttle bus from Naples’ cruise port and train station to Pompeii. It runs three times a day in summer and takes just 30 minutes. Each bus has a set return time (about three or four hours after arriving) so riders must plan their visits accordingly. Another option is the Campania Express tourist train, which runs several times a day in peak season using the same tracks as the Circumvesuviana, but is less packed, more secure and has air-conditioning.

My mark of a good traveler is how they enjoy Italy. And, when it comes to navigating the popular and crowded sights of Rome and Naples, enjoying Italy requires some planning ahead.

Rick Steves (www.ricksteves.com) writes European travel guidebooks and hosts travel shows on public television and public radio. Email him at rick@ricksteves.com and follow his blog on Facebook.

TRAVEL TROUBLESHOOTER

Who should pay for Booking.com hotel error?

BY CHRISTOPHER ELLIOTT
King Features

I recently tried to book a hotel in Amsterdam but ended up with two rooms because of a Booking.com error.

When I was booking the first room, I got an error message that the room wasn’t available and the booking didn’t go through. Although Booking.com offered another room type, the alternative didn’t accommodate all of us.

I did not receive a confirmation email on this room, so I searched again and picked another hotel and completed the checkout.

I then received two emails from Booking.com stating I had reservations for both hotels. I immediately called Booking.com and talked to a representative. He agreed to contact the first hotel to cancel the reservation. But he never did. I emailed the hotel and it never heard from Booking.com about this issue.

It is not right or fair that I have to pay for this hotel due to a Booking.com error. Can you help?

— Larry Day, Wyoming, Michigan

A: You shouldn’t have two nonrefundable reservations on Booking.com — and if you do, the site should quickly refund one of them.

You were right to contact Booking.com by phone immediately. This is one of the rare times when you do want to call instead of emailing. But — and there’s always a but! — you also want to immediately follow up by email to the online travel agency and hotel, to create a paper trail and confirm when your refund will arrive. In your case, the refund wasn’t forthcoming.

When the refund didn’t come, and it seemed clear that Booking.com would make you pay for its error, you tried to appeal to an executive. I list the names, numbers and email addresses of Booking.com’s executives on my nonprofit consumer advocacy site, elliott.org. Unfortunately,

the executives just kicked your case back to the customer service department, which offered the wrong resolution to this Booking.com error. After you showed Booking.com that you did, indeed, receive the first reservation after making the second one, the online agency offered you a refund equal to 10% of the cancellation fee at the first hotel, “as a goodwill gesture.”

In a situation like this, you were absolutely right to reach out to a third party for help. (That would be me.) You were stuck in a frustrating cycle — where no matter what you did, the company wouldn’t listen. Sometimes it just takes an outsider and a fresh set of eyes.

I contacted Booking.com on your behalf. You also found a screenshot of the error message you received. Great work on the record keeping, by the way. I sent the information

to Booking.com on your behalf.

Booking.com reviewed its records. Even though the site showed an error message, Booking.com made your first reservation. The confirmation arrived five minutes later. By then, you had already made the second reservation, according to the company.

“It’s clear there was confusion and that Mr. Day intended to make a successful booking,” a company representative told me. “We’ve spoken with Mr. Day and explained the situation, offering a full refund, which has been accepted.”

Christopher Elliott is the ombudsman for 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, or email him at chris@elliott.org.

CELEBRITY TRAVELER

Hayes just loves the magic of islands

BY JAE-HA KIM
Tribune Content Agency

It’s only fitting that globetrotting actress Erinn Hayes stars in the new Netflix series, “Medical Police,” where she plays a doctor chasing down a life-threatening virus worldwide. The Emmy-nominated actress films most of the series in Croatia, which doubles for countries such as Italy and Brazil.

This summer, Hayes will be seen in “Bill and Ted Face the Music,” where she portrays Keanu Reeves’ wife. The actress resides in Los Angeles with her husband and two daughters.

An edited version of our conversation follows.

Q: What is your favorite vacation destination?

A: I’ve been fortunate enough to visit Fiji now twice and am absolutely in love. The first visit was for a guest spot job on the TV show “Wrecked” and the second was with my family, because I wouldn’t shut up about it after returning from the first work trip. My dad and uncle live part time in New Zealand, so we worked a stop in Fiji onto our trip to visit them. The Fijian people are so lovely and kind, the beaches are divine and the weather is perfect.

Q: To someone who was going there for the first time, what would you recommend that they do during their visit?

A: I’m the kind of traveler who needs a mix of everything and nothing. I love a good adventure, but I also feel a little unfulfilled if I don’t get one day of just



TIZIANO LUGLI

laying by a pool with a book and my thoughts. Definitely get out on the water in some form. When visiting with our kids, we went on one of the many day trips they have available to a small island. The crew of the ship sang songs and set up volleyball and my kids tried scuba diving for the first time, all in a magical setting.

Q: What was the first trip you took as a child?

A: My mother grew up in Hawaii, so my first travel memories are of warm wind and big clouds. I loved it there so much and have pieces of memories of pulling off the road to pick passion fruit and walking along the beach singing to myself and trying to find fairies in the rocks and plants.

Q: Where is the most romantic destination?

A: Probably the most romantic place I’ve ever been was a teeny tiny town on the Amalfi Coast of Italy called Atrani. It’s practically untouched by time, with the houses seemingly carved from the rugged hillsides. We had two days

and nights of wandering the minuscule passageways and streets, swimming in the waters and I had maybe the best meal of my life in a small family restaurant almost hidden on the rocky pier. It’s hard to get to, but well worth it, even with the constant bells that ring out marking every quarter-hour. Yes, every quarter-hour.

Q: If you’ve ever gone away for the holidays, which was the best trip?

A: We rarely stay home for the holidays. Having so much family up in Northern California and Oregon, we make the journey almost every year, presents hidden in the trunk and all. Our children associate Christmas morning with grandparents and cousins, so we’re taking advantage of that while we’re still fortunate enough to have that family around. (In 2018), we went to Bend, Oregon, to my mom’s and it snowed Christmas morning, which felt pretty magical to a bunch of California babies.

For more from the reporter, visit www.jaehakim.com.

HOME

MAKE YOUR SPACE

5 ways to create a cozy feel

Make your home a convivial retreat for the winter months

BY BARBARA BALLINGER | Chicago Tribune

Winter doesn't mean bone-chilling temperatures everywhere, but it can mean gray skies, more rain and certainly shorter days due to darkness descending early. Yet, there are many ways to counteract those blah-bah-humbug feelings and add a warm, cozy feeling and sense of conviviality indoors — what the Danes and Norwegians call *hygge*.

Doing so might be as simple as surrounding ourselves with a room painted a dark, rich color, or incorporating plush furniture to curl up on. The best news is that most of our ideas aren't terribly expensive and can be switched again when days grow longer and warmer. Remember, every season offers its own rewards.

Barbara Ballinger is a freelance writer.

1. Add warm fragrances

Move past the season's overbearing pine, cranberry and pumpkin spice candles. There are plenty of other, more sophisticated fragrances that evoke a feeling of warmth. Take Byredo's The Burning Rose candle. It has a deep smell of rose combined with a smoky woody character. Diptyque's Choisy candle offers another warm scent. The smell conjures hints of honey, tobacco leaves and a handful of spices for warmth.



NEIMAN MARCUS



DUNN EDWARDS

2. Paint an entire room a deep, warm, saturated hue
Deep colors instantly envelop and transport us to a warm destination, and many manufacturers now suggest we go darker and richer in our paint and color choices. Pair these colors for contrast with a white, off-white or cream in the trim and ceiling, or use the dark color throughout the room on all surfaces for what may be one of next year's big design trends. Paint manufacturer Dunn Edwards has debuted its new Dark & Stormy paint hue, a deep, intense blue to that immediately evokes the coziness of bundling up for cold winter days and evenings.



RESTORATION HARDWARE

3. Nestle into a furry cocoon

Natural textures are showing up not just in traditional blankets and throws but also in the upholstery that goes on couches and chairs. One increasingly popular suggestion is sheepskin, which is soft and furry to the touch and warm. Just the right fix we need to upholster favorite seating. RH has reimagined a classic midcentury French design, with their Yeti chair. Crafted of solid oak and upholstered in ultra-soft, New Zealand sheepskin, the chair has a low, raked back and arms that curve gently into tapered legs. Pure 1940s Paris.



ETHAN ALLEN

4. The more throws and blankets the better

Rather than turning up the heat — and wasting energy — why not wrap yourself in a thick throw or blanket, so you can sit and converse comfortably, read a favorite book or sink into "The Crown" or "The Marvelous Mrs. Maisel." Ethan Allen offers a host of choices that will perk up any setting.



ROOM & BOARD/TOMS PRICE/WEST ELM

5. Layer area rugs

Most people like hardwood floors these days, but they can be cold on bare feet. A shaggy or furry area rug proves the right antidote and not only feels warm but looks warm, too, especially when it's set atop an existing area or wall-to-wall rug. Look for textured rugs that offer a tactile feel, and you've got a win-win all around. Toms Price's hand-knotted wool rug is a North Moroccan design from the Berber tribes that reside in the city of Taza. Other favorites are Room & Board's wool Soraya rug with its geometric graphics and colorful tufted poms, and West Elm's hand-tufted wool Charm Rug.

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FEMA



STYLE

WHAT TO WEAR NOW

Make a statement with season's best coats

BY DARCEL ROCKETT | Chicago Tribune

This season is all about the statement you make with your outerwear. A coat may be an outer layer to protect you from the elements, but it's also an investment. The proper cut, style and color can carry you from winter solstice to winter solstice. The bonus? The post-holiday sales are on, and great chic coats are available at all price points.

The time is nigh to upgrade your winter coat, so save a bundle while you bundle up. Be it puffer, or something to glam up your Sunday best, we have some suggestions.

drockett@chicagotribune.com



KATE SPADE

The perk up: Brighten up a dreary winter day with Kate Spade's pink wool blend and faux fur coat. \$559, katespade.com

**The bright spot:**

Zara's reversible yellow and navy hooded down jacket is filled with 100% recycled feathers. \$99.99, zara.com

ZARA



MARC JACOBS

The Sunday best: Add a touch of glam to your wardrobe with Marc Jacobs' The Sunday Best wool and velvet coat. \$537, marcjacobs.com



J.CREW

The night out coat: J.Crew's Black Collection tailored Tuxedo Coat in fuzzy wool with a satin collar. \$309.99, jcrew.com



NORDSTROM

The edgy statement: Stand Studio's clean-lined Riley coat combines pink faux fur trim and black faux leather. \$266.98, nordstrom.com



MYTHERESA

The statement maker: Stand Studio's oversize checked faux-shearling jacket. \$231, mytheresa.com

Putting an end to the gift-giving blues



ELLEN WARREN
Answer Angel

Dear Answer Angel Ellen: Even though it's a new year, I'm still not over the letdown of the holidays. This time of year is always a bummer for me, but it is getting worse. All that preparation, decorating, shopping, wrapping, cooking, entertaining and then — poof — it is over in what seems like just a couple of hours. Here's my question: Is there a way to avoid the trend of family and friends just swapping internet links to the gifts they want for Christmas? It seems so cold and impersonal and just so wrong. This year I bought two shirts, two pairs of shoes, a coat, some sort of expensive tool (I don't even know what it does) and two books — all after the would-be recipients emailed me links for the stuff they wanted. Bah, humbug. Is there a way to bring back the joy of giving?

— Penny P.

Dear Penny: I'm afraid not. More and more, people expect to receive what's on their list and to be disappointed if you freelance and give something unexpected and unrequested. (The same goes for wedding, birthday and baby gifts.) Thanks to the internet, many giftees have extremely specific gift requirements. Even when I think I've found the perfect thing, they look less than thrilled if it's not what they "asked" for. But, the idea of giving a gift is — bottom line — to make the recipient happy. So, the easy thing to do is go along with the wish list — exactly as specified. Here are the options:

- Give them what they requested even though it's no fun for you.
- Tell them you are making a donation in their name to the charity of their choice.
- Give them a gift card for a site they use often: Amazon, iTunes, Nike, whatever.
- Suggest in a nice way that it might be time to end the gift



DREAMSTIME

Thanks to the internet, many people now simply email the links to the items they want for birthdays and holidays.

exchange. Perhaps set an age limit so that the kids still get gifts.

Readers: How do you handle Penny's dilemma?
And another gift-giving rant/question ...

Dear Answer Angel Ellen:

There are some people on my gift-giving list whose birthdays fall close to Christmas and Hanukkah. I, too, am one of the unfortunate people who were born in late December. My fellow sufferers and I either get kind of cheated in the gift-giving frenzy, receiving a combo present that's for both the birthday and Christmas. Or, receive a pile of presents in one brief period of the year and then it's an 11-month dry spell. Do you think it would be OK to decide to designate a different date to celebrate these birthdays?

— Dan W.

Dear Dan: That seems like a pretty smart solution to the problem of having your real birthday get lost in the frenzy of holiday madness. Here's a thought: Tell

the people on your gift list that from now on you're going to celebrate their half-birthday instead so they get the presents and attention they deserve. And, while you're at it, announce you're going to switch your own celebration to your half-birthday too, with all the trimmings, including, cake, candles — and presents!

Dear Answer Angel Ellen: I'm 80-plus with wrinkled skin. Is it too late to continue with skin products? I know you need sunblock and a moisturizer. Anything else?

— Mary P.

Dear Mary: You earned those wrinkles! And I've never had much faith in expensive skin products that promise to reduce wrinkles. Your regimen is what I recommend to women of any age. Sunscreen and moisturizer — or moisturizer with SPF 30 or above. That's really all any of us need. Just apply that faithfully and you're good to go.

Angelic Readers 1

Readers to the rescue of Alice S., whose vacuum stopped working because her long hair got stuck in the brush bristles.

Barb G. says: "It took me years to figure out how to remove the hair from the vacuum cleaner brush, but while combing the aisle looking for a new comb for myself, I discovered the comb sold to remove lice nits from the head. The teeth are very close together and the comb is narrow enough to get between the vacuum brush supports. For under \$5 I have discovered the perfect vacuum brush hair removal tool!"

Olga D. writes: "My newer Kenmore vacuum came with a 'seam ripper,' the little sewing gadget to remove seams. They suggested using that to remove threads and hair from the brush at regular intervals." You can buy seam rippers for a few dollars on Amazon, at big-box stores and at fabric shops.

Angelic Readers 2

For the women who complained that hair dye was causing them hair loss or scalp pain, there were a number of suggestions.

From Marg B.: "I buy a product at Sally Beauty for less than a dollar called Care & Comfort Packette Treatment. It can be added to bleach, tint, toner, permanent wave solution and neutralizer."

Christine D. writes: "Here's a thought ... stop dying your hair! Let it grow out to be healthy and beautiful. Mine is multiple shades of gray, nice and thick. And think of the time and money saved."

Julie B. loves Herbatint (herbatint.com): "No ammonia, alcohol or parabens. It's from Italy. It can be bought online or in natural product stores. The processing time is a little longer (40 minutes), but no smell or burn. I've been using it for at least 25 years now."

Reader Rant

Several of you came to the defense of Bonnie J's 90-year-old mom who was getting "second glances" at church because her knee-high stockings show 4 inches below her skirts since she no longer can wrestle herself into pantyhose.

Sandy C. writes: "Mobility at that age becomes an issue for many. No one, particularly church members, should judge how one dresses. Shame on those people."

From Jill W.: "Second glances?! I hope anyone who would give a 90-year-old woman making her best effort to dress up for church a 'second glance' is doing so out of respect and reverence. Your mother should continue to wear whatever makes her comfortable!"

Now it's your turn

Send your questions, rants, tips, favorite finds — on style, shopping, makeup, fashion and beauty — to answerangellellen@gmail.com.

THE GOODS

YOUR HUNT IS OVER

Our never-ending love affair with '70s design

By DAVID SYREK | Chicago Tribune

When you think of past decades that oozed style, the Hollywood glitz of the '30s or the pop-infused '60s come to mind, but the decade that hands-down has been the most influential in fashion — and that is making a splash this spring in home design — is the '70s.

Fashion icons like Diana Ross, Diane von Furstenberg and Bianca Jagger (in that chic white pantsuit) defined '70s style — and fuel our never-ending love affair with what author Tom Wolfe called the “Me” decade.

In home design today, shaggy carpets, Lucite, rattan and geometric patterns are showing up in unexpected ways, and the cool grays that have dominated our interiors in the recent past are giving way to shades of blue and, yes, even beige.

Designers from Tom Ford to Marc Jacobs have reinterpreted '70s glam in endless collections, and the spring 2020 runways were a major love letter to the best of the era.

For spring, Altuzarra's chic suede pants and canary yellow, single-button blazer with extra wide lapels brought a fresh take, as did Victoria Beckham's collection infused with vibrant colors and a soft '70s vibe.

Trends — like decades — come and go, but the '70s are here to stay.



WIREIMAGE

A tailored, slouchy jacket and trousers from Victoria Beckham's spring collection. victoriabeckham.com for stores.



GETTY

Altuzarra's tailored jacket with wide lapels for spring. altuzarra.com for stores.



IMOLA

Imola Ceramica's Let It Bee tile collection is a fresh take on '70s geometric patterns.



CB2's half-dome Hanna table lamp merges chic retro style with a modern aesthetic. \$199, CB2.com

CB2



Jonathan Adler's brushed-brass Nixon table is a chic nod to '70s design. \$1,424, jonathanadler.com

JONATHAN ADLER



Jonathan Adler's Jacques tray table is the perfect blend of '70s simplicity and glamour. \$1,295, jonathanadler.com

JONATHAN ADLER

Kardiel's gold velvet Miranda sofa oozes Studio 54 style. \$896, kardiel.com

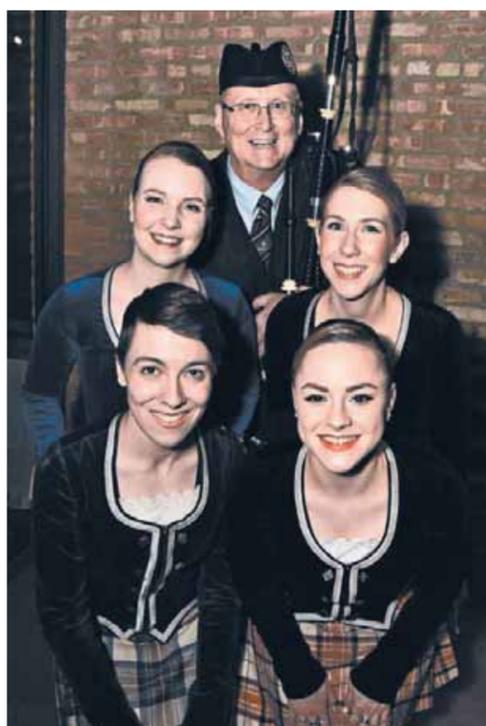
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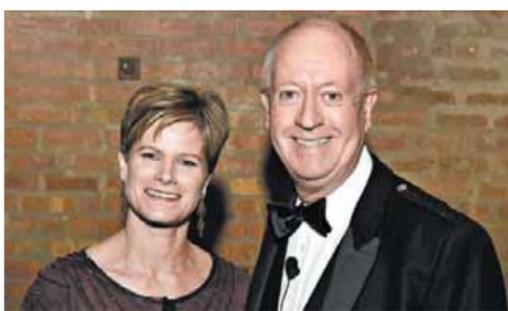
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Bagpiper Scott McCawley with members of the Thistle & Heather Highland Dancers



Co-chairs Lynsey Sorrell and Charlie Miller

CANDID CANDACE

BY CANDACE JORDAN



Feast of the Haggis a Scottish celebration

A 174-year-old tradition continued Dec. 7 for the Chicago Scots at its Saint Andrew's Day Gala. Held at Rockwell on the River, the Feast of the Haggis celebrated Scottish culture and helped fund senior care for its principal charity, the Caledonia Senior Living and Memory Care facility in North Riverside.

Billed as Chicago's longest-running, black-tie benefit, the event is held annually for the Illinois Saint Andrew Society, now known as the Chicago Scots, established in 1845. The gala included many Scottish traditions, beginning with members of the Thistle & Heather Highland Dancers welcoming over 300 guests to the presentation of the haggis, a Scottish dish made of sheep offal, spices, onions and suet.

The Scottish, British and American national anthems were sung before the program began with a toast presented by board chair David Fleming. Before dinner, incoming board chair Paul Melville delivered Robert Burns' prayer "Selkirk Grace," and board member Lynsey Sorrell recited Burns' poem "Address to the Haggis."

The Midlothian Scottish Pipe Band led the presentation, which included "Old Bailey," a ram's head humidior that serves as the society's mascot and that bears the coats of arms of Scotland, the U.S. and the city of Chicago.

A kilted Gus Noble, president of the Chicago Scots, spoke about the organization's endurance. "We've never missed a single year despite the Great Fire, world wars and the Great Depression. We welcome everyone who's Scottish by birth, by heritage or simply by inclination," he said.

Kinsman and Kinswoman of the Year Awards were presented to employees of Caledonia's Senior Living and Memory Care, respectively, Michael Domrese (director of maintenance) and Crystal Keller (a certified nursing assistant and nursing secretary). Distinguished Citizen Awards were presented to Dan Casey, founder of Sterling Engineering, and Bethany McLean, contributing editor at Vanity Fair.

The event raised over \$150,000. Freelance writer Candace Jordan is involved in many local organizations, including some whose events she covers.

MORE ONLINE: Find more photos and video of this event at www.chicagotribune.com/candidcandace



Gus Noble, president of the Chicago Scots, and Aisha Noble



Drake Miller and Stephanie Miller



Mitchell Sabshon and Joan Colmar



Sachi Mistry and Atit Parikh



Jane Fleming and David Fleming



Daniel Casey and Bethany McLean



Noreen Heron and Ginny Van Alyea

YVETTE MARIE DOSTATNI/PHOTOS FOR THE CHICAGO TRIBUNE

Decide how to split the bill before waitstaff do it for you



JUDITH MARTIN
Miss Manners

Dear Miss Manners: When my husband and I went to a restaurant with another couple, they ordered an appetizer of Parmesan fries in addition to their entrees. My husband and I just ordered entrees.

The waitress placed the appetizer in the center of the table, and our friends told us to help ourselves. My husband and I only ate about two fries each, since it was not our appetizer.

When the check came, we noticed that the waitress split the price of the appetizer between the two checks. We paid our half without protest. After all, it wasn't as if paying for half an appetizer was going to set us back.

I hope that this is not a common practice, as I really don't want to pay for other people's food. Was the restaurant correct for assuming that the cost should be split, and what should we do if it happens again?

Gentle reader: Given how strong feelings run on the subject of bill splitting, Miss Manners advises waitresses and waiters, since they are barred from hiding under the table, to request specific instructions from the diners. If they do not, you could turn to the other couple and ask, "How would you like to split this?"

Dear Miss Manners: I attended a wedding of a friend who lied to me about having a bridal party.

When she moved to a different state, she started referring to me as her "best friend back home." Before she left, I threw a going-

away party with a guest list she chose. She asked me not to post the pictures on social media because she didn't want to offend another "friend." I talked to her about it, and she apologized and "allowed" me to post my pictures, but then I felt like the secret friend.

When she told me she wasn't having a wedding party, it just gave me a bad feeling. I had a huge medical bill right before the wedding and decided I wouldn't go. She wanted me there, so she paid for my flight.

The "non"-wedding party members were color-coordinated, did all the bridal duties, sat in the front row and treated me like trash. One of them slammed the door on me and another snapped at me for coming to check on my friend in the bridal suite. I felt horrible.

I was treated badly and lied to, but I feel ridiculous bringing it up because she paid for my flight. Would you keep a friend like this?

Gentle reader: No.

Dear Miss Manners: I was trained, at the earliest possible age, that when exiting an elevator, my role as a male is to hold the door open in order to allow all female and elderly passengers to exit before me.

How would you propose my handling the situation where the lone woman in the elevator has her face buried in her phone, oblivious to the fact that the elevator has arrived at its destination?

I have tried two approaches, both unsuccessful. Approach 1: I stand there holding the door open indefinitely, with the hope that she will notice that it's time to exit the elevator. I have often stood there for a long time without any reaction. Approach 2: I say, "Excuse me, the elevator has arrived at the

lobby." This has been met with annoyed responses.

Gentle reader: Your duty is to enable the lady to disembark, not to make sure that she does. Just as you would not hold the door indefinitely for someone you know is getting off at a different floor, the lady in question can be abandoned after a reasonable pause. Miss Manners realizes that this robs you of the pleasure of seeing her annoyance when she realizes that she has missed her floor, but it gets you on your way.

Dear Miss Manners: I have been told twice recently that I "smell good" — once at my dentist's office, and once by the property management office when I went in to pay my rent in person.

These are their exact words. Not that my perfume smells good, but that my person smells good.

I do not wear perfume or scents. I just shower every day. I can't figure out how to respond to this. Just say "thank you"? Or tell them that their compliment is out of line?

Gentle reader: While Miss Manners understands that this compliment can easily be construed as lascivious, she is guessing that in most cases, that is not its intention. She therefore requests that you put your annoyance aside and try to accurately read the situation before she gives you permission to adjust the tone of your "thank you" as needed.

To send a question to the Miss Manners team of Judith Martin, Nicholas Ivor Martin and Jacobina Martin, go to missmanner.com or write them c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106.

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Chicago Tribune REAL ESTATE



YOUNGRAE KIM/FOR THE CHICAGO TRIBUNE

Jennifer and Leo Greca chose a home near Skinner West Elementary School so their 7-week-old son Clark can attend when he is old enough.

Moving for education

BY DARCEL ROCKETT

Amenities may be king, but schools still rate in real estate — even if it means keeping two residences

When Melody Roberts moved from Hyde Park to Wilmette with her son Jason Pereira, 16, she said there were a number of theories floating around the neighborhood: One was she was secretly getting divorced from her husband of 27 years. Another theory was she just wasn't fond of the Hyde Park neighborhood anymore; another was her son didn't fit in at Kenwood Academy High School.

None of that was true, she said. She moved to an apartment in the northern suburb to enroll her child in New Trier Township High School in Winnetka. Her husband maintains their original apartment in Hyde Park, but the family is maintaining another household during the week so Jason can partake of the theater/film curricula that New Trier provides. Roberts recalls her son providing her insight into his college-prep plans this past spring. With plans to perform after college, he told her that he needed an education that aided with monologues and building portfolios to get into the kind of college that he was interested in — “not straight A's in AP classes.”

“And darned if he wasn't right,” Roberts said. “I realized for him to get where he needed to go, something needed to change so that he could get access to the right training and curriculum.”

With that realization, Roberts took the drastic step of securing an address in the New Trier dis-

trict. And she's not the only one linking schools and real estate decisions. With academic competition increasing, parents and future parents are choosing homes based on which school their children will be placed in. A study last year by Realtor.com found 78% of buyers in their preferred school district gave up home features to get there and nearly three-quarters of respondents say good schools were important to their search.

For Roberts that holds true in spite of the cost. “We both have to check our sanity to be renting an extra apartment. Those are non-trivial costs for most people and for me, too. But I decided we're going to go to a high school that's been teaching theater and film for decades. And it's still public, so all I have to do is get an apartment, and we keep going.”

As the daughter of a public school teacher, Roberts admits that her No. 1 concern is educating her kids. Her eldest, Adele, started school in Naperville when the family first moved to the Chicago area 13 years ago. The family opted out of the schools in that area for the Ancona School in Kenwood instead. “It wasn't the district, it wasn't the neighborhood, it wasn't the reputation — it was literally a friend telling me that our school and my kid would

be a good match.”

And it was, Roberts said. Adele, now a freshman at Emory University in Atlanta, flourished at Ancona and then went on to flourish at Kenwood, she said.

Today, developers are taking note of school district-focused buyers like the Pereira family, prioritizing schools over amenities like gyms, 24-hour doormen, etc.

Jerry Karlik, principal of New York-based JK Equities LLC is one such developer with 1400 West Monroe, a 42-unit, seven-story condo building in the West Loop across from Skinner Park, which has athletic fields, trails and a playground. The property has 1,200- to 2,000-square-foot spaces that come in two- and three-bedroom layouts. Pricing ranges from \$600,000 to \$1.4 million. But the main selling point, Karlik attests, is the walking distance to Skinner West Elementary School and Whitney Young Magnet High School, which students must test into.

“We don't need all the bells and whistles in this building,” Karlik said. “We made a very skinny amenity building because we think that you can get those amenities in the neighborhood — a gym, a spa. If you want to live in a fancy building with a doorman and a lot of these amenities,

you're going to pay up. What we wanted to do is make this into an affordable product. Our target audience are folks who want to be in this school district.”

Jennifer and Leo Greca considered the school the big selling point for their new family. The couple are waiting more than a year to move into a three-bedroom, 2½ bath condo at 1400 West Monroe in early 2021 so their newborn son, Clark, can enjoy Skinner West Elementary School when he comes of age. The portfolio manager and software engineer are renting in River West until then.

The couple were thinking of moving into a single-family home in Ukrainian Village, but according to Jennifer, she was more comfortable with Skinner West's rating now than hoping the school in Ukrainian Village would get better.

“The school was the big thing because the place where we were looking to buy we were going to have to put Clark in private school and you're spending so much money, why do you want to spend it on private school as well?” she said. “When you're looking around at all these neighborhoods, maybe you like the neighborhood, but many where the schools were just OK. And being across the street from a

school and a park, it couldn't make it any better for us. We're crammed in tight quarters for the next year, but in the end it's worth it because of the location of 1400 West Monroe and Skinner.”

Roberts and Pereira will continue to come back to their Hyde Park apartment to do laundry, and get a week's worth of home-cooked meals from her husband to take back to Wilmette.

“We're kind of like college students: We come home, get food, do the laundry and go back,” Roberts said laughing. She doesn't think their scenario is a big deal. Her son is flourishing and that's what it's all about.

“I suspect that many of my friends think that I'm overthinking it,” she said. “But research shows that by the time children reach their teens, their social context is what dictates their mental and physical health and sets them up for success later, so the environment that you put your kid in all day, every day is the single most important decision you're making for their well-being. If they're motivated by what they're learning and if they feel comfortable in the environment that they're in — comfortable meaning respected and supported — that kind of comfort, then you get good results.”

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ELITE STREET

WBBM reporter sells North Center 2-story two-flat

BY BOB GOLDSBOROUGH

WBBM-Ch. 2 political investigative reporter Dana Kozlov and her husband, William Kissinger, in September sold a two-story, 2,545-square-foot brick two-flat in the North Center neighborhood for \$630,000.

With his sister, Kissinger bought the two-flat in 1996 for \$252,000. He lived there until 2001, when he began using it as an income property, and Kozlov became a co-owner after she and Kissinger married.

The couple currently live in the North Side's Ravenswood neighborhood, and they have decided to move on from being landlords.

“We had great tenants in there, with very little turnover, and we

had the same set of tenants for the last 10 years,” Kissinger told Elite Street. “We decided, at some point, during maybe in the eighth or ninth years of those leases that we would probably sell just because we thought it would cost us a fair amount to invest in the property to upgrade it a little bit to get it fixed up for the next round of tenants. Plus, the taxes really had skyrocketed.”

Kissinger said they initially listed the two-flat for sale on Craigslist and then put up a for-sale-by-owner sign after that, which prompted a wave of calls from real estate agents, plus the occasional developer. Ultimately, Kissinger, Kozlov and Kissinger's sister decided to sell the two-flat in a private transaction to some-

one who had seen the Craigslist ad.

“We probably sold it for less than we would have liked, but the overall appreciation in value meant we still did pretty well. And I wasn't dying to sell it, but I felt like we would have to dig up a fair amount of money to get it looking good,” Kissinger said. “And I feel good about the people who we sold it to. It was a young family from the neighborhood who are looking to make it a home. They're not looking to gut it.”

Built around 1911, the house currently has two apartments, but it could be converted to a single-family home.

Turn to *Elite*, Page 4



COOK COUNTY ASSESSOR

Dana Kozlov and her husband, William Kissinger, have sold their North Center two-flat for \$630,000. It currently has two apartments.

REAL ESTATE MATTERS

Options for leaving a home to a family member

BY ILYCE GLINK AND SAMUEL J. TAMKIN
Tribune Content Agency

Q: I am a 77-year-old widowed woman. I have a house with a mortgage that I purchased a little over a year ago.

At the closing I asked if I could put my daughter on the deed with me, but the mortgage company wouldn't allow it. I don't want her to have to go through probate because this is my only asset. Is there a way I can leave the house to her so she can sell it and pay off the mortgage? There is some equity in it.

A: We're surprised your lender wouldn't allow you to add your daughter to the title to your home.

Usually, a lender wants to make sure that the borrower on the loan matches the owners on the title to the property. This is normal. In this situation, you are the only owner of the home, so you would be the only borrower and you'd be the only person on the mortgage to the home.

However, you wanted to add your daughter, and it's not unusual for a lender to allow a non-borrower spouse or child to be on title but not on the loan. When the lender allows it, all the loan documents are signed by the borrower, and a few documents would also be signed by the non-borrowing owner of the home.

For example, if the lender had allowed you and your daughter to own the home and have you as the only borrower, you would have signed all of the loan documents and your daughter would have signed the mortgage as a non-borrowing owner.

Now that you have closed on the loan and the lender didn't allow you to put your daughter on the title, you have several options. The first option is to do nothing but make sure



DREAMSTIME

Setting up a will or a living trust are some options to consider when leaving your home to family after your death.

that you have a will in place giving the home to your daughter. Upon your death, your daughter would have to go to the probate court and, through probate, transfer the title to her name or sell the home. Going through probate does increase some costs and can be a bit burdensome, especially if someone is grieving the loss of a loved one.

The second choice is to set up a living trust. You'd transfer the title of the home to a living trust of which you would be the owner and trustee. From your perspective, nothing much would change. The one difference here is that you would designate your daughter as the successor beneficiary and trustee of

the trust. Upon your death, your daughter would step into your shoes.

A third option is a transfer on death instrument. This type of document is not preferred by many real estate professionals for reasons that are too complicated to go into in this column. But the transfer on death document would allow you to record a document now that would state that upon your death the home would go to your daughter.

Lastly, you can also transfer ownership of the home to you and your daughter through a quitclaim deed to hold the home as joint tenants with rights of survivorship. Upon your death, the home would automatically be-

come your daughter's home. You should know, however, that the transfer of the home in this manner could potentially trigger the lender's due on sale clause of the mortgage. This means if the lender wanted to follow the documents you signed to the full extent of the language in the documents, it could say that you have violated the terms of your loan and are in default under the loan.

We've never seen or heard of a lender doing this under your circumstances, but you should know that it is a possibility.

One last thing you should consider are the tax consequences on your daughter. If you put your daughter on the title to the property, you're essentially

gifting her half of the value of the home. That could cause tax complications down the line, as she will lose her ability to get a stepped-up basis.

If, however, your daughter gets the title to the home through a will, the living trust or the transfer on death instrument, your daughter will inherit the home at your home's value at or around the time of your death (the stepped-up basis).

Here's how it works:

Let's assume you purchased the home for \$50,000 many years ago and now the home is worth \$250,000. If she inherits the property via your will, transfer via the trust or through a transfer on death deed, your daughter

You should consider the tax consequences on your daughter. If you put her on the title to the property, you're essentially gifting her half of the value of the home.

would inherit the home at a value of \$250,000. If she turns around and sells the home, she wouldn't pay any federal income taxes on the sale. On the other hand, if you make her your co-owner, her share of the home would be a gift to her, and the cost of her half would be \$25,000, or half the cost of the property.

If she sells the property after you die, she'd pay federal income taxes on the increase in the value of the home from \$25,000 to \$125,000, or \$100,000. She wouldn't pay any tax on the other half, because she would inherit the other half share when you die, and she would not make any profit on the sale when the IRS considers your half interest worth \$125,000 at the time of your death.

We hope this information helps you make a decision once you consider the value of the home, what you paid for the home, the costs involved in each scenario and your personal preferences. For more information, talk to a real estate attorney or estate planning attorney.

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.

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	Points: 0.000	3.750%	30 Yr Fixed Jumbo	3.750	0.000	\$1,250	25%	3.830				
	Fees: \$900	3.375	7-1 Arm Jumbo	3.375	0.000	\$1,250	20%	3.430				
	% Down: 20%	3.375	15 Yr Fixed	3.375	0.000	\$800	20%	3.423				
		3.750	30 Yr Fixed	3.750	0.000	\$800	5%	3.825				
		3.625	10-1 Jumbo	3.625	0.000	\$1,250	20%	3.720				
		3.125	30 Yr Fixed VA	3.125	0.000	\$800	5%	3.230				
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Liberty Bank for Savings	3.731%	3.625	20 yr fixed	3.500	0.000	\$999	20%	3.648	847-737-9020 www.libertybankmortgage.com	NMLS# 787575		
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SAVINGS UPDATE

The No.1 reason for mortgage application denials

In 2018, new rules required mortgage lenders to report the denial reason for each application they rejected, and the Consumer Financial Protection Bureau recently reported the results collected from more than 5,600 banks, savings associations, credit unions and mortgage companies.

Across all 2018 mortgage applications for 1- to 4-unit residences — including purchases, refinancings, and improvement loans — the overall denial rate was about a quarter, or 2.65 million rejections out of 10.7 million applications (24.7%).

But the denial rate varied widely by application type. New purchases had the lowest rejection rate, at just 14.6%, while refinance applications were about double that (28.1% denied for non-cash refinancings and 29.8% denied for cash-out requests). In contrast, more than 4 in 10 home improvement loan applications were rejected (42.9%).

Across all applications, the top reason lenders denied an application was due to the applicant having a higher

than desired debt burden, as measured by the debt-to-income (DTI) ratio. This accounted for about a third of the rejections across application types (36.8% for home purchases, 34.3% for refinancings without cash, and 31.9% for cash-out applications).

For all mortgage types except home improvement loans, the top three rejection reasons were an excessive DTI, problems with the applicant's credit history, and quality of the collateral (property) securing the loan.

Only for home improvement loans did the ranking differ. Here, credit history was the top reason for a rejection, accounting for almost half (46.7%) of the denials. More than 70% of improvement loan applications were reported to be second liens, which helps explain lenders' added caution in approving the request.

The DTI threshold recommended by the CFPB for qualified mortgages is 43%. In 2018, more than half of the denied home purchase applications (53.1%) had a DTI above this level.

Rate Criteria: The rates and annual percentage rate (APR) are effective as of 01/07/20. 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.

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RICHARD CAMACHO PHOTOS



HOME OF THE WEEK

Two-story Near North home: \$900K

ADDRESS: 33 W. Ontario St., Unit 14F in Chicago
PRICE: \$899,000
Listed on Oct. 18, 2019

This 2,600-square-foot Near North home has three bedrooms and three bathrooms. The residence includes a garden deck that connects to the building's pool and sun deck. The kitchen includes an island, backsplash and five-burner gas range. The master bedroom features two built-out closets and a bathroom with a stand-up shower and Jacuzzi tub. Building amenities include 24-hour doorman, outdoor pool, exercise room, party room and kitchen. Agent: Kelly Angelopoulos of Jameson Sotheby's International Realty, 312-636-5652

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When an association may be liable for renter damage



HOWARD DAKOFF
Condo Adviser

Q: I am a unit owner in a condominium association where the association took possession of my unit due to an eviction lawsuit for unpaid common expenses. The association had possession of my unit for two years and leased my unit to pay down my delinquency. However, when the unit was returned to me as the rightful titleholder, the unit was trashed with areas of mold, debris and damage due to the actions of the association's tenant. The association refuses to repair the unit. Is the association liable for the damages?

A: Pursuant to the Illinois Code of Civil Procedure, a condominium association may legally obtain possession of a condominium unit per an eviction lawsuit for delinquent common expenses. As a landlord with a possessory interest, the association may then lease the unit to a tenant to pay



MARTIN DEJA/GETTY

down the assessment delinquency. However, with such a right, the association has the responsibility to keep the unit in good order and return it in substantially the same condition, less reasonable wear and tear.

To the extent the association's tenant caused damage to the unit, not only is that tenant liable for the damages, but the association may also be liable because it had legal possession of the unit. The association may ultimately have to pursue the tenant for damages per the lease if the association is

held liable for damages.

Q: My homeowner's association replaced the concrete sidewalk and driveway in front of my home as part of its responsibility. Since the replacement, I have noticed water pooling on the concrete instead of draining to a lower point. During the winter, I have noticed patches of ice. Is the board required to replace the concrete to address this hazardous condition?

A: Pooling of water on concrete

does not necessarily mean the concrete was installed defectively. There are applicable local codes, and construction guidelines, relating to the installation of concrete. If an engineer opines that the concrete sidewalk and driveway was installed in violation of applicable codes or construction guidelines, the association will be responsible to abate the conditions, which will likely mean asserting a claim against the contractor who improperly installed the concrete.

It should be noted that even with properly installed concrete, Chicago freeze-thaw cycles commonly create ice patches in winter so a policy of addressing the slippery condition might be in order.

Condominium and community associations that conduct criminal background checks must comply with the ordinance.

In sum, the ordinance states: (i) landlord must issue to prospective tenants certain required disclosures before accepting an application fee and before running a criminal background check; (ii) that criminal background checks are not permitted until after the applicant's lease has been conditionally approved; (iii) that only convictions from within the past three years, or convictions that resulted in a current sex-offender registration or residency restriction may be considered for a denial; and (iv) landlords must conduct an "individualized assessment" based on several factors outlined in the ordinance's rules.

If a landlord elects to deny a leasing applicant based on criminal history, the applicant must be provided a copy of the background check and any tenant selection criteria, an opportunity to dispute the criminal history/background check and written notice stating why the denial on the basis of criminal history is necessary to protect against risk to personal safety or property of others.

Elite

Continued from Page 1

\$3 million for condo in Pinnacle building: A three-bedroom, 3,828-square-foot condominium unit on the 44th floor of the Pinnacle building on the Near North Side sold Dec. 17 for \$3 million.

The condo was sold by Michael Greenhill, who is CEO of Lake Zurich-based Smalley Steel Ring, and his wife, Debra. They paid \$2.905 million for it in 2014.

Features in the unit include 3½ baths, a living room with a fireplace, a master suite with two walk-in closets, a newly redone kitchen, a large terrace and floor-to-ceiling windows.

The condo had not been on the market long. It first was listed in August for \$3.3 million, and it went under contract less than two months later.

Listing agent Sharon Glickman was not available to comment.

Public records do not yet identify the buyers.

The Greenhills also have their five-bedroom, 13,000-square-foot mansion on Lake Michigan in Highland Park on the market for \$5.9 million.

East Lake Shore Drive condo goes for \$2.8 million: A three-bedroom, 4,745-square-foot condominium unit on the seventh floor of a vintage 12-story building on East Lake Shore Drive sold Nov. 15 for \$2.8 million — some 38% less than the seller paid for it in 2007.

The seller, Janet Melk, formerly was married to real estate investor John Melk, who helped develop Fisher Island in Miami. In 2018, Janet Melk paid \$10 million for a 6,470-square-foot condo on Fisher Island.

On East Lake Shore Drive, Melk paid \$4.55 million in 2007 for her vintage condo unit. She first listed it in April 2018 for \$4.75 million. She cut her asking

price to \$4.69 million in June 2018 and then to \$4.5 million the following month. Later in July 2018, she cut the asking price further, to \$3.995 million, followed by a price cut in February to \$3.895 million and a final decrease to \$3.499 million in June.

Features in the condo include 2½ baths, two fireplaces, direct elevator entry into the foyer, a family room with a bar and a balcony, a kitchen with a quartz island, a dining room with French doors and a balcony, a master suite with separate vanities and a built-in custom dressing room with an island, hardwood and limestone floors and Crestron lighting.

The buyers are Brian K. Abrams and Patricia Hulseman, according to public records.

Margaret Carlson, who represented both the seller and the buyer, declined to comment on the deal.

Bob Goldsborough is a freelance reporter.



BOB GOLDSBOROUGH/FOR THE CHICAGO TRIBUNE

Features in the East Lake Shore Drive condo include 2½ baths, two fireplaces, hardwood and limestone floors and Crestron lighting.

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Heritage Senior Apartments Alsip, IL 60803	866-665-7473	\$735	\$905	\$1,005	SA					●	●	●	●	●
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The Homestead at Morton Grove Morton Grove, IL 60053	847-581-1800				SA	●	●		●	●	●	●	●	●
Villa St. Benedict Lisle, IL 60532	630-852-0345	Entrance Fee Community From \$2,500	From \$3,000	RC, AA, AL	●	●	●	●	●	●	●	●	●	●
Bright Oaks of Aurora 1340 River Street, Aurora, IL 60506	630-892-8800	From \$3,500	From \$3,575	\$5,400	AL	●	●	●	●	●	●	●	●	●

*Type: SA Senior Apartments • RC Retirement Communities • AA Active Adults • AL Assisted Living

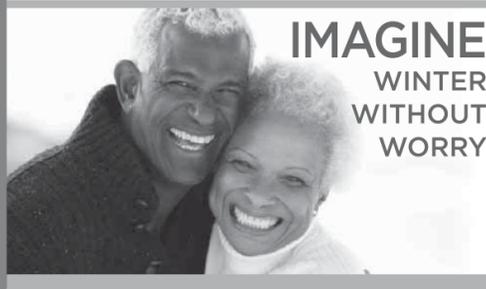
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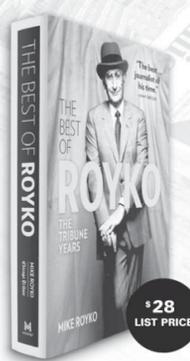
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Unexpected gift

More than 6.8 million homeowners can cut their mortgage payments with refinancing

BY NATALIE CAMPISI
Bankrate.com

With the average interest for 30-year fixed-rate mortgages below 4% again, millions more homeowners can save money by refinancing their loans.

The recent drop in rates means that 6.8 million people can potentially save money by refinancing their existing home loans and securing a lower rate, according to a new report by Black Knight. The latest data is from September, when rates spiked above 4%. They have since tracked down again, which means even more people are eligible to save with a refinance.

The sharp drop in rates in 2019 has come as a surprise, as most experts were betting that rates would be on the rise, says Mark Hamrick, Bankrate's senior economic analyst. For borrowers, however, this is an unexpected gift.

"The fact that this swoon in rates has occurred as and when it has underscores the fact that accurately predicting the future of rates is difficult indeed. So, instead of trying to outsmart the market, go with what you know for certain, which is where rates are right now," Hamrick says. "Between the pace of the news cycle and economic developments, the environment can change with release of a single presidential Tweet. In an uncertain environment, seize upon certainty where you can find it."

Why your credit score, income and debt matter

Before you spend the time applying for a mortgage refinance, be sure you check your balance sheet and credit first. Applying for a refinance is similar to getting a mortgage in that lenders will consider your FICO score, debt-to-income ratio and employment history when evaluating your application. Your



CRISTINAIRANZO/GETTY

interest rate is a reflection of your financial situation and banks tend to reward low-risk customers with better rates.

Borrowers want to aim for a credit score of over 740 and a loan-to-value ratio of 75% or under to nail down the best rates, says Melissa Cohn, executive vice president at Family First Funding LLC in Toms River, New Jersey. The income needed for a loan is dependent on the bank's qualifications; for self-employed borrowers, additional proof of income may be required to meet loan prerequisites.

Homeowners who have improved their credit score since getting their original mortgage should see if refinancing makes sense for them. For every 20-point

increase in credit scores, the interest drops about 0.125%. So, if someone had a 680 credit score and now has above a 760, this alone will improve their rate by about 0.5%, says Daniel M. Shlufman, mortgage banker at Classic Mortgage LLC in Maywood, New Jersey.

For folks who are hoping to lock in a better rate but are not currently financially ready to do so, create a financial game plan now for a better position down the road. This includes paying down debt and saving money for an emergency fund (so that credit cards are not the go-to in a pinch).

"Anyone who has owned a home for a modest period of time can attest that unexpected expenses are the rule, not the exception. In addition, life brings its own

surprises and added expenses," Hamrick says. "For young families, that might include the birth of a child and related added expenses. By boosting your own finances, effectively paying yourself, you'll also be boosting your creditworthiness, which can only help one achieve financial goals overall."

Best scenarios for refinancing

Falling rates might seem like a money windfall if you have a higher interest rate than what's available today, but make sure refinancing bolsters your bottom line. Expensive lender fees can actually put you in the red if you decide to refinance and the savings don't outweigh the expense.

Generally, you need a

drop in the rates of 0.5% to 1% (depending on the monthly savings and the closing costs) to justify doing a refinance, Shlufman notes. The rule of thumb is that the savings should be enough to recoup the closing costs within about 18 months to make a refinance justifiable.

"If the closing costs are \$3,600, you would need a savings of about \$200 per month on the mortgage payment for a refinance to be worthwhile," Shlufman says. "The larger the loan, the more likely a refinance will make sense since most of the closing costs are fixed (e.g., appraisal fee, recording fees, etc.) while the monthly savings will be much greater."

If you're paying PMI,

pay attention

Refinancing also makes sense is if you have private mortgage insurance, or PMI, and the house value has increased so that there is equity of at least 20%. Refinancing into a lower rate not only shaves off interest costs but also knocks out monthly PMI payments, which are typically 0.5% to 1% of the total loan on a yearly basis. For borrowers with a \$200,000 mortgage and a PMI payment of 1%, for instance, that's a savings of \$2,000 per year or \$167 per month.

FHA loan borrowers are another group that can potentially benefit from refinancing into a conventional loan. Since PMI is more expensive on FHA loans, those qualified borrowers might save a small mint by reducing or eliminating their FHA PMI and locking in a lower rate, Shlufman says.

Those who want to reduce their terms and go from a 30-year fixed-rate mortgage to a 15-year loan, might be able to ax an additional 0.5% from the top since since 15-year loans usually have lower rates. That might also mean larger monthly payments, but overall less interest paid over the life of the loan. Adjustable-rate mortgage holders can also profit from dropping rates; the timing might be right to lock via a fixed-rate mortgage as rates continue to hover around the 4% mark.

Finally, folks hoping to tap their equity while reducing their interest rate can take advantage of cash-out refinances. These are low-interest loans that allow homeowners to borrow against their equity by replacing their existing mortgage with a new loan for a higher amount and receiving the balance in cash. These can be useful for people who want to make home improvements as the interest is tax-deductible.

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2020 Toyota Highlander

This SUV isn't flashy, but it is durable and practical. **Page 3**

Answers from Motormouth

Bob Weber offers advice on how to clean your windshield from the inside. **Page 3**

Chicago Tribune RIDES



JEEP

Sales of the 2014 Jeep Cherokee were delayed while Fiat Chrysler struggled with programming its automatic transmission, but the vehicle went on to become one of Jeep's best sellers.

Failure to launch

Getting new models into production can be fraught with peril

BY MARK PHELAN
Detroit Free Press

Don't play cards with a guy called "Doc" or buy a car in its first year of production.

After 120 years, you'd think the world's automakers would have mastered the art of getting a new model into production smoothly, but the start of manufacturing — what car companies frequently call the "launch" — remains fraught.

A miscalculation can cost an automaker millions of dollars and bungle a meticulously planned campaign to build interest in the new vehicle.

The outside world doesn't really notice when launches go well: The factory hums, vehicles get to dealerships on time, happy owners show off new features and boast about fuel economy.

But sometimes you get something spectacularly disastrous that is infamous for many years, like the Pontiac Aztek, the Ford Edsel and the Cadillac Cimarron.

When launches go bad, for whatever reason, the sky falls. New vehicles pile

up at the factory awaiting repair; money is wasted advertising vehicles that can't be bought because they haven't made it to dealerships yet; assembly lines fall still; quality slides; complaints rise and CEOs tap dance while explaining profits are down because they mismanaged a core function of the business.

"Getting a launch wrong slows sales momentum and can increase an automaker's costs" for repairs at the factory or after vehicles are sold, IHS Markit senior analyst Stephanie Brinley said. "The biggest risk is losing sales to early adopters who move on to something else."

The best automakers make a science of launching vehicles. They do everything possible to simplify what can be an excruciatingly complex process.

They have launch teams, groups of executives and engineers who parachute in before production of the new vehicle begins. They spend months preparing the assembly line and workers, overseeing the beginning of production and acceleration from a slow, careful start to full-speed manufacturing. The launch



PONTIAC

The Pontiac Aztek was roundly criticized when it was unveiled in 2001, and only about 27,700 were sold in 2002.

teams then move on to the next hot spot.

General Motors managed the launch of its Silverado and GMC Sierra 1500 light pickups like it was juggling sticks of dynamite. Production began in one plant with a single body style and just a couple of engines. Over the course of nearly a year, GM added models like a chef carefully measuring ingredients into a dish.

Even the best prepared and most careful automakers see a significant increase in problems when they start building a new vehicle.

"We see reliability take a hit when new vehicles go into production," said Jake Fisher, director of vehicle

testing for Consumer Reports. "The more extensive the redesign, the bigger the hit."

Like the swallows returning to Capistrano, every fall Consumer Reports' influential study of vehicle reliability chronicles drastic declines by almost every vehicle that just went into production. At the same time, long-lived vehicles that undergo only minor changes rise to the top of the survey.

"Brands that value reliability more stagger their redesigns," Fisher said. That may mean introducing a new vehicle this year, adding a new infotainment system next year and a new transmission in the third.

"Toyota's very conserva-

tive about rolling out new technologies," Fisher said. "They developed a 10-speed automatic transmission but introduced it in the low-volume Lexus SC (luxury coupe). If a problem develops, they've quarantined it to a low-volume vehicle."

Hyundai uses a different method, hedging its bets by adding new technologies as options to tried and true parts. When Hyundai had difficulties with a small turbocharged engine and dual-clutch transmission in the Tucson small SUV, it pulled those options from the factory without interrupting production of Tucsons equipped with a proven drivetrain.

Ford executives admit they let complexity get out of hand launching the Ford Explorer and Lincoln Aviator SUVs last year. Vehicles needing remedial work piled up at the factory and customers reported various problems.

"Simply put, we took on too much," said Joe Hinrichs, president of Automotive for Ford. The company gutted and rebuilt its oldest assembly plant this year, then began production almost simultaneously of

two vehicles that use a brand-new platform and offer rear or all-wheel drive, three gasoline engines, a hybrid model and a plug-in hybrid.

The surprise isn't that things went wrong, but that vehicles didn't leave the factory with Lincoln badges on one side and Ford ovals on the other.

Ford's less ambitious launches of the Ranger midsize pickup and Escape compact SUV this year went smoothly.

While a botched launch can lead to a disappointing financial quarter and a few negative headlines, a good vehicle can overcome it.

The first nine-speed transmission built at the Tipton Transmission Plant in Indiana is signed by employees. The nine-speed transmissions were used in Jeep Cherokees.

Sales of the 2014 Jeep Cherokee were delayed by weeks while Fiat Chrysler struggled with programming its new nine-speed automatic transmission, but the vehicle went on to become one of Jeep's best sellers.

"If the product connects with consumers, it can recover," Brinley said.

Meet George Jetson — and his ride

BY MARK PHELAN
Detroit Free Press

"The Jetsons" had a brief run as a prime-time cartoon in 1962-1963, but the futuristic family made a lasting impression as the show lived on through syndication and its status as a cultural touchstone was cemented. Now the family's flying car has soared to No. 1 as the favorite cartoon car among American adults in a recent survey.

The flying fishbowl came

in ahead of a cast of animated all-stars that ranges from the obvious — the Batmobile and the Mystery Machine — to the obscure — the Homer, a disastrous design featured in a mere two episodes of "The Simpsons."

The survey is courtesy of Click4reg.co.uk, a company that does a thriving business reselling vanity plates in the U.K., where license plates can be transferred with or without a vehicle from one owner to

another.

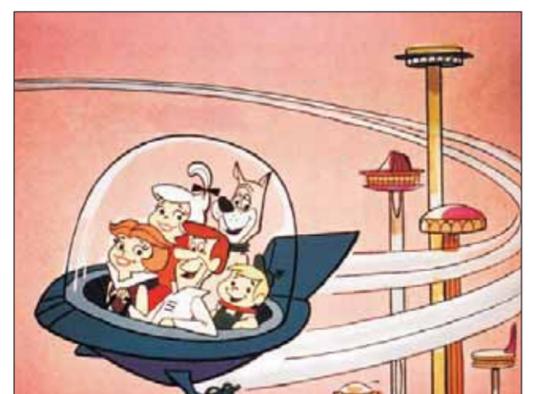
The site surveyed 2,424 Americans ages 18 and older about their favorite cartoon vehicles. The top 10 should bring a smile to anybody who likes cars, cartoons, video games or the comic books (Batman) and movies ("Ghostbusters") that inspired animated spin-offs.

Here are the top 10 cars from the survey:

1. "The Jetsons" flying car
2. "Scooby-Doo" Mystery

Machine

3. The Mean Machine (from "Wacky Races")
4. Batmobile ("Super Friends")
5. The Homer ("The Simpsons")
6. Gadgetmobile ("Inspector Gadget")
7. Lightning McQueen ("Cars" movies)
8. The Flintmobile ("The Flintstones")
9. Bumblebee ("Transformers")
10. Ecto-1 ("The Real Ghostbusters")



HULTON ARCHIVE/GETTY

"The Jetsons" flying car grabbed the top spot in a survey of favorite cartoon rides.

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TOYOTA

The Highlander is made for family buyers who are abandoning midsize sedans for SUVs.

Functional but not flashy

BY MARK PHELAN
Detroit Free Press

The 2020 Toyota Highlander channels the spirit of the Camry midsize sedan as Toyota shifts its focus from cars to SUVs. There's nothing flashy about the Highlander, but the midsize SUV promises the characteristics that made Toyota a juggernaut: practicality, durability and resale value.

The new Highlander prices range from \$34,600 for a base front-drive model to \$50,200 for a loaded all-wheel-drive hybrid.

At 194.9 inches long, the 2020 Highlander is about 2.4 inches longer than the current model. Versus key competitors, it's 1.6 inches shorter than a Honda Pilot, about 4 inches shorter than a Ford Explorer and 9.4 inches shorter than a Chevrolet Traverse.

The Highlander's other competitors include the Hyundai Palisade, Kia Telluride, Mazda CX-9, Nissan Pathfinder, Subaru Ascent and Volkswagen Atlas.

The Highlander is Toyota's pitch to family buyers who are abandoning midsize sedans in favor of SUVs.

But don't write the Camry off yet. It remains Toyota's No. 2 seller in the U.S., behind the RAV4 compact SUV.

I spent a day driving gasoline and hybrid Highlanders around the Hill Country in central Texas.

2020 TOYOTA HIGHLANDER

Base price:
\$34,600

Horsepower: 295 @ 6,600 rpm; 263 pound-feet of torque @ 4,700

Front-wheel drive: 20 mpg city/28 highway/23 combined.

Curb weight: 4,145-4,595 pounds

The SUV is comfortable, with plenty of room in the front two rows of seats and a usable back seat. Laminated front side windows contribute to a quiet interior.

Cargo space behind the third row seat increases to 16 cubic feet. Useful, but smaller than the best competitors.

The front seat has simple controls and plenty of storage. The steering wheel has flush controls for cruise, audio and other functions. I expected the feature to be confusing compared to wheels that have elevated switches for the most frequently used functions, but it seems reasonably intuitive. Android Auto joins Apple CarPlay among standard features.

The ride and handling are competent, but don't draw attention to themselves.

The standard V-6 has

adequate power for suburban errands and highway cruising. The V-6's EPA combined city/highway fuel economy rating improves 1 mpg to 23 for all-wheel-drive models. Also 23 mpg, the combined figure for front-drive Highlanders is unchanged from 2019.

The V-6 produces 295 horsepower and 263 pound-feet of torque. An eight-speed automatic transmission is standard. Toyota dropped the 2.7L four-cylinder engine that used to be the Highlander's base engine.

In contrast, Toyota replaced the 2019 Highlander hybrid's V-6 gasoline engine with a 2.5L four-cylinder to improve fuel economy.

The result, a 24% improvement in combined EPA rating to 35 mpg with AWD and 36 with front-drive.

The hybrid drivetrain is a \$1,400 option you can get on any Highlander trim level. The hybrid engine and electric motor — two motors for all-wheel-drive hybrids, which have an electric rear axle — generate 243 hp and 175 pound-feet of torque.

Hybrids use a continuously variable automatic transmission.

With curb weights of 4,330-4,595 pounds, the Highlander hybrid won't win sprints, but it has enough power for daily driving.

Swivel device will clean windows from inside



BOB WEBER
Motormouth

Q: Do you know of an effective way to clean the inside windshield as well as the inside of the back window without contorting your body? It is always a difficult proposition to try to clean the film on windows, which is especially bad when the sun hits at certain angles while driving.

— L.C., Homer Glen, Illinois

A: There are tools that pivot and swivel much like a Swiffer, only with shorter handles. The cleaning pad is shaped like home plate to reach into the corners. Place a microfiber bonnet over the pad and clean away. I have used such a tool for many years.

By the way, avoid washing microfiber cloths with soap or detergent. Clean water works best.

Q: Our 2011 Toyota Avalon with 68,000 miles, has front seats that are heated and ventilated, which is very nice in the winter and summer. Lately, the ventilation does not seem to be working as well as it once did. On my last service visit to the dealer, I asked the service rep what they could do to check it. He said they could take the seats out and examine them. This sounded rather expensive, so I declined. Is there some relatively inexpensive way to restore the ventilation such as having the leather seats or vents cleaned?

— B.B., Mount Prospect, Illinois



DREAMSTIME

There are pivoting wand cleaners that allow easy access to the inside of windshields and windows.

A: Most likely, the perforations in the leather seats are becoming clogged. The safest route is to take the car to a professional detailer. If you are short on cash, you can clean the seats yourself. I have heard of several techniques but have never tried them. One is to use a soft bristle brush dipped into soap foam, not liquid. Gently brush and dry small areas at a time.

Another route is to use a toothpick to gently poke out any debris. The weirdest one is to use a dental gum stimulator with a rubber tip to flick the stuff out of the holes.

There must be a bazillion holes, but not all will be restricted. Nevertheless, it's a job that I would not have the patience for.

Q: I read your suggestion about using Aquapel for keeping windshields clean. I'd like to get some for my daughter who parks her car on Chicago city streets. However, I'm having difficulty finding it at stores and online.

— F.P. Chicago

A: If you do an internet search, just enter Aquapel (not Aquagel). Do not include PPG. Pittsburgh Glass Works is the current owner of the product and PGW was a part of PPG.

Many auto parts stores carry the product as do some big box stores.

Q: A friend has a Prius that he has driven for about 18 months and still has three-quarters of a tank of the original gas. How long will this gas last before it jells up? How does he know that the engine will even start after all that time when he needs it? Any suggestions as to what he should do?

— L.H., Mount Prospect, Illinois

A: Unlike diesel fuel that gels up when it gets cold, gasoline will not. Over time, though, gas loses some of its components. Gasoline is a blend of many chemicals. It is also a mixture of alkanes, alkenes and naphthenes. These light hydrocarbons evaporate over time causing "stale" gas.

If the car is frugally driven, a fuel stabilizer such as Sta-Bil or Sea Foam can help. He shouldn't have any trouble starting the car.

Send questions along with name and town to Motormouth, Rides, Chicago Tribune, 160 N. Stetson Ave., Fourth Floor, Chicago, IL 60601 or motormouth.tribune@gmail.com.

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*24 month/ 10K miles per year lease. \$3,999 due at signing plus tax, title, license fee and 1st months payment of \$99 (Encore); \$149 (Envision); \$199 (Enclave). Must qualify for lease loyalty. See dealer for complete details. ¹Excludes 1SV models. Monthly payment is \$13.89 for every \$1,000 you finance. Some customers may not qualify. Not available with leases and some other offers. Take retail delivery by 2/3/20. See dealer for details. ²Excludes 1SV model. MUST BE A CURRENT OWNER/LESSEE OF A 2006 MODEL YEAR OR NEWER GM VEHICLE FOR AT LEAST 30 DAYS PRIOR TO NEW VEHICLE SALE. Not available with special finance, lease and some other offers. Take retail delivery by 2/3/20. See dealer for details. Photos for illustration purposes only. Great effort is made to ensure accuracy of this ad, however, errors do occur. Offers/pricing may change per manufacturers. Please verify information with a customer service rep or visit the dealership. All offers and pricing expire 3 days from publication.



GET THESE GREAT LEASE OFFERS ALL MONTH LONG
STOP IN TODAY - UNDER NEW OWNERSHIP!
OUR SHOWROOM IS LITERALLY TRANSFORMING BEFORE YOUR EYES!



NEW 2020 GMC
TERRAIN SLE
AWD STK #M20031 LEASE:

\$129

PER MO./24 MONTHS*



NEW 2019 GMC
ACADIA SLE-2
FWD STK #M90434 LEASE:

\$149

PER MO./24 MONTHS*



NEW 2019 GMC
SIERRA 1500
STK #M90438 LEASE:

\$199

PER MO./24 MONTHS*

*24 month/ 10K miles per year lease. \$3,999 due at signing plus tax, title, license fee and 1st months payment of \$129 (Terrain); \$149 (Acadia); \$199 (Sierra). Must qualify for lease loyalty. Photos for illustration purposes only. Great effort is made to ensure accuracy of this ad, however, errors do occur. Offers/pricing may change per manufacturers. Please verify information with a customer service rep or visit the dealership. All offers and pricing expire 3 days from publication.

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SERVICE
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COOL WINTER LEASE SPECIAL

These Cadillac specials are for a limited time only. Stop in today for the best selection.



2019 XT5 FWD Premium Luxury CTV
ULTRA-LOW MILEAGE LEASE FOR WELL-QUALIFIED LESSEES
\$299 PER MONTH
39 MONTHS
\$3,999 DUE AT SIGNING AFTER ALL OFFERS



2019 XT4 AWD Sport CTV
ULTRA-LOW MILEAGE LEASE FOR WELL-QUALIFIED LESSEES
\$249 PER MONTH
39 MONTHS
\$3,999 DUE AT SIGNING AFTER ALL OFFERS

No security deposit required. Tax, title, license extra. Mileage charge of \$.25 per mile over 10,000 miles/year.

No security deposit required. Tax, title, license extra. Mileage charge of \$.25 per mile over 10,000 miles/year.

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CERTIFIED PRE-OWNED



2016 ATS SEDAN
Stock #Z1653
2.0L I4 AWD
MSRP² \$18,385



2017 ATS SEDAN
Stock #Z1652
2.0L I4 AWD
MSRP² \$19,376



2017 XT5 SUV
Stock #PF1697
FWD 4 Dr Luxury
MSRP² \$24,964



2017 XT5 SUV
Stock #Z1644
AWD 4 Dr Luxury
MSRP² \$25,685



2017 XT5 SUV
Stock #Z1645
AWD 4 Dr Luxury
MSRP² \$25,942



2017 XT5 SUV
Stock #Z1580
AWD 4 Dr Platinum
MSRP² \$30,898

Payments are for a 2019 XT5 FWD Premium Luxury with an MSRP of \$56,415 monthly payments total \$27643.40. 2019 XT4 AWD Sport with an MSRP of \$52,660 monthly payments total \$25,803.40. Option to purchase at lease end for an amount to be determined at lease signing. XT5 must qualify for lease loyalty Costco pricing and XT4 must qualify for lease loyalty or conquest. Take delivery by 1/2/20. Mileage charge of \$.25/mile over 10,000 miles/year. Lessee pays for maintenance, excess wear and a disposition fee of \$595 or less at end of lease. Not available with some other offers. ²Price plus tax, title, license and doc. fee with qualifying credit.

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Winter Pre-owned Supersale

CERTIFIED PRE-OWNED

Check out these Certified Specials Sale Ends Soon.



2017 Buick Encore
Preferred FWD
Stk #Z1666
\$14,352



2017 Buick Enclave
FWD Convenience
Stk #Z1581
\$18,500



2017 GMC TERRAIN
SLE-1 FWD
Stk #PA1695
\$15,418



2017 GMC ACADIA
SLE-1 FWD
Stk #PA1686
\$19,569



2019 GMC TERRAIN
SLT FWD
Stk #Z1642
\$21,811



2018 GMC ACADIA
SLE-2 FWD
Stk #Z1658
\$24,898



2017 GMC ACADIA
DENALI AWD
Stk #PA1684
\$27,382



2019 GMC ACADIA
SLT-1 AWD
Stk #Z571
\$28,000

Price plus tax, title, license and doc. fee with qualifying credit.



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HURRY IN FOR THE BEST SELECTION!

WINTER PRE-OWNED SUPERSALE

THIS SALE ENDS SOON!



2010 Ford Fusion
4Dr Sdn SEL FWD Stk #B90338A
\$3,949



2009 Cadillac CTS
3.6L AWD Stk #C90001A
\$6,219



2011 Chrysler 300
Limited RWD Stk #Z1308A
\$6,250



2013 Ford Escape
FWD 4Dr SEL Stk #B90374A
\$6,489



2011 GMC Terrain
AWD 4Dr SLE-2 Stk #B90419A
\$7,789



2010 Buick LaCrosse
CXL 3.0L AWD Stk #B90419B
\$7,799



2006 Cadillac DTS
4Dr Sdn w/1SB Stk #Z1529AA
\$7,989



2012 Chevy Cruze
Sedan 2LT Stk #Z1612A
\$8,288



2014 Hyundai Sonata
4Dr 2.4L GLS Auto Stk #B90339A
\$8,349



2013 Hyundai Elantra
4Dr Sdn Auto Ltd Stk #B90382A
\$8,396



2013 Ford Escape
FWD 4Dr SE Stk #M90197A
\$8,486



2013 Town & Country
4Dr Touring-L Wgn Stk #M20155A
\$9,499



2014 Buick Encore
FWD Convenience Stk #B90351A
\$10,389



2014 Buick Encore
Premium AWD Stk #B90265A
\$11,228



2012 GMC Terrain
AWD 4Dr SLT-2 Stk #M90458B
\$11,462



2015 Jeep Patriot
4WD High Altitude Stk #Z1514A
\$11,889



2015 Ford Taurus
4Dr Sdn SEL FWD Stk #Z1575
\$12,000



2014 GMC Terrain
FWD SLE-2 Stk #M90412A
\$12,500



2013 Nissan Murano
AWD 4Dr S Stk #Z1518A
\$12,654



2013 Cadillac XTS
3.6L V6 AWD Luxury Stk #M20162B
\$12,898

Price plus tax, title, license and doc. fee with qualifying credit.

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START SOMETHING NEW
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20 Ring in 20
HAPPY NEW YEAR

JUST ANNOUNCED
#1 JEEP DEALER IN THE MIDWEST FOR 2019!

with Savings



NEW 2020 JEEP
Renegade
Sport FWD #200738
MSRP: \$24,215⁺
Sale: **\$19,394***

Text us to schedule your test drive:
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NEW 2019 DODGE
Journey
SE #192821 MSRP: \$26,185⁺
Sale: **\$17,486***



NEW 2020 JEEP
Compass
Latitude FWD #200478
MSRP: \$27,795⁺
Lease: **\$219** PER MO. | 36 MOS.[^]

NEW 2020 JEEP
Wrangler
Unlimited Sport S 4x4
#200744 MSRP: \$39,185⁺
Lease: **\$254** PER MO. | 36 MOS.[^]

NEW 2020 JEEP
Gladiator
Overland #200027
MSRP: \$51,100⁺
Lease: **\$359** PER MO. | 36 MOS.[^]



NEW 2020 JEEP
Cherokee
Latitude PLUS 4x4 #200185
MSRP: \$29,875⁺
Lease: **\$245** PER MO. | 36 MOS.[^]

0% APR x 60 MONTHS*
NEW 2020 RAM
1500
Big Horn Quad Cab
#200599 MSRP: \$45,615⁺
Sale: **\$37,024***

NEW 2020 JEEP
Grand Cherokee
Limited #200189
MSRP: \$43,350⁺
Lease: **\$305** PER MO. | 36 MOS.[^]



NEW 2019 DODGE
Grand Caravan
SE #192732 MSRP: \$28,930⁺
Sale: **\$20,888***

NEW 2020 CHRYSLER
Pacifica
Touring #200729 MSRP: \$36,630⁺
Sale: **\$31,618***
0% APR x 60 MONTHS* + \$2,000 IN REBATES



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*Plus tax, title, license and doc. fee. ^Lease months/amount due at signing/miles per year plus tax, title, license & doc. fee on select models to qualified buyers. Select leases may require acquisition fee. *20 Wrangler Unlimited Sport S 36 mo/\$4000/10k; *20 Compass Latitude FWD 36 mo/\$2000/10k; *20 Gladiator OVERLAND 36 mo/\$3000/10k; *20 Cherokee Latitude Plus 36 mo/\$3250/10k; *20 Grand Cherokee Limited, 36 mo/\$5000/10k. +MSRP may not be the price at which the vehicle is sold in the trade area. Sale prices include all rebates and incentives. Buyers must finance through Chrysler Credit Corp unless noted. 0% APR figured at \$13.88 (72 months) or \$16.67 (60 months) or 17.48 1.9% (60 months) per \$1000 financed to qualified buyers on select models. Dealer sponsored buy-downs on select vehicles. Photos for illustration purposes only. ~FCA Midwest Rank Retail Sales Report 2019. Great effort is made to ensure accuracy of this ad, however, errors do occur. Offers/pricing may change per manufacturers. Please verify information with a customer service rep or visit the dealership. All offers and pricing expire 3 days from publication.

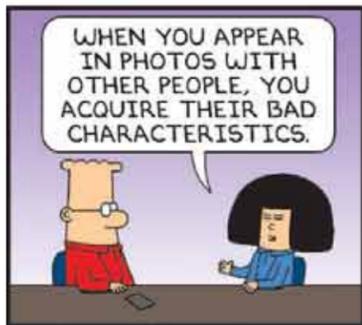
Chicago Tribune COMICS



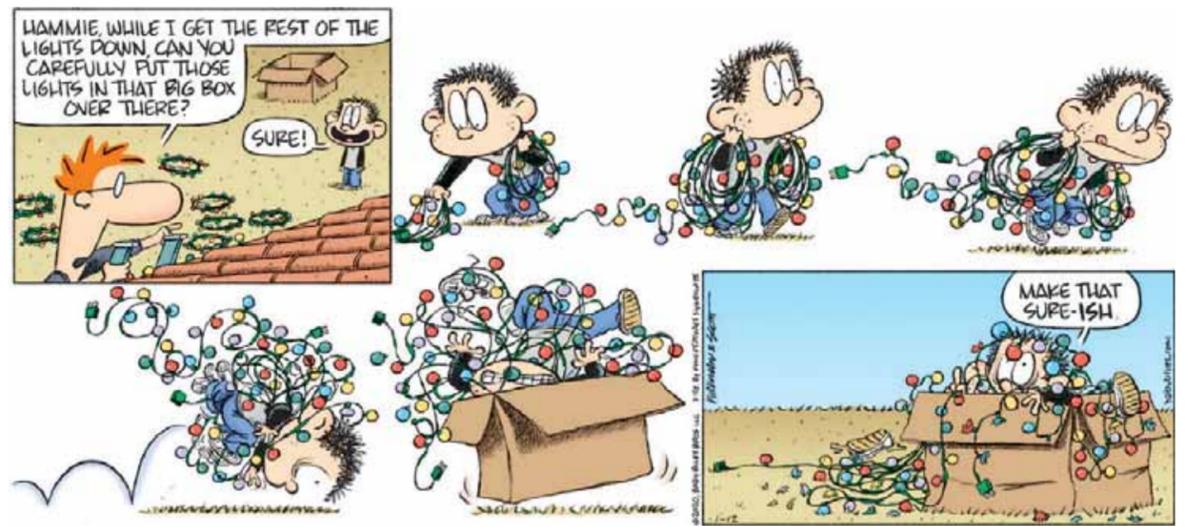
CHICAGOTRIBUNE.COM/COMICS
Check out more than 75 comic strips, from "Barney Google and Snuffy Smith" to "Zippy the Pinhead."

CHICAGOTRIBUNE.COM/GAMES
Crossword, Sudoku and 30 more games and puzzles.

Dilbert By Scott Adams



Baby Blues By Rick Kirkman and Jerry Scott



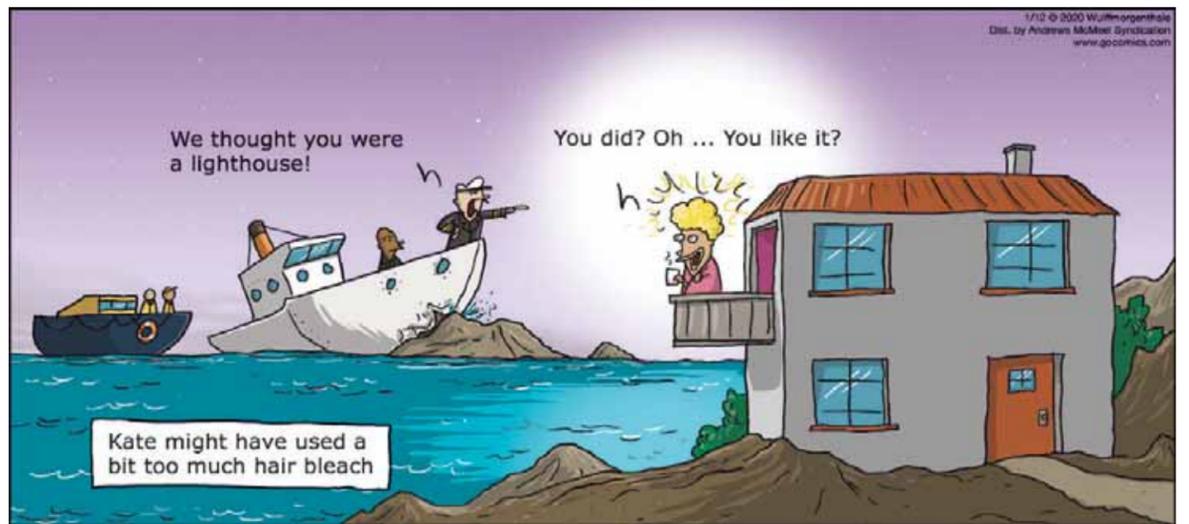
Zits By Jerry Scott and Jim Borgman



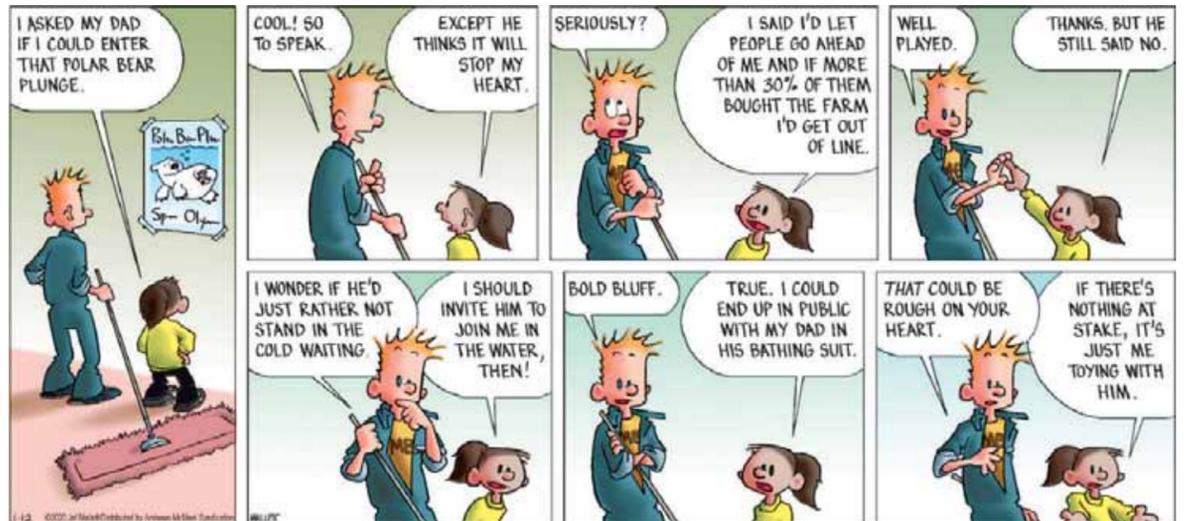
Pickles By Brian Crane



WuMo By Mikael Wulff and Anders Morgenthaler



Frazz By Jef Mallett



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50% OFF INSTALLATION*

*Limit one offer per household. Offers cannot be combined. Applies to purchases of 5 or more Classic or Designer Glide-Out[™] shelves. Lifetime warranty valid for Classic or Designer Solutions. Learn more at shelfgenie.com. Expires 2/29/2020.

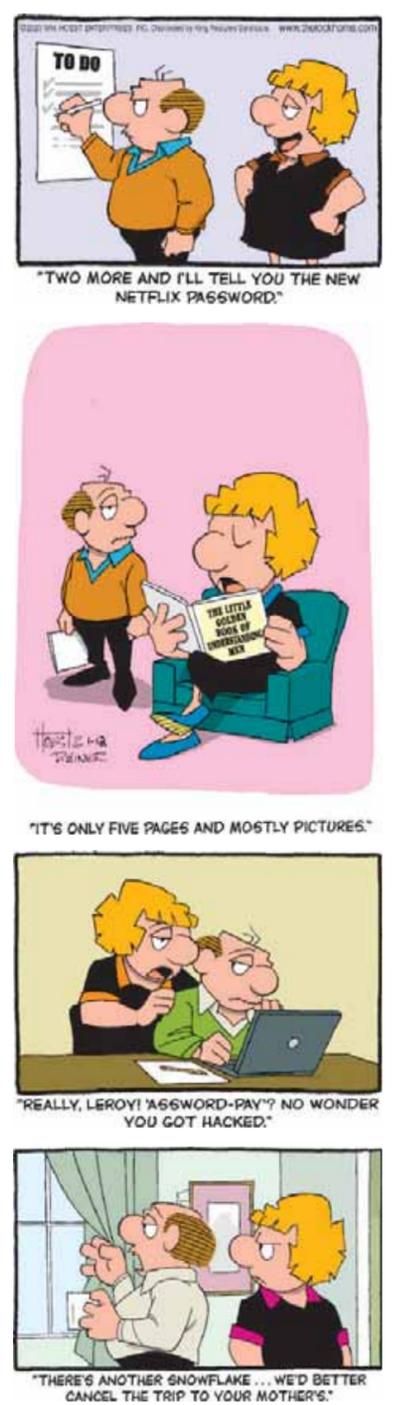
Classic Peanuts By Charles Schulz

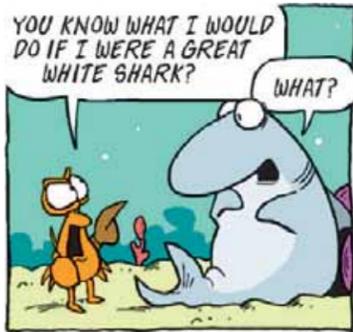
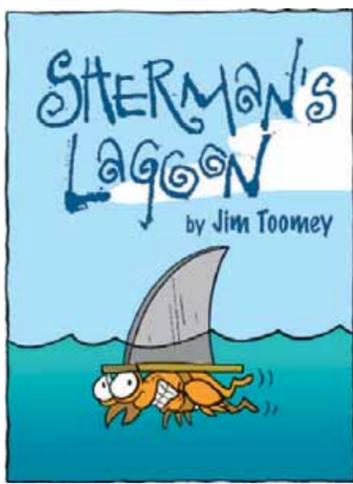


Dustin By Steve Kelley and Jeff Parker



The Lockhorns
By Bunny Hoest and John Reiner

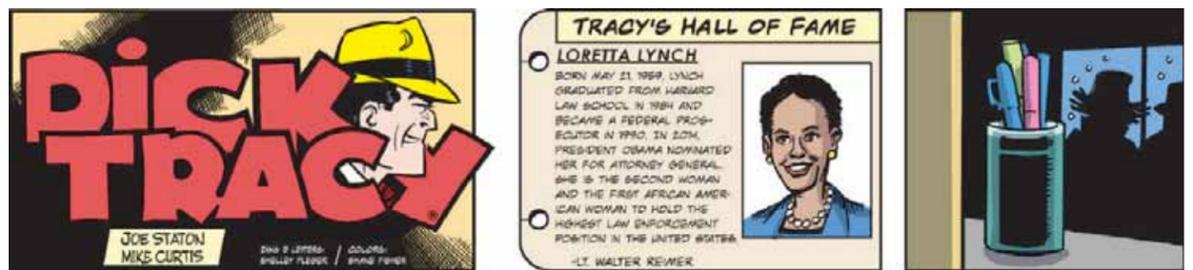




Mutts By Patrick McDonnell



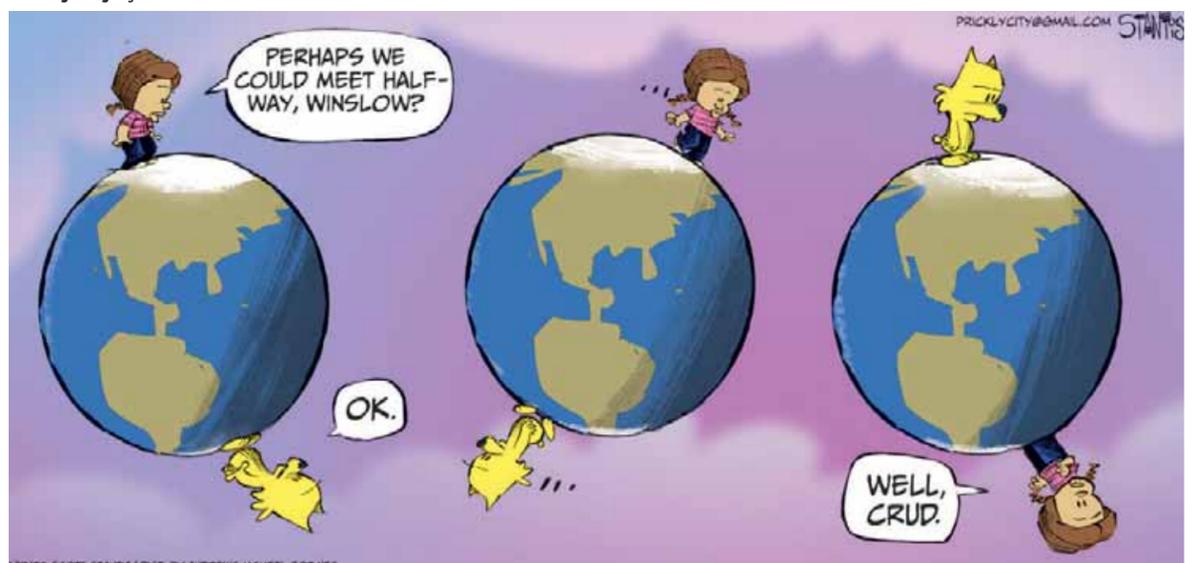
The Middletons By Ralph Dunagin and Dana Summers



Doonesbury By Garry Trudeau



Prickly City By Scott Stantis





puzzle island

For interactive puzzles and games go to chicagotribune.com/games

1/12

MAKE SOME NOISE: But do it quietly

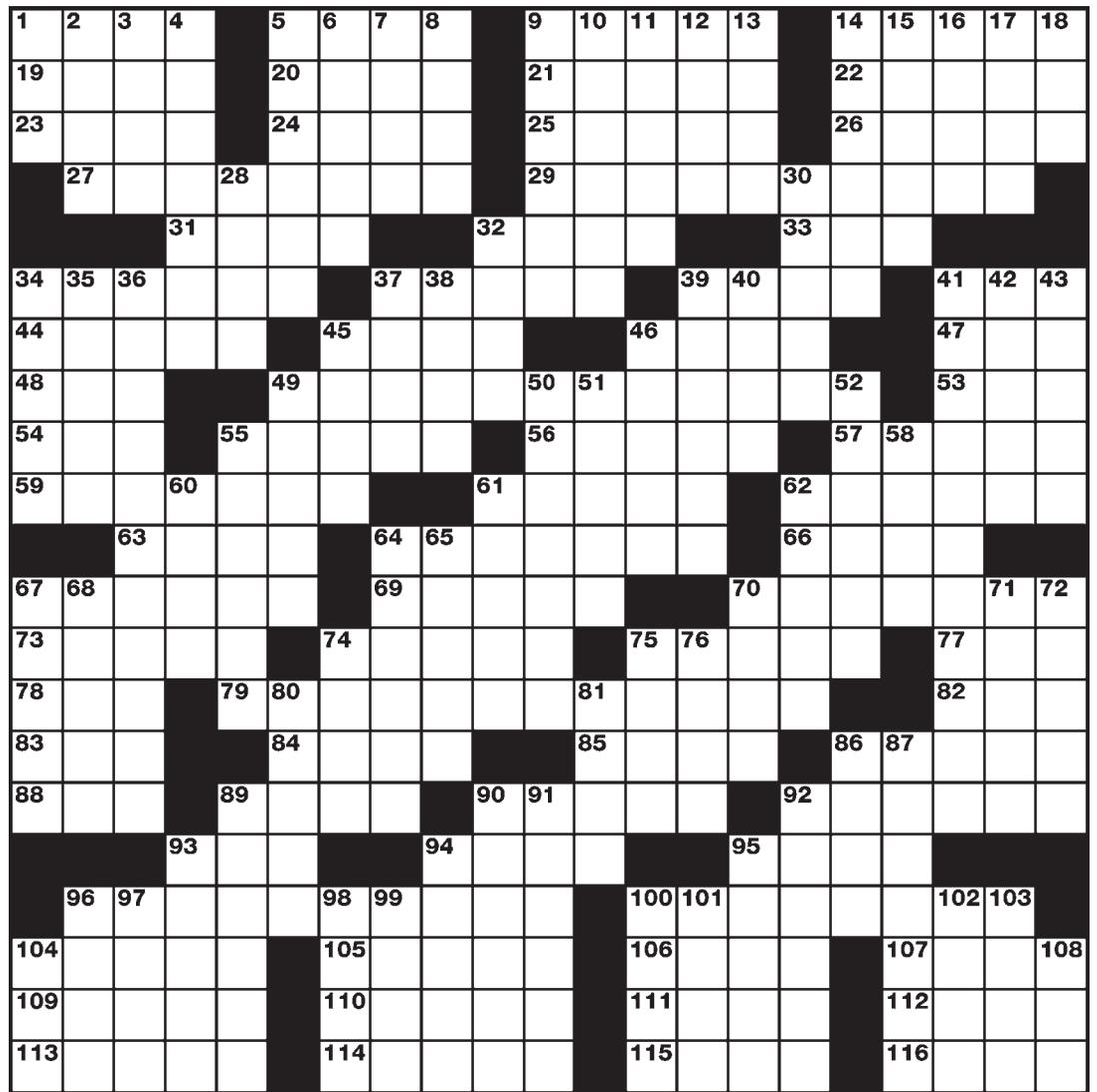
BY GAIL GRABOWSKI | EDITED BY STANLEY NEWMAN
(stanxwords.com)

Across

- 1 Vegetable soup morsels
5 Take quickly
9 Dangerous nesters
14 Test for purity, as gold
19 Trade show, for short
20 Prefix for dynamic
21 Lauder of cosmetics
22 Stand out in performance
23 Be abundant
24 Catamaran mover
25 Broadcaster
26 *Iliad* woman
27 Short-term sleeping quarters
29 *Humboldt's Gift* author
31 Most born in August
32 Little bit of progress
33 *Bambi* collectible
34 Practicing, as a trade
37 Falls (over)
39 *Iliad* setting
41 Barnyard female
44 Out in front
45 Prime for picking
46 Picnicker's worry
47 Maintain the status —
48 Sidekick
49 Scold harshly
53 Small *numero*
54 Reptile feared by Indy Jones
55 TV journalist Couric
56 Tailor's measurement
57 Merest hint
59 Rodeo ropes
61 Elizabethan poet
62 Made an appearance
63 Former Google head Schmidt
64 Most cushiony
66 Peter Pan adversary
67 Expend profusely
69 Celestial circles
70 Excessive
73 Crop up
74 Symbol of evil
75 Complained, as cattle
77 Heckler's holler
78 Casino cube
79 Badminton and tennis
82 Long-established
83 Professional practice
84 Court plaintiff
85 Back in the day
86 Donald Duck nephew
88 Ernie of pro golf
89 Toppers with tassels
90 Cold weather wear
92 Ledge for trophies
93 Have possession of, in a way
94 Have possession of, in a way
95 Poet Teasdale
96 Really enjoy oneself
100 Kipling poem
104 Green Hornet portrayer Seth
105 Streisand title role
106 Welsh form of John
107 Etching compound
109 Smartphone notification
110 Postal Service symbol
111 Nothing more than
112 City near Carson City

Down

- 1 Shelter rescue
2 Upper echelon employee
3 Mimicry expert
4 Horn of Africa nation
5 Uneconomical ride
6 Gets in return
7 Prima donna's performance
8 Far from timid
9 Sneaky one
10 Japanese, e.g.
11 Stroll with a swagger
12 Rind
13 Person from Belgrade
14 Actress Judd
15 Pasta shape
16 Cylindrical storehouse
17 Again from scratch
18 Longing
28 Texting button
30 Thrifty, in brand names
32 Some bucks
34 Of the pontiff
35 — apso (small dog)
36 Crowd-sourced evaluations
37 Fuzzy fruit
38 Blunted blade
39 Paragraph formatting function
40 Barrel of laughs
41 Find fault with
42 Liter fraction
43 Wined and dined
113 Apt to snap
114 Vile smile
115 Cracker topper
116 Genesis setting



Last week's answers appear on the last page of Puzzle Island

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- 45 Turns to compost
46 Metaphor for control
49 Gate attachment
50 Common truck capacity
51 BVD competitor
52 Oregon's high pt.
55 German ruler of yore
58 Leeway
60 Novelist Murdoch
61 C sharp equivalent
62 Clogs that many want
64 Seals the deal, say
65 Film with a posse
67 Tureen accessory
68 Standard Windows font
70 Lug
71 "That's a fact!"
72 Alpine song
74 Soapy residue
75 Chaucer pilgrim
76 Maritime predator
80 Yoga position
81 Laptop connection
86 Zhivago's love
87 How some stunts are done
89 — IS PLENTY (speed limit sign)
90 Spice crusher
91 Reindeer topper
92 Tourist draw
93 In plain view
94 Distance from a target
95 Watchdog's warning
96 Access for ice fishing
97 Quite a while
98 'Top seeds' rewards
99 Tilt a bit
100 Brooch inserts
101 Optic layer
102 Completed, as cupcakes
103 High Court count
104 Scoundrel
108 Slip into

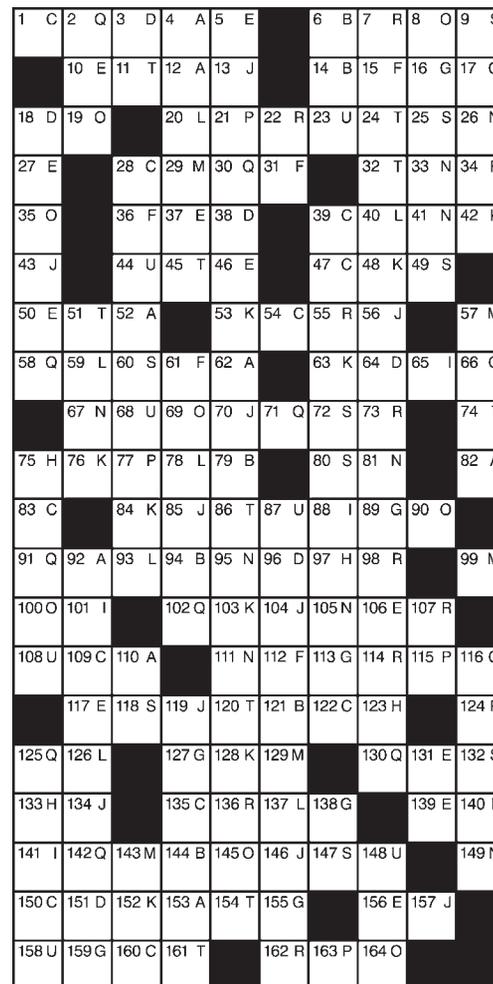
Quote-Acrostic

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

Clues

- Words**
- A. Seized: 2 wds. 52 92 110 4 82 12 62 153
- B. Area favoring growth 121 94 6 14 144 79
- C. Beyond consideration: 3 wds. 54 83 135 39 109 122 28 47 1 160 150
- D. Procedure 18 96 151 64 3 38
- E. Something you don't want to see: 3 wds. 37 27 156 117 106 46 5 131 50 10 139
- F. Sword cover 61 140 15 112 31 36
- G. Moved ahead 159 138 113 127 66 16 89 155
- H. German song 97 133 75 123
- I. Precious one 101 141 65 88
- J. Make healthy again 43 85 104 70 146 13 157 119 134 56

- K. Settler from another land 152 53 76 42 128 84 103 48 63
- L. English or Vivari 20 40 59 78 137 126 93
- M. Stacks or jumbles 29 129 99 57 143
- N. Escort, sometimes 26 111 33 67 41 149 105 95 81
- O. Fabled 145 19 116 35 100 90 8 69 164
- P. Auditory ossicle 163 115 34 77 21
- Q. Old-time teacher 71 91 125 17 2 130 102 30 58 142
- R. Quibble: 2 wds. 107 162 73 136 124 7 22 114 55 98
- S. Done at once 25 132 80 147 49 60 72 9 118
- T. Pursue: 2 wds. 120 32 11 24 154
- U. Kind of massage 148 108 68 44 87 23 158



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By Max Frankel.
Edited by Linda and Charles Preston.
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Financial Questions

BY CHARLES PRESTON

Across

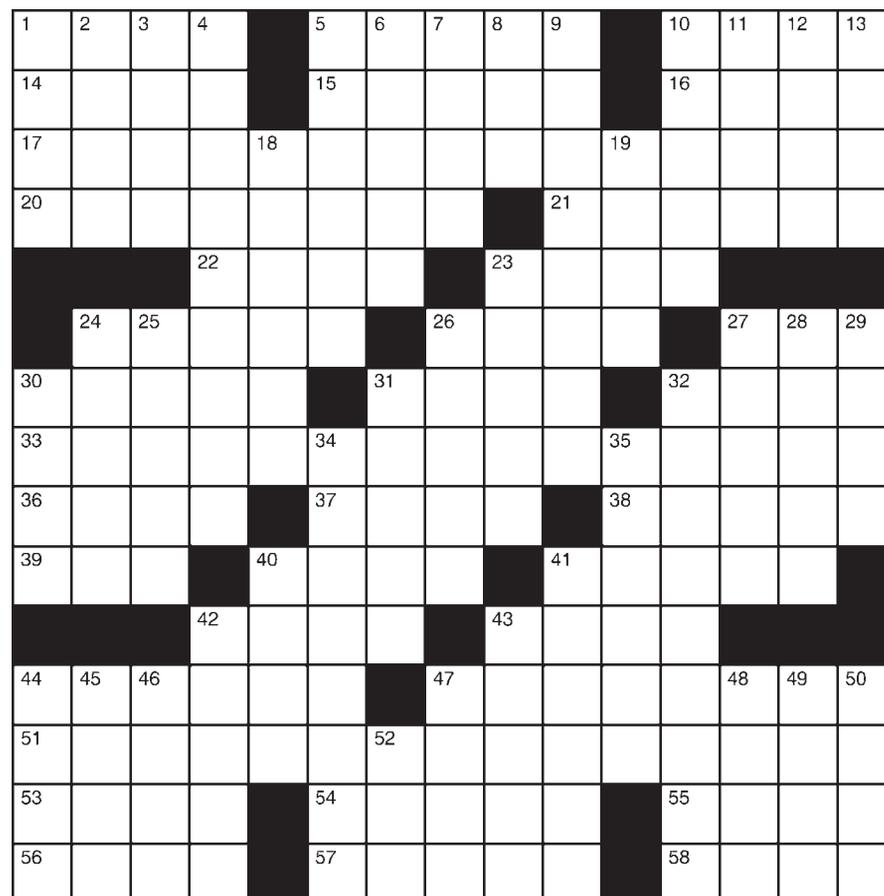
- 1 Football unit
5 Bluenose
10 Strikebreaker
14 Abu Dhabi bigwig
15 Refreshing places
16 Scarlett's milieu
17 T-bills?
20 Shooting marbles
21 Paraphrase
22 Luge, for one
23 Bad thing
24 ___ *criminis*
26 Show flexibility
27 The check
30 ABA members
31 North of Nev.
32 Aria, usually
33 Trump cards?
36 Bit of fiction
37 Salt Lake City team
38 NY Harbor island
39 Kay follower
40 Ever so long
41 Ump's calls
42 MIT grad
43 Small fry

- 44 Exclusive 100
47 Hook-and-ladder gear
51 IOUs?
53 Adjutant
54 The Hanging Man, e.g.
55 Road-map abbreviations
56 Pro-shop buy
57 Inscribed pillar
58 Hoo-ha

Down

- 1 Dame Myra
2 *Amo, amas, ___*
3 Existence
4 Swimmer's category
5 ___ up: antes
6 Flipped one's lid
7 Functions
8 ___ Moines
9 Alienate
10 An Allen
11 *Who ___ Turn To?*
12 Wiles
13 Diamond feature
18 Bad treatment

- 19 Fix
23 Borscht base
24 Big bargain
25 ___ *Depends on You*
26 Dundee hillsides
27 ___ intents ...
28 "___ not gold ...": Cervantes
29 Word for Springsteen
30 Sculptures and paintings, in Madrid
31 Fish-eating mammal
32 Behave bearishly
34 Proposes a possibility
35 Numb
40 Nay-sayer
41 Barium oxide
42 Singer Emma ___
43 Where Innsbruck is
44 Quarrelle
45 View from Ashtabula
46 Swelling
47 Up front
48 Sgt. Snorkel's dog
50 Genesis
52 He, in Turin
54 Used a puff



Last week's answers appear on the last page of Puzzle Island

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Up Above

BY DAVID ALFRED BYWATERS

EDITED BY RICH NORRIS AND JOYCE NICHOLS LEWIS

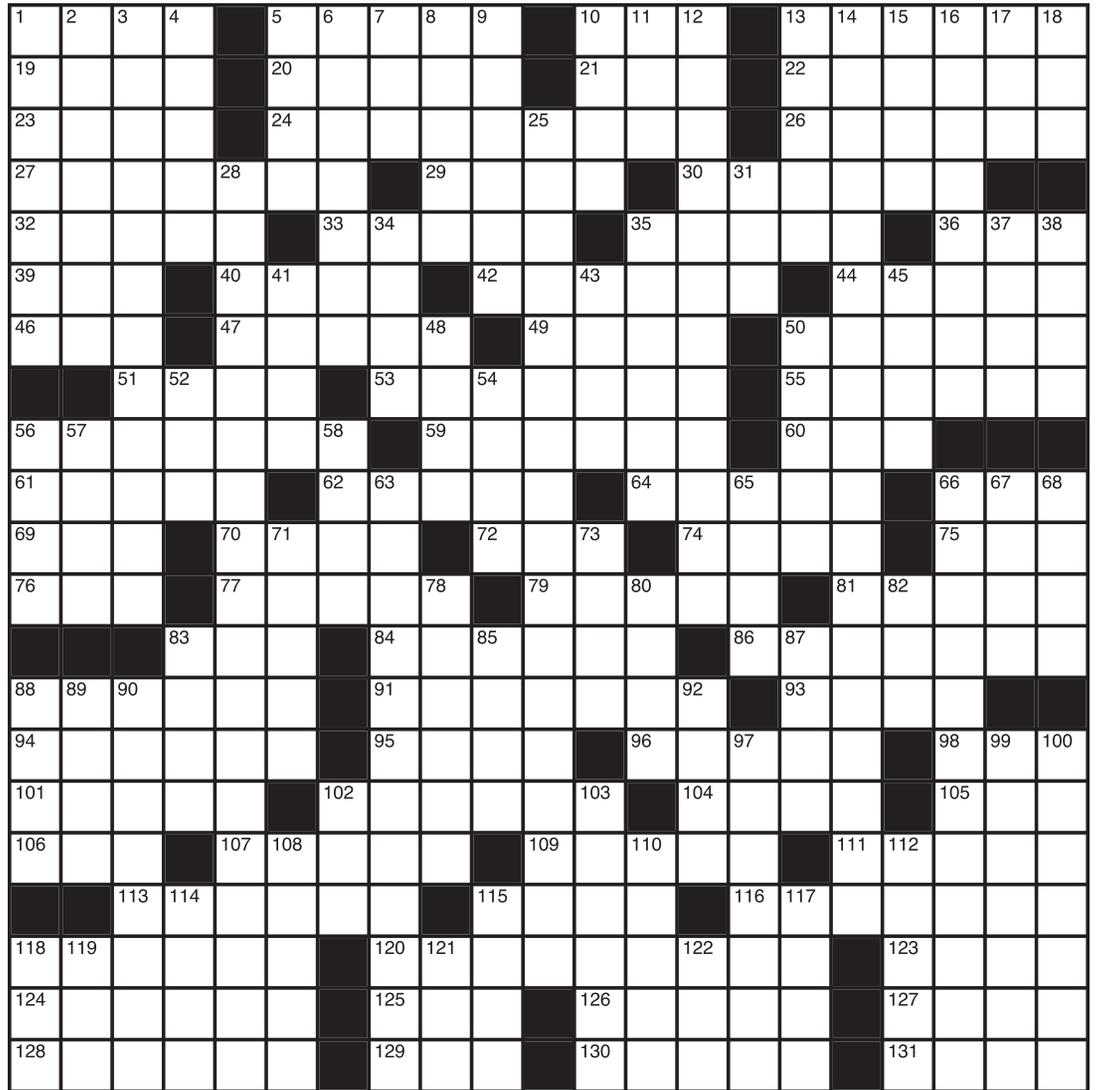
Across

- 1 Cozy
5 Dublin-based air conditioner company
10 Fontaine filler
13 Red and blue
19 Sulk
20 Seriously flirt with
21 Matterhorn or Jungfrau
22 Mozart works
23 Informally formal entry announcement
24 Mozart works for 22-Across
26 "Friends" friend
27 "Friday I'm in Love" group
29 Google ___
30 Rival of J.H. and W.K. Kellogg
32 From bottom ___
33 Hiker's path
35 Hall with Oates
36 Clear (of)
39 Ambulance worker, briefly
40 Fromage hue
42 Unhappily unaccompanied
44 Holder of rays
46 Modernist's prefix
47 Google ___
49 Staff helper
50 Big finish
51 Intend
53 Bad sort whose second syllable is often dropped
55 Hart part
56 Incisively sarcastic
59 Intl. supporter of the arts
60 Metric wts.
61 "___ luego"
62 Enticed
64 Like some ancient Icelandic works
66 Strike caller
69 Bigeye or yellowfin
70 Appliance alert
72 Times and Herald, in NYC
74 21-year-old currency
75 Taro dish
76 U.S. org. chaired by the president
77 Aerosol targets
79 Eurasian range
81 Surveying partner of Dixon
83 Area ___
84 They may abut peninsulas
86 "Kim" author
88 Scold

- 91 Loses it
93 Incursion
94 Calendar listings
95 Search
96 Name after Paul or before Peter
98 Chicken source ... and product
101 Often perpendicular measure
102 Get to
104 Hindu princess
105 Conquistador's treasure
106 Significant period
107 The "Iliad" and the "Odyssey"
109 Like some cookies
111 Impish
113 Submit a new invoice to
115 No longer fooled by
116 Render nonfunctional
118 "Absolutely!"
120 Mutton dish
123 Rightmost menu, often
124 Chicken choice
125 CO rank
126 Northeast express train
127 One in the headlights?
128 1994 Grammy Lifetime Achievement awardee
129 Way in
130 Grandmas
131 "In that case ..."

Down

- 1 In love
2 Off somewhere
3 Like many characters in 22-Across?
4 Insurance giant
5 Son of Odin
6 Rosie, notably
7 Consumed
8 Marilyn's birth name
9 Involve
10 Rabbit ___
11 Pub order
12 Fashion house employee?
13 "Row on row" blower in a classic poem
14 Belt firms?
15 Flying Clouds, e.g.
16 Like some court motions
17 Workplace with tests
18 Salem-to-Boise dir.
25 Some online forum posts?
28 Like an enthusiastic shrubbery salesperson?
31 Twisted
34 Bible book
35 Emulate Columbo
37 Many a map dot
38 Garment worker
41 Social activist Guinier
43 Good name for a Swedish soccer goalie?
45 Picnic invaders
48 Time piece
50 Muslim mendicant
52 Ga. winter hours
54 People
56 Sleuth Charlie known for aphorisms
57 Sighed lines
58 Jazz singer Laine
63 Unwanted piano key noise?
65 Gloaming
66 Niacin and protein, say?
67 Tidal influence
68 Send a text to
71 Borders
73 Span. title
78 Prominent noses
80 Nile serpents
82 Muhammad with gloves
83 Tirade
85 Horne or Headey
87 Golfer's choice
88 Old historian of older Britain
89 One or more times
90 Witty exchange
92 Hibernia
97 South African liberator
99 Ornamental front ends
100 Surrendered amateur status
102 Feel sick
103 Revolutionary Hale
108 Michelangelo masterpiece
110 Puccini masterpiece
112 "Well, ___-dah!"
114 Part of Q.E.D.
115 Unctuous
117 "As ___ saying ..."
118 Entrepreneur-helping org.
119 Bruins legend
121 Shad spawn
122 Half a score

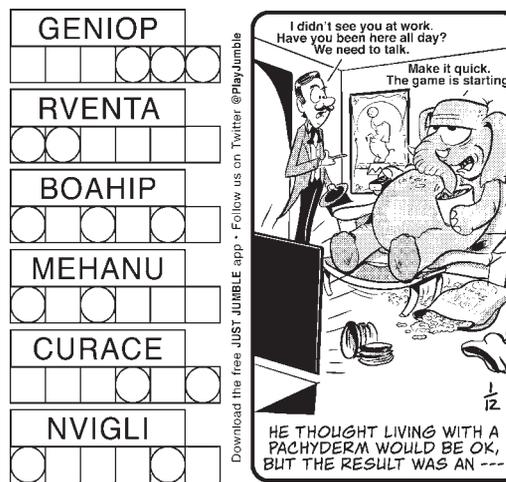


Last week's answers appear on the next page

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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.



PRINT YOUR ANSWER IN THE CIRCLES BELOW



This week's answers appear on the next page

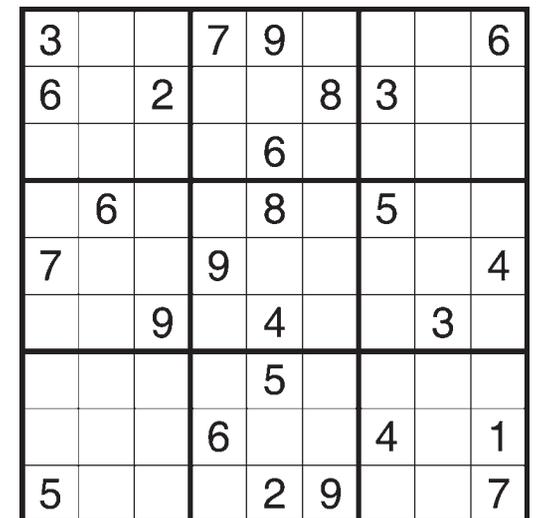
By David L. Hoyt and Jeff Knurek. © 2020 Tribune Content Agency, LLC. All rights reserved.

Sudoku

1/12

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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Horoscopes

Today's birthday (Jan. 12): Meditation, consideration and introspection pay off this year. Dedicated action builds strong foundations for personal projects. Make a brilliant personal discovery this winter before adapting to changes with a partner. Abandon outworn habits this summer prompting a romantic resurgence. Prioritize what feeds your heart.

Aries (March 21-April 19): Today is a 7. You may feel a pull to work overtime. Don't assume more than you can accomplish by the deadline. The truth gets revealed. Wait for developments.

Taurus (April 20-May 20): 7. Your heart's at home while the rest of you feels pulled to travel and explore. Talk about desired destinations. Make plans and reservations before embarking.

Gemini (May 21-June 20): 7. A financial revelation illuminates a situation. Talk about long-term implications and consequences. Disciplined collaboration can provide unexpected bounty. Conclude negotiations and sign contracts.

Cancer (June 21-July 22): 8. Maintain a positive cash flow. Partnership flows. Discuss future dreams and possibilities. Share a vision and agree on what you can each contribute.

Leo (July 23-Aug. 22): 8. Make a personal revelation. Somebody, could be you, blurts out the truth. Disciplined work pays off. Get expert coaching. Practice what you preach.

Virgo (Aug. 23-Sept. 22): 7. Peaceful privacy soothes your spirit. Relax with someone sweet. Share creative thoughts, dreams and romantic visions. Listen to the wisdom of elders and children.

Libra (Sept. 23-Oct. 22): 7. Your team is getting stronger. Collaborate to fix something before it breaks. Discuss long-term domestic improvements with family. Align on priorities for an action plan.

Scorpio (Oct. 23-Nov. 21): 7. Take care of business. Discuss potential long-term communication strategies, creative goals and ambitions. Share practical solutions. A sense of possibility energizes.

Sagittarius (Nov. 22-Dec. 21): 8. Discover a stroke of genius. What you're learning is widening your horizons. Lucrative opportunities grow on strong foundations. Patiently build support structures and explore possibilities.

Capricorn (Dec. 22-Jan. 19): 9. Revise budgets to include realizing a personal dream. What would it take? How much would that cost? Consider long-term potential. Expand your own boundaries.

Aquarius (Jan. 20-Feb. 18): 7. Collaborate with your partner through a transition or change. Envision how you would love things to go. Create a display of your dream.

Pisces (Feb. 19-March 20): 8. Strengthen physical performance with practice. Teamwork generates greater results. Strategize and coordinate for seamless collaboration. Support each other and lighten a shared load.

— Nancy Black, Tribune Content Agency

Word Game

This game challenges you to find as many words as you can, as quickly as you can, in one master word.

VESPINE (VES-pin): Of, relating to or resembling wasps.

Can you find 19 or more words in VESPINE?

Average mark: 14 words

Time limit: 25 minutes

Here are the rules:

1. Words must be four or more letters. 2. Words that acquire four letters by the addition of an "s," such as "bats" and "cats," are not used. 3. Use only one form of a verb — either "pose" or "posed," not both. 4. Proper nouns and slang terms are not used.

Answers to the word game:

neve
spine: pene: pensive: pine:
sine: sine: snipe: spine:
seven: seen: seep: seven:
vine: vine: vines: even:

— Kathleen Saxe,
distributed by Andrews
McMeel Syndication for UFS



Last week's crosswords

"A CENTURY AGO"

E	M	O	J	I	O	P	T	S	C	O	L	T	B	M	W				
Y	U	K	O	N	R	E	A	P	C	A	N	D	W	M	L	I			
E	I	G	H	T	E	E	N	T	H	A	B	E	L	I	N	C	O	L	N
D	R	O	N	E	D	O	N	H	E	U	R	O	S	C	I	R	C	L	E
A	D	S	A	R	R	E	T	S	E	G	A								
T	A	W	D	R	Y	A	M	I	G	O	P	U	S	H	E	D	O	N	
I	C	O	N	S	P	A	C	E	F	L	I	G	H	T	A	L	A		
D	U	M	A	O	O	R	T	I	L	A	Y	A	V	I	V				
A	R	E	E	D	D	I	E	C	A	N	T	O	R	S	T	E	V	E	
L	A	N	D	D	E	A	L	O	P	A	R	T	H	O	B	B	E	S	
V	E	S	T	S	O	N	I	C	E	S	O	F	A	R					
B	I	O	M	E	S	I	W	I	S	H	L	A	T	I	T	U	D	E	
U	N	T	I	L	P	A	N	C	H	O	V	I	L	L	A	B	O	A	
S	U	E	T	C	A	M	E	A	B	L	Y	B	E	N	T				
E	R	R	A	B	R	A	D	B	U	R	Y	N	I	C	H	E			
D	E	S	S	E	R	T	S	M	O	O	L	A	T	A	C	K	O	N	
A	N	N	O	T	I	G	H	T	C	A	B								
A	S	T	U	T	E	D	I	N	E	R	B	E	L	I	E	V	E	S	
G	R	E	T	A	G	A	R	B	O	I	S	A	A	C	S	T	E	R	N
E	T	R	E	I	N	N	E	R	U	R	N	S	C	O	N	G	A		
S	A	M	E	G	O	T	M	I	K	E	O	N	T	O	P				

"Tipping Allowed"

A	T	R	I	I	M	A	G	E	E	B	B	S							
S	H	A	M	N	A	S	A	L	C	E	L	A							
T	I	P	P	E	D	T	H	E	S	C	A	L	E	S					
A	N	T	I	D	O	T	E	A	R	I	A	S							
T	O	R	P	O	R	B	I	T	T	E									
I	D	O	L	C	I	V	I	L	L	E	I								
T	I	P	O	F	T	H	E	I	C	E	B	E	R	G					
O	N	E	O	H	A	R	A	O	G	L	E								
S	A	P	I	E	N	T	B	O	G										
A	L	O	N	G	B	A	D	L	A	N	D	S							
T	I	P	T	O	P	C	O	N	D	I	T	I	O	N					
I	G	O	R	M	O	D	A	L	A	L	L	I							
E	N	V	Y	S	T	E	L	E	D	E	E	P							

"Initial Offerings"

O	T	S	E	D	I	C	T	E	C	O	N	O	R	E	P	S				
F	A	T	A	L	I	B	I	S	N	A	B	O	O	A	X	E	L			
F	I	R	N	I	N	E	T	E	E	N	E	I	G	H	T	Y	T	W	O	
E	P	A	T	E	A	R	D	U	S	T	S	H	O	R	S	E				
N	E	W	D	E	L	H	T	I	N	O	I	A	M	O	N	A				
D	I	S	C	A	N	A	R	E	G	A	N	C	H	E						
O	L	I	V	I	T	A	N	E	W	T	O	N	J	O	H	N	T	O	R	O
N	A	G	P	R	O	S	E	M	A	U	S	T	A	R	O	S				
U	N	O	H	I	R	T	L	I	C	K	A	C	I	D						
P	A	R	D	O	N	T	H	E	I	N	T	E	R	R	U	P	T	I	O	N
C	A	G	E	S	T	O	N	I	P	E	T	R	I	L	E	T				
U	N	U	M	E	A	R	N	E	D	R	U	N	A	V	E	R	A	G	E	
S	K	I	S	L	O	P	E	L	S	A	T	N	O	R	I					
P	A	N	O	N	T	O	P	T	I	C	M	P	A	A						
M	E	A	R	A	A	R	T	O	O	M	E	M	O	S	R	I				
E	M	P	I	R	E	S	T	R	I	K	E	S	B	A	C	K	T	E	N	
O	M	I	T	T	I	E	O	N	S	T	A	R	E	S	O	A	T			
W	A	G	E	A	S	S	N	S	P	U	L	S	E	P	R	O				

Last week's Quote-Acrostic

(Kevin) CLARK: THE DRAFT STRATEGY: The rumor plagued prelude to the NFL annual draft is now so famous for misinformation that a coach remarked his best smoke screen for player evaluations is simply telling the truth. No one believes you.

Last week's Sudoku

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

This week's Jumble

PIGEON PHOBIA ACCRUE
TAVERN HUMANE LIVING

He thought living with a pachyderm would be ok, but the result was an —

ELEPHANT
IN THE ROOM

Bridge

Q.1—Neither vulnerable, as South, you hold:

♠ K Q J 4 ♥ 8 6 4 ♦ 10 ♣ Q J 10 4 2

Partner opens 1C and right-hand opponent overcalls 1S.

What call would you make?

Q.2—North-South vulnerable, as South, you hold:

♠ 10 7 ♥ A K 5 4 ♦ K 8 5 2 ♣ K 6 3

West	North	East	South
1♠	Pass	1NT	?

What call would you make?

Q.3—East-West vulnerable, as South, you hold:

♠ K 7 6 4 3 ♥ J 9 6 4 ♦ K ♣ K Q 2

South	West	North	East
1♠	Pass	1NT	2♦

What call would you make?

Q.4—Both vulnerable, as South, you hold:

♠ Void ♥ J 10 4 2 ♦ Q J 9 7 3 ♣ 7 6 5 2

North	East	South	West
1♠	Pass	1NT	Pass
2♣	2♥	?	

What call would you make?

Answers in Monday's comics pages.

— Bob Jones

tcaeditors@tribpub.com



ANTONIO PEREZ/CHICAGO TRIBUNE

Dear readers,

Chicago is a spectacular city. Our architecture and design, from Burnham and Bennett's 1909 Plan of Chicago to Millennium Park and The Aqua Tower, dazzle the world.

Our neighborhoods breathe life into this city. Our arts and cultural offerings match those of any city in any land.

And our people – well, the social and economic vitality of Chicago relies on its immensely productive, creative, engaged population.

At the same time, Chicago faces challenges that will determine if this remains a vital city.

One of those challenges: Many young people here are at risk of becoming disengaged, of dropping out of school, disconnecting from family, missing opportunities for careers, losing hope.

Today the Chicago Tribune launches a six-month series: **“Chicago Forward / Young Lives in the Balance: How to reach Chicagoland’s disconnected youth.”** This campaign will engage our readers in a search for the best ways to prepare young people to live fulfilling, productive lives and contribute to the well-being of our city.

This is a Chicago concern. But it's a broader concern as well. As the Tribune Editorial Board writes today, about 12% of Americans ages 16 to 24 are neither in school nor working. About 15% of Chicagoans in that age group — 47,000 people — were neither in school nor working in 2019, according to Thrive Chicago, a nonprofit that seeks to align the efforts of youth service providers. By one measure, a 2012 Columbia University study, each disconnected young

person costs society about \$37,000 a year, or \$900,000 over his or her lifetime.

We'll examine this issue in editorials and devote our commentary pages to ideas, including the best ideas generated by our readers. Those ideas will come from civic leaders, and from people who have something to say but perhaps have thought they had no way to be heard.

This will be your place to be heard.

We'll discuss and debate these ideas on our print pages and digital platforms, and on stage. We will hold three events as part of this campaign. Two will focus on discussions with civic and community leaders and young people who have stories to tell. One will focus on how the arts engage young people and will include performances by some of Chicago's most talented artists.

We'll invite you to join us for these events.

We're proud to partner on this series with four institutions that have stakes in the future of Chicago: **AT&T, Bank of America, the University of Illinois at Chicago** and the **Robert R. McCormick Foundation**. They are providing financial assistance for this series as part of their broad commitment to Chicago's well-being.

So join us. Please turn to today's editorial page and our opinion section online for our first examination of young lives in the balance.

Let's move Chicago forward.

Bruce Dold
 Publisher and Editor-in-Chief
 Chicago Tribune

CHICAGO FORWARD
YOUNG LIVES IN THE BALANCE

Presented by Chicago Tribune

Please join us on **Monday, February 24** for the first of our three Chicago Forward events.

The program will be followed by a reception for the speakers and audience.

For event details and ticket purchase information, visit chicagotribune.com/chicagoforward.



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OPPORTUNITY

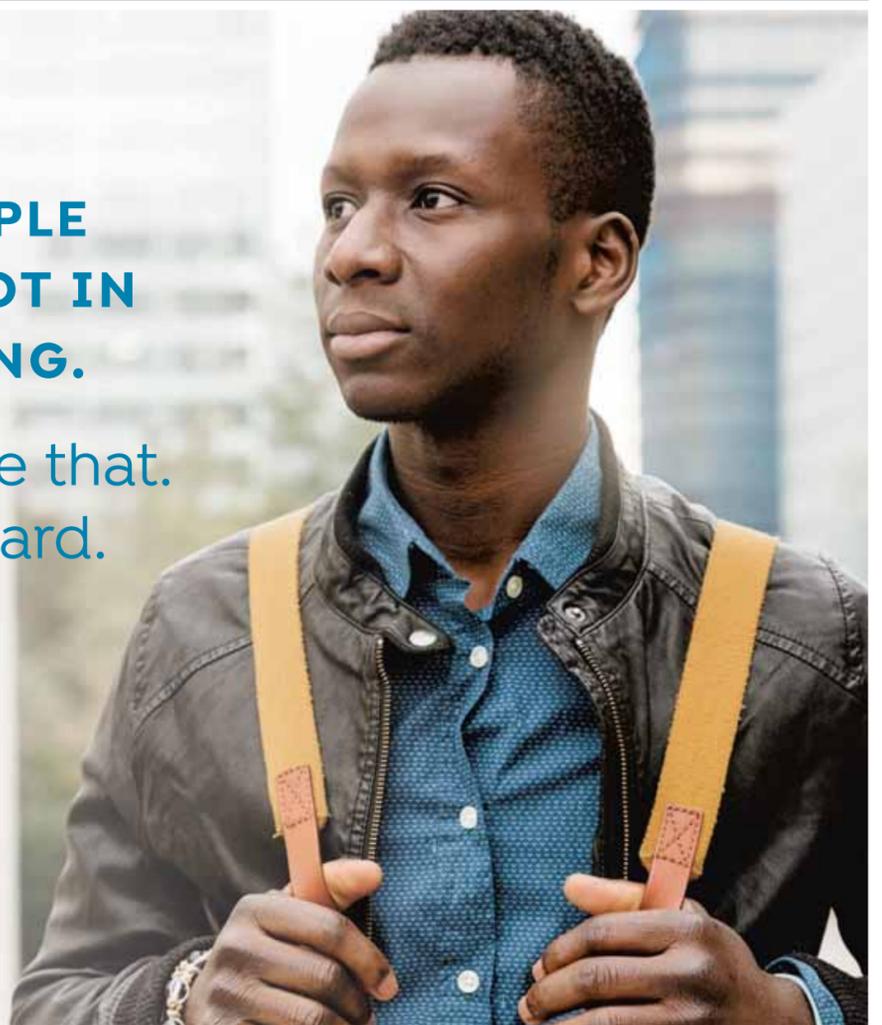
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UNIVERSITY OF ILLINOIS AT CHICAGO | VISIT UIC.EDU

**50,000 YOUNG PEOPLE
IN CHICAGO ARE NOT IN
SCHOOL OR WORKING.**

You can help change that.
Move Chicago Forward.



The Robert R. McCormick Foundation works with nonprofits across Chicagoland, making investments to connect at-risk youth with the opportunities they need to flourish.

One exciting new investment launched "Reconnection Hubs" in the Little Village and Roseland neighborhoods. Developed by Thrive Chicago, Phalanx Family Services, Central States SER, and other local partners, these unique "one-stop shops" connect youth to the collective power of local neighborhoods, bringing all of their local organizations together and reconnecting young people to jobs and school.

Join us in our campaign to fund these and other leading organizations making a difference in the lives of our youth. Your donation will be matched at 50 cents on the dollar. Every penny of your gift – plus the match – goes directly to local agencies helping young people realize their dreams.

Visit mccormickfoundation.org/forward to make a gift and find out more.

ROBERT R.
MCCORMICK
FOUNDATION



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Investing in communities and our teammates

At Bank of America, we're committed to supporting the social and economic progress of those we serve. That's why we're addressing complex societal challenges such as affordable housing and economic mobility, and reducing our collective carbon footprint. We're also committed to being a great place to work and are investing in the success of our teammates at every level.

I am Paul Lambert, Chicago Market President. I'm proud of the commitment we've made to our teammates



so they in turn are better able to serve your needs and help you achieve your goals. To read about our commitment to being a great place to work, go to bankofamerica.com/About.

What would you like the power to do?®

Let me know at: paul_lambert@ml.com

Our commitment by the numbers:

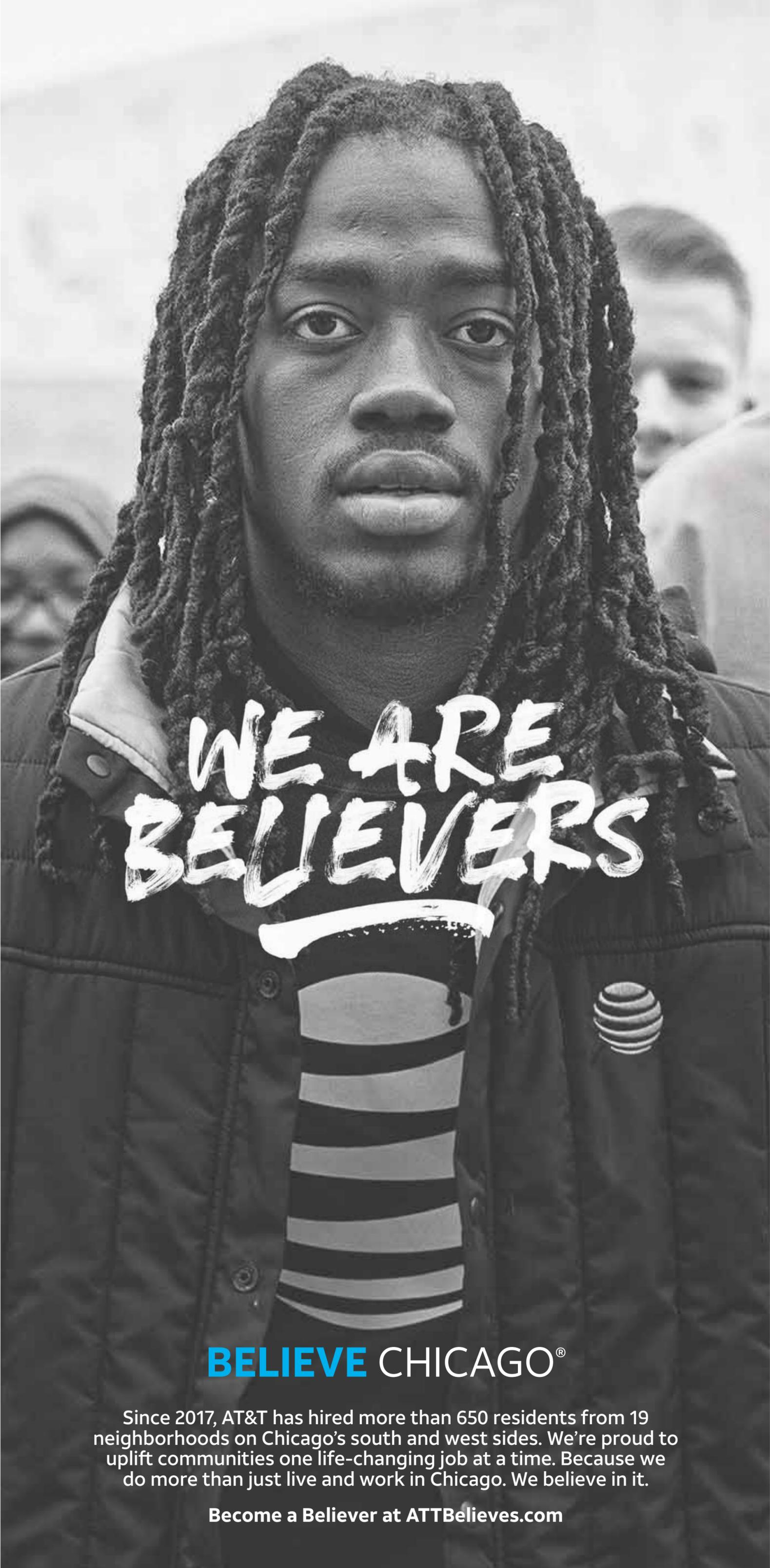
Raising our yearly minimum hourly rate of pay to \$20 for U.S. employees in the first quarter of 2020

Committed to being carbon neutral by 2020

Donated \$2 billion since 2009 toward economic mobility, environmental sustainability and critical needs

Committed \$445 billion to financing low carbon, sustainable business activities

Pledged \$5 billion over the next five years toward affordable homeownership



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Chicago Tribune



FASHION

A WINTER WHITE WONDERLAND



HOME

HAND-DRAWN ART IS HOT IN DECOR

**SALLY FIELD
SAYS SHE HAD
TO BATTLE
FOR THE ROLES
SHE 'CARED
ABOUT DEEPLY'**

FIGHTING SPIRIT

Sally Field's relentless request for respect

BY KAREN HELLER

The Washington Post

PHILADELPHIA — Sally Field has an Alp of acting hardware and years of experience in the business, yet Steven Spielberg was about to prevent her Mary Todd Lincoln from happening.

Field was originally cast in the role. When Liam Neeson dropped out of “Lincoln” and was replaced by Daniel Day-Lewis, Field recalls Spielberg telling her another actor would be cast as Mary. She knew that it was not merely her age — she is a decade older than Day-Lewis; Mary was almost a decade younger than the president. But there was also “the baggage I come with.”

The baggage: Gidget, that nun, B-movie trucker flotsam, Burt Reynolds, the Oscar speech (No. 2).

But when she wants something, Field is 98 pounds of pure will. The actor, among this year's recipients of the Kennedy Center Honors, informed the most bankable director of all time — mind you, a man she had never worked with — “Steven, I’m telling you right now, this is mine and if you disagree, then, with all due respect, you’re wrong.”

Field, Forrest Gump's mother, Mrs. Doubtfire's boss, the least steely of the “Steel Magnolias,” the core of “Places in the Heart,” the mother of “Brothers and Sisters,” the inimitable Norma Rae and 16 deviations of Sybil, the winner of two Oscars, three Emmys and two Golden Globes, volunteered to do a screen test — two actually, though actors of her caliber are long past such exercises.

“I knew Mary was mine because of her physicality, because of her emotionality, because of her Americanness,” Field says while shooting the AMC limited series “Dispatches From Elsewhere” in Philadelphia. “I could not think of another actor who had all of those qualities and at the age she was then. By the time we meet Mary, she’s worn.”

Field was right to battle for the role. Her Mary is an exquisitely shaded portrait of grief, entitlement and mettle.



REBECCA MILLER/FOR THE WASHINGTON POST

Sally Field, a two-time Oscar winner, is among this year's recipients of the Kennedy Center Honors.

And the actor holds her own with Day-Lewis, the Olivier of our time, and earned her an Oscar nomination.

It says everything about Field, 73, that she shares this story often, in her intimate 2018 memoir, “In Pieces”, in a lengthy interview and in a packed auditorium at the Free Library of Philadelphia. It is a narrative of her tenacity and pluck, how she still battles for respect and roles despite incontrovertible evidence of her abilities.

“The roles I cared about deeply I had to fight for,” she told the library audience in November. “They never really came to me.”

Field has been underestimated her entire career: by producers, directors, audiences. She remains A-list adjacent. Possibly, it is due to the Southern Californian's

approachable, all-American good looks and her Polly Pocket size. For years, industry expectations of Field were stuck on “adorable.”

But Hollywood's resistance to her protean talents proved a gift, igniting her ambition, making her more tenacious, industrious and brash. A half-century in the industry, Field is still a scrapper. She coasts on nothing.

Field was Tiger Beat famous, an icon on two sitcom bagatelles, before she could act. She was too cute, too chipper and emanated too much telegenic gee-whiz gumption to be taken seriously, first as surferette Gidget and then as “The Flying Nun.”

Field loved “Gidget” and loathed the nun (“meaningless twaddle”). This was the '60s, long before prestige TV, when sitcoms were a cathode ray-tube prison,

“the small screen” a slap. Movies celebrated Actors, not Gidgets.

“They were so not interested in me because they were so sure they knew everything that I was. Part of me had to choose optimism over defeat,” Field says.

The nun drove Field to the Actors Studio. At her first reading for Lee Strasberg, the famously withholding coach, he said, “You were quite brilliant,” something he told precisely no one.

With time, and the 1976 TV breakthrough of the acting decathlon “Sybil,” Field was cast as a series of determined, unsung Southern women, drawing on the indomitable women in her family.

“She is the great American actor. She knows how to play a proletariat role from the inside, not from the out,” says “Places in the Heart” director Robert Ben-

ton. “She doesn't act. She inhabits.” Her most scrutinized performance, all one minute and 10 seconds, remains her 1985 Oscar acceptance for “Places.” She spontaneously combusted with joy.

“I haven't had an orthodox career and I wanted more than anything to have your respect,” she said, her voice quivering, “and I can't deny the fact that you like me, right now! You like me!”

Critics “will define it as the quintessential bit of insecurity, and it so wasn't insecurity,” she says. “It was about acceptance. It was about the work.” What she was trying to say — “I wish I had been more articulate” — was “Right now, in this moment in time, I have succeeded in what I have been trying to do. That you think I was excellent.”



BLOOMINGDALES

Kate Spade's faux shearling Suzy saddle bag, \$238.

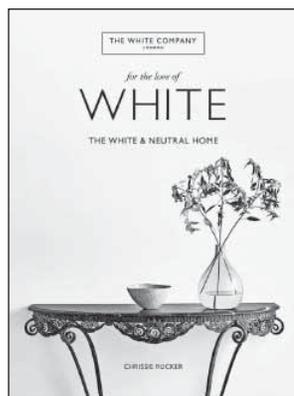
The wonder of winter white

BY LEANNE ITALIE | Associated Press

White is snow, so why not share the joy by embracing the color this season? The possibilities are endless, from home decor to apparel, bespoke to a quick online purchase. Some ideas in winter white:

Home

“For the Love of White: The White & Neutral Home” is a handsome book is written by Chrissie Rucker, founder of a company that specializes in white, aptly named The White Company. It's packed with inspiration for admirers of white. And gift ideas, too, such as white scented candles in elegant glass, white ceramic kitchen canisters or just the right vase in, yes, white. \$40.



leather strap for \$62. Target sells a snowy, flocked winter wreath for \$29.99.

Holiday

The handmade showcase Etsy.com is full of winter white, especially when it comes to special seasonal touches. One seller, Fern and the Fawn, has a hanging wreath of white feathers with a

Tablescapes

Ikea sells a white, leaf-shaped side plate for \$2.99. It's part of the Vinterfest collection, which also includes runners and loads of gifty white items for the table. At Ikea or elsewhere,



Fenty's
oversize
Cocoon
coat in
cream,
\$1,590.

FENTY

think winter forest touches or elegant white paired with silver or gold.

Wearables

For luxury label-loving handbag enthusiasts,

there's Kate Spade's Suzy saddle bag done in fluffy faux shearling with brown leather accents for \$238. From Givenchy, there's the Downtown Crossbody Bag in nylon. \$990. If bags aren't on your list, pick up a



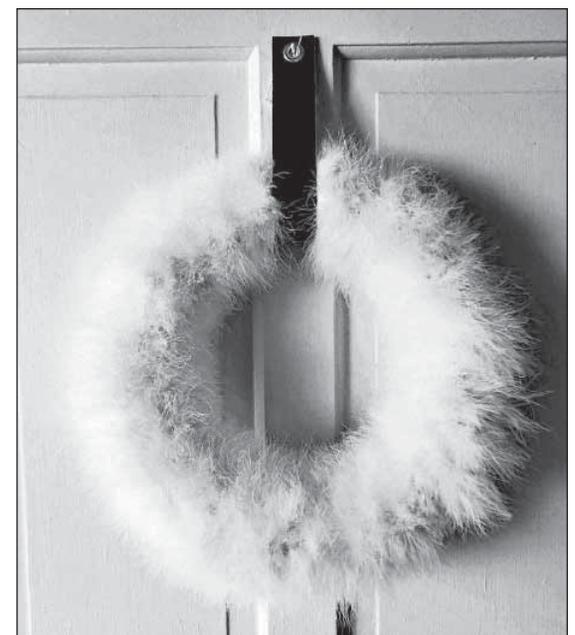
COACH

Coach's shearling coat in cream, \$2,200.



CAROLINA LEMKE

Carolina Lemke's Rocco sunglasses in white, \$75.



FERN AND THE FAWN

Fern and the Fawn's white feather wreath, \$62.

scarf or fleece in a soothing white. If none of those work, try the Rocco, Phillip or Datner sunglasses from Carolina Lemke. \$75.

In winter coats for women, Coach sells a cream shearling for \$2,200 and

Fashion Nova has a long, light gray puffer called the Reflecting On You Jacket for \$99.99.

Rihanna's Fenty just added a parka in cream in an oversize cocoon silhouette for \$1,590.

Drawing you in

The look of hand-drawn art in wallpaper, textiles and furnishings is hot in decor

By **KIM COOK**
Associated Press

Handcrafted items are popular these days, and many home decorators are looking for unique textiles and other furnishings that feature the look of hand-drawn art.

Items like the eclectic, playful wallpapers of Brooklyn-based artist Aimée Wilder, who designed for brands like DwellStudio, Martha Stewart and Vans before starting her own studio. She's expanded the line beyond wallpaper to include rugs, pillows, fabrics and poufs, and collaborates with prominent design brands on showroom design and installations.

"I've been making graphic pieces since the early 2000s, and I knew I wanted my own brand way back then," Wilder recalls. "I just knew that my work was a good fit for home textiles, maybe filling a hole, since back then most interior stuff was pretty traditional or more globally inspired."

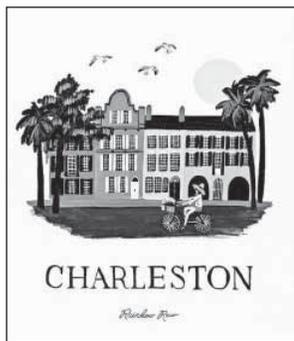
In her Eudaimonia collection, named after a Greek word meaning happiness, she was interested in exploring how celestial bodies influence us. The moon's phases are rendered in pastels and neutrals in the Earthlight pattern, while Pyramid du Soleil is named after Mexico's Pyramid of the Sun in Teotihuacan.

Fantastic sea creatures make their way to and fro across her Mystic Lagoon wallpaper, an idea that came out of a trek through the Scottish Highlands. A trip to Indonesia was the jumping-off point for Bungalow, with exotic fruits



ELIZABETH PEDINOTTI HAYNES/BETSY OLMSTED DESIGN STUDIO

Betsy Olmsted's designs for tea towels include woodland creatures like foxes, hedgehogs and turkeys.



RIFLE PAPER PHOTOS

A series of gouache paintings Anna Bond has done of destinations around the U.S. and beyond make charming wall art; Charleston, Chicago, New York and San Francisco are some of the cities in the collection.

and flora. And a line drawing Wilder received as a gift while collaborating with Los Angeles surf brand Mowgli Surf inspired her jaunty Swell wave print.

Another artist, Anna Bond of Winter Park, Florida, co-founded Rifle Paper Co., known for floral illustrations on stationery, wallpaper, home decor and fashion accessories. Bond

has made a series of gouache paintings of destinations around the U.S., including Chicago, New York and San Francisco.

Betsy Olmsted had planned to become a naturalist, but after majoring in art, studying in India and getting a master's degree in textile design, she translated that early passion for living things into a career



AIMÉE WILDER

Aimée Wilder's Eudaimonia collection was named after a Greek word meaning happiness. She was interested in exploring how the celestial bodies over Earth influence us, and the moon's phases are depicted in this Earthlight pattern from the collection.

as a designer with her own studio in Saratoga Springs, New York.

In her lighthearted watercolor, gouache and ink drawings, a menagerie of foxes, hedgehogs, turkeys and other woodland creatures share the canvas with smatterings of flowers and leaves. She sells table linens, pillows, wallpaper and fabric by the yard. One of her unusual wallpaper patterns: Curio, on which glass cloches hold beautifully rendered

mushrooms, coral, antlers and moths, all surrounded by fungi and flora detailed with a delicate touch. It resembles a naturalist's notebook writ large, and one can imagine it in a nursery.

The founders of the Farmhouse Project, artists Shawn Lang and Kris Prepelica in Hortonville, New York, create detailed drawings of vegetables and botanicals, which are printed on stonewashed linen table goods. The

napery has an authentic, historical charm that's right on trend.

Fish Eddy also offers dish towels illustrated with pen and ink drawings, here of New York City bridges and tunnels.

And Brooklyn artist Claudia Pearson, whose work has appeared in children's books and The New Yorker, has done a collection of tea towels available at West Elm that feature her quirky take on maps of cities all over the country.

A galaxy of cool gear

It's not a lightsaber, but the kids will love Pottery Barn's R2-D2 lamp. \$199, potterybarnkids.com



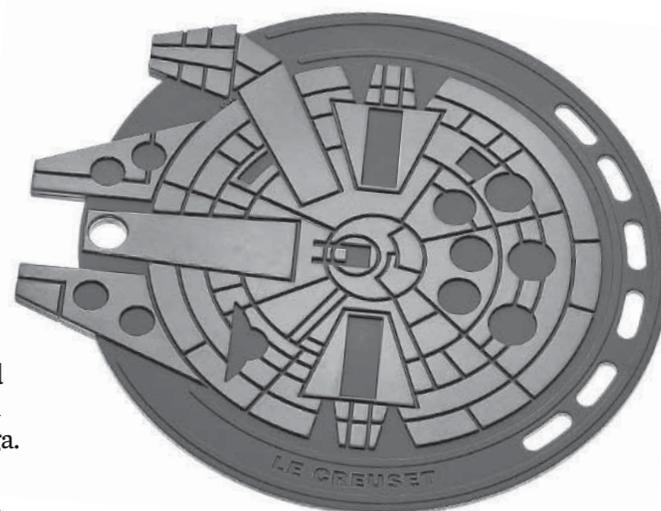
POTTERY BARN KIDS

By JESSICA MOZAMI | Chicago Tribune

A long time ago, in a galaxy far, far away — or in the 1970s — a little film called “Star Wars” was released. Nearly four decades, countless toys and numerous spinoffs later, fans have finally gotten the long-awaited conclusion to the Skywalker saga.

“Star Wars: Episode IX — The Rise of Skywalker,” the final film of the new trilogy, opened last month. We mark this seminal moment by bringing you some of the hottest collaborations, ranging from fashion to your kitchen.

Jessica Moazami is a freelance stylist.



WILLIAMS SONOMA

French cookware brand Le Creuset recently released a range of “Star Wars”-inspired products. Highlights include the Millennium Falcon trivet. \$20, williams-sonoma.com



WILLIAMS SONOMA

Let the Force be with you in the kitchen with William Sonoma's Chewbacca apron and themed spatulas. They make great stocking stuffers for the fan who likes to cook. \$39.95 and \$14.95, williams-sonoma.com



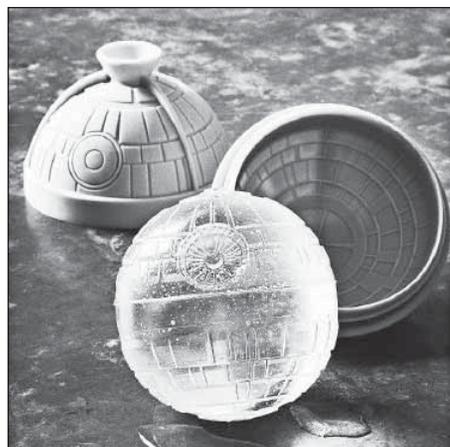
SWAROVSKI

Austrian crystal company Swarovski, known for its glittering jewelry and home decor, has teamed up with Lucasfilm to produce an 11-piece collection, including crystal “Star Wars” figurines (\$239-\$529) and limited-edition bejeweled Darth Vader, stormtrooper and Boba Fett helmets (\$8,550-\$8,900).



LEVI'S

Chill your Jedi cocktails in “Star Wars” style with W&P's Death Star ice mold. \$14, surlatable.com



SUR LA TABLE



ADIDAS

Adidas' Harden Vol. 4 “Star Wars” Lightsaber purple sneakers honor Mace Windu's signature purple lightsaber in style. \$120, adidas.com



LEVI'S

No stranger to nostalgia, Levi's has launched a special-edition collection celebrating the iconic characters from the original “Star Wars” trilogy. The collection includes trucker jackets and jeans, as well as tees, hoodies and accessories. \$22-\$148, levi.com

Don't feel dumb when shopping for a smart TV

BY LINDSEY M. ROBERTS

Special to The Washington Post

If it seems as though televisions have gotten very complicated very fast, it's not just you. Sometimes smart technology can make us feel, well, dumb.

To break it down, we talked to technology experts, a deals guru and an interior design expert — because you shouldn't need a degree in TV to binge-watch “Stranger Things.”

LCD vs. OLED: Despite the letters that swim before your eyes at the big-box stores, there are basically only two options for TVs: LCD (liquid crystal display) and OLED (organic light-emitting diode).

LCDs (sometimes called “QLED” or “LED LCD”), which illuminate pixels using a central lamp, are generally the most cost-effective. Their picture is improving as manufacturers step up the quality with advances such as quantum dots, which add color and brightness. OLEDs, which use organic material allowing each pixel to light up individually, will always have the better picture — and a higher price to match.

For someone who wants the ultimate movie or sports experience, with brighter brights and darker darks, OLEDs are best. “I have both types of TVs at home,” says Jason Sigritz of Columbus, Ohio, an in-home adviser for Best Buy, “and I catch myself always wanting to watch the OLED.”

Screen size: “Generally, you can comfortably sit as close as around 100% the diagonal measurement of your 4K TV,” says Will Greenwald, PCMag's home entertainment editor and senior electronics analyst for TVs. “If you're sitting 5 feet away, a 55-inch TV is good. Eight feet, maybe 65-inch.” On a media cabinet or console, go for a TV that is slightly smaller than the unit. “For example, a 65-inch TV feels a bit large for a 57-inch console, but looks much more balanced on an 80-inch console,” says Alessandra Wood, vice president of style at Modsy, an interior home design service in San Francisco. For bedrooms, “43 inches is large enough to see from bed but



MANAEMEDIA/ISTOCKPHOTO

small enough to sit on a dresser without taking up too much space,” she says.

Screen resolution: Most TVs sold today that are larger than 40 inches have 4K resolution, which means four times the old standard of 1,080 pixels, or 3,840 by 2,160 pixels, Greenwald says. That's four times the detail of just a few years ago.

That doesn't mean all the content you want to watch will be available in 4K, but a 4K TV will “significantly improve” picture quality, Sigritz says. “With a 4K TV, whatever you're watching — Blu-ray, DVD, streaming content or cable/satellite broadcast — will be much sharper, clearer and better than a standard HD TV due to upscaling technology.”

TVs with 8K resolution are just starting to enter the market, with a resolution four times the number of pixels of 4K. “They're strictly for early adopters,” he warns, “and there is no 8K content available for consumers to watch on them yet.” They will be a viable option around 2022.

HDR: HDR, or high dynamic range, means the TV can show a wider range of color than older models, “to provide a picture that's more lifelike,” says Sigritz, who recommends looking for an HDR TV for the best viewing experience. “It's like we had that eight-pack of crayons and we went up to the 24-pack of crayons.”

Netflix, Amazon Prime and other streaming services are making sure that when they offer 4K content, it's also in HDR. This is usually called HDR10, which is what movie studios and TV companies have agreed on for the HDR standard. Note, though, that different companies offer enhancements on HDR: Dolby Vision is one (used by Sony, LG and Vizio) and HDR10+ is another (used by Samsung and Panasonic). Although standard HDR sets the light vs. dark for a whole movie, for example, Dolby and HDR10+ allow the light to change by scene — dark scenes are darker and light scenes are lighter, as directors intended — making it more lifelike.

Refresh rate: The ideal refresh rate — or rate at which the picture refreshes — depends on the type of content you want to watch, Sigritz says. At the standard rate, the picture is refreshed 60 times per second, or 60 Hertz (Hz). “We want a TV that has 120 Hz as our minimum,” he says. “So that when a football goes flying across the screen, or there's a car chase in a movie, it's not blurry and fuzzy.” Some manufacturers are even offering 240 Hz, which is the clearest with motion.

HDMI connections: We used to have four or five spaghetti-like cords that would hook up each device, Sigritz says. Now, with HDMI cords, each device has only one cord, “but we want to make sure that we have enough for all of our devices,” he says. Think about how many devices you want to attach to your TV and then count the HDMI ports. Hookup options include: sound bar, streaming box, game system, Blu-ray device, cable box.

Prices: Best Buy breaks TVs into

three categories: standard, premium and elite, with a standard being a 4K HDR and elite being one of the OLED offerings.

“Basically, you can get a great deal for under \$1,000, and if you're willing to really splurge on style and performance, you can expect to spend around \$3,000,” PCMag's Greenwald says.

David Dritsas, an electronics retail expert for Chicago-based Brad's Deals, says there are many good 4K TVs in the \$500 range.

When to buy: The best time of year to buy a new TV is the holiday season, from Black Friday through December, Dritsas says. Do your research on the TV you want and the price before looking for sales so you'll know a good deal when you see it.

Another good time is late February and March, he says, because “TV manufacturers start to release new products and discount older models.” The best way to know whether a TV is a good deal? “Look at the picture in person,” he says.



DREAMSTIME

As the new year begins, make sure you leave your old style hang-ups behind.

Biggest hurdles to upgrading your wardrobe

BY ARAMIDE ESUBI
Tribune Content Agency

As you start to hibernate at home this winter, it's a good time to take a deeper look at what's in your closet. Maybe you feel ready for more than just a few quick sorting strategies and want to begin to truly evaluate your wardrobe and what it communicates about you, now. But before you start pulling out old pieces, you must take a hard look at how you may be blocking your own style from fully flourishing. The following are the most common hurdles to improving your style game:

Trying new things

Sure, you can read a thousand different closet-cleaning blog posts and tips, but what happens when you realize you don't like anything in your closet and have to start over? It's overwhelming and scary, you will likely put it off for as long as possible, for fear of getting it wrong. Maybe you don't want to look like you're trying too hard, or you'd rather appear to not

care at all rather than be mistaken for superficial, silly or whatever you believe others will think of you if you wear a skirt for the first time or opt for brighter colors. The truth is that no one is more focused on your personal style than you.

You're on a budget

Well, who isn't? We will often invest in all sorts of other things before we invest in new clothes, because our house, kids or pets come first, or we think it's shallow to spend money on clothes. But spending time and money on a killer wardrobe can be a form of self-care. Taking the time to get dressed in something that shows a little bit of who you are to the world improves your mood, confidence and desire to connect with other people.

It's too much work

Sure, figuring out your personal style does take a bit of upfront effort if it's something you haven't considered for a while (or ever). But it'll be even harder to fight against a first impression that's 80%

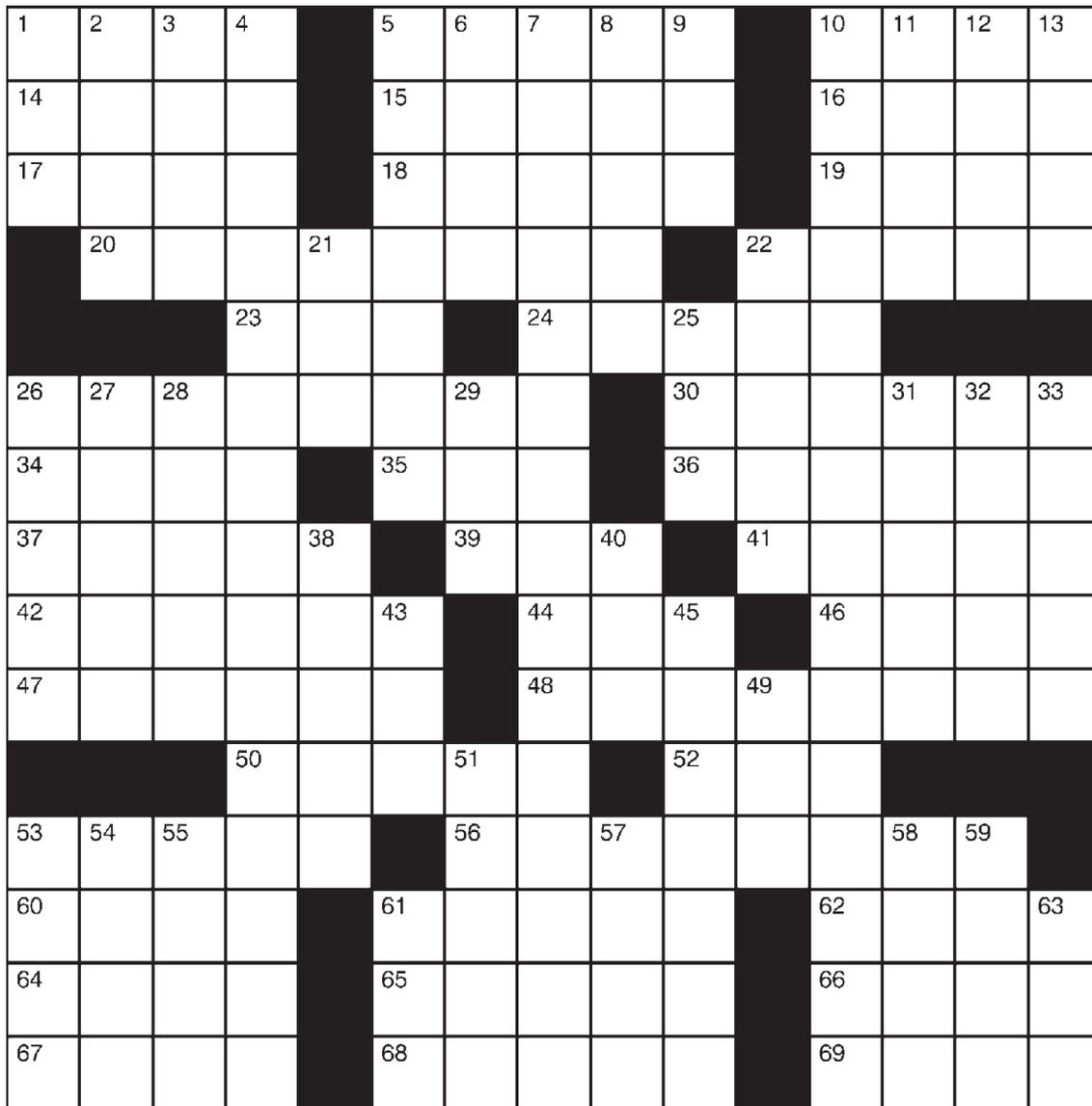
visual, and 100% incorrect. Taking the time to figure out what you want your clothing to reveal about you will save you tons of frustration and correcting down the line. Plus, it will be easier to make tweaks once you're aware of the tools you need to keep it up.

You think your body isn't good enough

This one is super common. The truth is that everyone can think of something they don't love about their bodies. The good news is that clothing can emphasize our best features and de-emphasize what we're less crazy about body-wise. Not being totally happy with your size, weight or even your knees is not an excuse to avoid personal style. Sometimes, making adjustments will motivate you to reach your fitness goals, or persuade you to be a little nicer to yourself in the meantime.

All in all, don't let any fears get in the way of looking your best. Fear is a temporary emotion, but pride in your high-quality, upgraded closet will last you a long time. Best of all, you truly feel great in your clothes, all people will see is confidence.

Fruitarian



ACROSS

- 1. There ought to be ___
- 5. Actress Normand
- 10. Kind of test
- 14. Asian desert
- 15. Europe's boot
- 16. Meat paste
- 17. Payment for Charon
- 18. Masterless samurai
- 19. Entreaty
- 20. Raisin grapes
- 22. Violinist Mischa
- 23. NYC subway
- 24. English hymn writer
- 26. Resort near Tampa
- 30. Pentose sugar
- 34. Shore-dinner item
- 35. Robot drama
- 36. Boat basin
- 37. Choir members
- 39. Valuable person
- 41. Kind of power
- 42. Double-breasted coat
- 44. Dance step
- 46. Past of to be
- 47. Ball, in Paris
- 48. Neglected parallelogram, for short
- 52. Burglarize
- 53. Indian bigwigs
- 56. Persons from whom property is conveyed
- 60. Mediterranean port
- 61. Pickling fluid
- 62. Two-wheeled

- carriage with springs
- 64. Emulated Caruso
- 65. Permitted
- 66. Decorated tinware
- 67. Fictional pirate
- 68. Assays
- 69. North Sea feeder

DOWN

- 1. Past
- 2. Tennis strokes
- 3. ___ Ben Adhem
- 4. Dutch King of England
- 5. Turret with a fine view
- 6. Like ___ of bricks
- 7. Some small Latin American countries
- 8. Beethoven's Für ___
- 9. Waterfall: Scots
- 10. Fruit dessert
- 11. Placid
- 12. Willow
- 13. Campus figure
- 21. Shtp. units
- 22. Inventor Howe
- 25. Branch
- 26. Mesa cliff
- 27. Tree-lined passage
- 28. Tropical burrowing mammal
- 29. Harbor sight
- 31. Lubricated
- 32. Kind of drum
- 33. Like some seals
- 38. Clockmaker Thomas, et al.
- 40. To a ___
- 43. Old auto
- 45. City features
- 49. Very long time
- 51. Curie or Romanian queen
- 53. Antarctic Sea
- 54. Saroyan hero
- 55. Grey or Marple
- 57. Monogram pt.
- 58. Piccadilly Circus figure
- 59. Word with white or fire
- 61. Sandwich favorite
- 63. For each

SOLUTION



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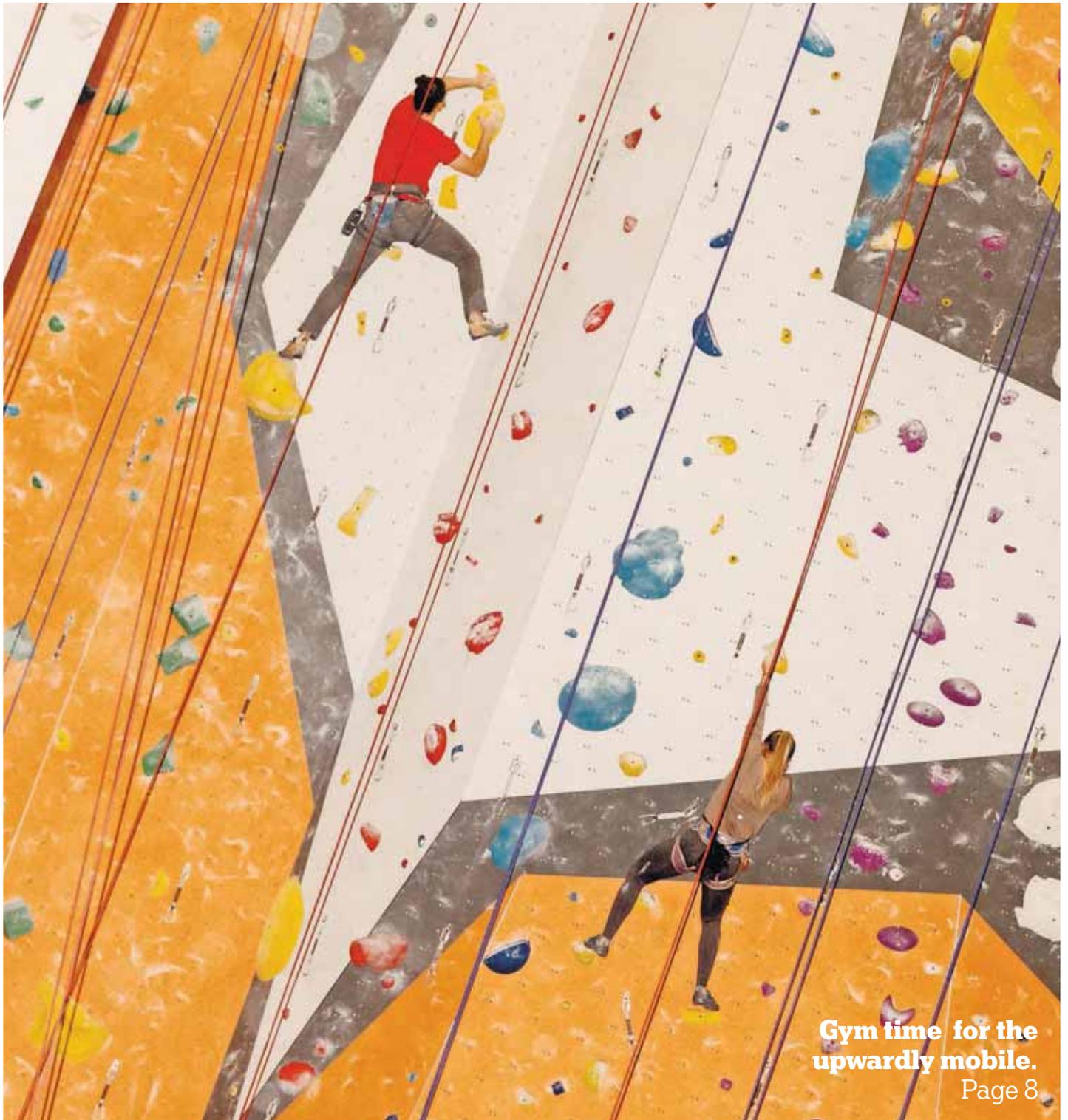
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Living Well

JANUARY 2020

HEALTH How zzzs affect \$\$\$; Get moving; Medical myths. Pages 8-21 / **MINDFULNESS** Quieting the brain; Psychedelics for coping; Therapy's new strategies. Pages 22-33 / **LIFESTYLE** Avoiding burnout; Details for the home; Money talk. Pages 34-46



Gym time for the upwardly mobile.

Page 8



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The New York Times **Living Well**

JANUARY 2020

SLEEP What our ZZZs have to do with our \$\$\$s. Page 14 / **THERAPY** Take time out to hug a cow, and feel better. Page 22
WORK Recalibrating the work-life balance. Page 34 / **BACKPAGE** The Sketch Guy urges us to focus on the moment. Page 47



A 2018 study found that people who felt younger than their age were healthier than those who felt older.

FILIP SINGER/EUROPEAN PRESSPHOTO AGENCY

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JEREMY M. LANGE FOR THE NEW YORK TIMES

Building 800 contains the Frontier, one of the renovated spaces at Research Triangle Park.

SUBURBAN OFFICE PARKS GET A MAKEOVER

When Research Triangle Park in North Carolina opened in 1959, its bucolic setting was considered a selling point. But tastes have changed, so the park — which lacks even a coffee shop — is being redeveloped. In a few years its 7,000 acres will be home to restaurants, bars, shops and apartments. Suburban office parks around the country are facing similar challenges as younger workers favor urban environments with a variety of services and transportation options, a shift that has reduced the popularity of large, cloistered office settings.

THE ENERGY BEYOND

Americans of all ages and genders are more spiritual than ever, but that doesn't mean they are churchgoers. According to a 2017 survey from the Pew Research Center, 60 percent of Americans believe in one or more of the following: psychics, astrology, the presence of spiritual energy in inanimate objects (like mountains or trees) or reincarnation. More than a quarter of American adults say they think of themselves as spiritual but not religious.



GOT MILK? ANYMORE, NOT SO MUCH

As the struggles of Dean Foods show, milk is quickly going out of fashion as plant-based and lactose-free dairy alternatives rise in popularity. But the situation isn't limited to the dairy aisle. The challenges faced by the century-old Dean Foods, the largest milk company in the country, are familiar around the food and beverage industry. Consumers have moved away from brands, and even entire categories of food, that were once seen as household staples.



TV VIEWING HABITS INFLUENCE OUR LIVES

Americans are more likely to watch television than engage in any activity other than sleeping and working. A wave of new social science research shows that the quality of what we watch can shape our thinking and political preferences and can even affect our cognitive ability. In this so-called golden age of television, some critics say that the best of the form is equivalent to the most enriching novels. And high-quality programming for children can be educational. But the latest evidence also suggests that all that time we spend in front of the screen can have negative consequences, particularly when the shows are mostly entertainment. The harm seems to come from the fact that it replaces more enlightening ways of spending time.

THE FIZZ WITH DINNER

Americans spent about \$1.7 billion on sparkling water at restaurants in 2018, according to Technomic, a modest amount compared with the \$15 billion they forked over for carbonated soft drinks. But while traditional soda has grown by only 1 percent each year since 2016, sparkling water — an umbrella term that encompasses club soda and seltzer — is seeing double-digit growth and is attracting millions of dollars in venture capital investment.

ONLY THE DRINKS ARE ZERO CALORIES

A new study found that prodigious consumers of artificially sweetened drinks were 26 percent more likely to die prematurely than those who rarely drank sugar-free beverages. But some nutritionists, epidemiologists and behavioral scientists think the problem might not be the diet sodas, but the otherwise unhealthy choices of people who drink them. “Perhaps it’s because there are people who rationalize their unhealthy lifestyle by saying, ‘Now that I’ve had a diet soda, I can have those French fries,’” said Vasanti S. Malik, a researcher at the Harvard T.H. Chan School of Public Health.

TEACH A CHILD TO FISH

There is some evidence that fish makes children smarter. In two reviews of data from 44 studies, researchers have concluded that eating seafood — by mothers during pregnancy and then by their children — is associated with improved performance on tests of mental skills. The benefits were apparent as early as 14 months. The studies variously found that seafood eaters had lower risk of attention deficit hyperactivity disorder, better school grades and higher I.Q. by as much as 9.5 points compared with their peers who ate no fish. The highest intakes — more than 8 to 12 ounces a week — were associated with the greatest benefits.



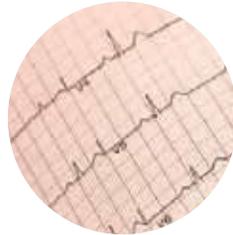
CAROLINE TOMPKINS FOR THE NEW YORK TIMES



NICOLE CRAINE FOR THE NEW YORK TIMES

IN-DEMAND DESSERTS

Claudia Fleming’s 2001 cookbook “The Last Course,” which was reissued in November, is a cult classic among pastry chefs, and the original edition has become a precious rarity. Copies that occasionally pop up on eBay sell for as much as \$200. Her salty-sweet signature is a chocolate caramel tart that she created for the Gramercy Tavern in Manhattan, where she was the pastry chef for more than a decade.



BRACE YOURSELF FOR PAYDAY

Earnings that fluctuate may affect your heart health, according to a new study. Compared with people with relatively stable incomes, those whose income dropped by 50 percent or more were 17 percent more likely to have heart failure, fatal coronary heart disease, a heart attack or a stroke, according to the report, in JAMA Cardiology. Those whose income went up by 50 percent were 14 percent less likely to have a cardiovascular event.

SLIPPING INTO SOMETHING MORE UNCOMFORTABLE

Though the body-positivity movement and self-love-preaching stars like Lizzo are more popular than ever, and many women are ditching their underwire bras for more comfortable alternatives, shapewear has maintained a viselike grip on America’s midsections. Sales in the United States shapewear market were valued at \$526 million for the year ending in August, according to the NPD Group, a market research firm. New companies, some direct-to-consumer, check all the boxes of millennial marketing: pale pastel colors, sans serif fonts, ethnically diverse women with a range of body types. “It isn’t just your grandmother’s girdle anymore,” said Marshal Cohen, NPD’s chief retail analyst.



Shapewear remains big business despite the body-positivity movement. A Spanx display at a Nordstrom department store in Short Hills, N.J.

BRYAN ANSELM FOR THE NEW YORK TIMES



CHESTER HIGGINS JR./THE NEW YORK TIMES

DECADES OF INERTIA

On average, adults in Western countries spend nine to 11 hours per day sitting, and a growing body of research shows that among people who do similar amounts of moderate to vigorous activity, those who sit longer have more adverse outcomes. But old habits are hard to break. As recently as the 1950s, doctors considered exercise dangerous for people over age 40; for heart disease, which was then killing a record number of Americans, they prescribed bed rest.

TEND THE GARDEN, DAD

Can eating tomatoes improve sperm quality? British researchers have tested the fertility benefits of lycopene, a red pigment found in tomatoes, watermelons, pink grapefruits and other red-tinted fruits and vegetables. They found that men who took a daily pill containing lycopene had a significant increase in the concentration of fast progressive sperm — sperm that make forward progress in a straight line or in large circles — as well as in the proportion of sperm with proper size and shape.

WHO'S WALKING WHOM?

Dog owners are about four times more likely than other people to meet today's physical activity guidelines, according to a study involving hundreds of British households. According to the study, most dog owners spent close to 300 minutes each week walking with their dogs, which was about 200 more minutes of walking per week than people without dogs. Primarily because of these walks, most dog owners met or exceeded the standard guidelines for exercising for health, which call for at least 150 minutes of moderate exercise every week.



JEENAH MOON FOR THE NEW YORK TIMES

Social Climbing, On a Wall

A fitness obsession forces participants to unplug and concentrate.

By Kate Dwyer

ON A FRIDAY EVENING last spring, Zack Woodruff picked up two college friends and drove seven hours down Interstate 65: through Indianapolis, bourbon country and the rolling hills of Appalachia. In the middle of the night, they arrived at Miguel's Pizza in Slade, Ky., and pitched tents in the backyard, near a shop that sells rock-climbing gear. They were destined for the nearby Red River Gorge, a dramatic rocky cliff that Mr. Woodruff has explored eight or nine times.

But Mr. Woodruff, 28, a Ph.D. candidate in robotics at Northwestern University, lives in Chicago, so most of the time, he climbs at First Ascent, an indoor climbing gym with four locations in the city, where, he said, "a lot of grad students climb after work."

Over the past five years, rock climbing has become a popular activity, documented on social media and in films like "The Dawn Wall," "Valley Uprising" and "Free Solo," an Oscar winner that chronicled Alex Honnold's ropeless ascent of El Capitan in Yosemite National Park. In 2016, it was added to the 2020 Olympics. New climbing gyms are mushrooming like cycling studios before them, and U.S.A. Climbing, the competition circuit, signed a multiyear broadcast deal with ESPN last year.

"It's a moment, you know?" said Jimmy Chin, 46, who directed "Free Solo" with his wife, Elizabeth Chai Vasarhelyi. "These moments happen when a bunch of different variables all line up."

According to Climbing Business Journal, the commercial climbing gym industry grew 6.9 percent in 2016, 10 percent in 2017 and 11.8 percent in 2018.

There are two types of indoor climbing walls: bouldering walls, which are low enough that climbers can leap (or tumble) onto the mats without getting hurt; and rope-climbing walls, which tower over the bouldering walls and require harnesses and rope. In the most well-known form of rope-climbing, "top-roping," partners on the ground "belay," or gather the slack as you climb higher, so you won't fall far if you slip.

Young professionals flock to these playgrounds because the exercise is intense, un-

structured and sociable; the gyms may be one of the last urban locales where talking to strangers is encouraged. Engineers in particular seem to be attracted to the sport, because each "boulder problem" of holds is a three-dimensional puzzle, and gyms reset them monthly to keep things spicy. And for parents, climbing is part of the so-called free-range-kids movement.

Megan Novotney, a 36-year-old yoga teacher said: "If you walked in and saw my itty-bitty 5-year-old, you'd be like, Oh my gosh! She goes high. She goes to the top, and she'll rappel."

Ms. Novotney's 6-year-old triplets also partake. "When they're bouldering, they don't climb anything higher than what they know they're capable of getting down from, and that was really awesome because it translated over to the park, too," she said. "I trust them, and they trust their bodies."

ROCK STEADY, BABY

Those not partial to yoga's chants and group movement may find a more individualist escape on the wall. "It's active, it's good for you, you have to try hard, it makes you feel very present in the moment," Mr. Chin said of yoga, "and I think climbing does a lot of those things. It's one of those activities where you do actually need to put your phone down and you do actually have to be engaged, and for some reason it's easy to have conversations and talk to people you don't know when you're climbing."

"When you're climbing," he added, "there's also a certain level of vulnerability, because you're scared and you're all having a shared experience, especially if you're trying the same climb."

Growing up in Mankato, Minn., he didn't know climbing existed. When he started, 25 years ago, "climbing was a pretty fringe activity," he said, "and it was usually kind of like the misfits, who couldn't play ball sports, or weren't great at team sports."

These days, there is a climbing gym in nearly every major city. Corporations like Touchstone Climbing, El Cap, First Ascent and Brooklyn Boulders are building more.

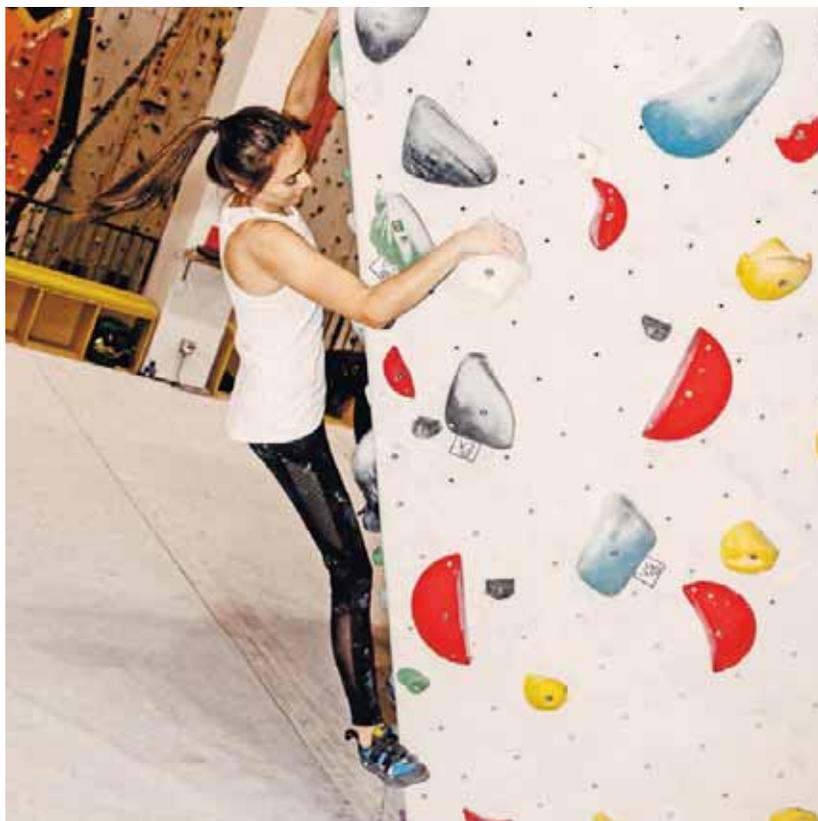




Appropriate shoes, ropes and other equipment, like chalk, are needed for climbing.

█
'There's also a certain level of vulnerability, because you're scared and you're all having a shared experience, especially if you're trying the same climb.'

EVAN JENKINS FOR THE NEW YORK TIMES



EVAN JENKINS FOR THE NEW YORK TIMES

Bouldering techniques demand tremendous finger and wrist strength.

Sasha DiGiulian, 27, is a three-time United States National Champion climber who now hosts high-end climbing wellness retreats in Kalymnos, Greece. There, groups of 16 to 20 — often millennials from Silicon Valley and New York City — shell out \$3,500 for luxury accommodations, four days of climbing with Ms. DiGiulian and three guides, dinners of freshly caught fish and ouzo, and a rest day swimming with wild dolphins.

Her clients are “young professionals looking for an experience,” she said, and since it is tough to switch from gym climbing to outdoor climbing, she created the retreat to “facilitate people’s transition.”

Ms. DiGiulian believes that the climbing industry is expanding in tandem with boutique fitness, citing Brooklyn Boulders’ boutique fitness branch in Boston, BKBX, which combines rock climbing with high-intensity interval training (HIIT). “They’re opening these boutique studios that are dedicated to optimizing your fitness in order to ‘train for your next adventure,’” she said.

Harley Pasternak, who trains celebrities including Ariana Grande, Kim Kardashian West and Gwyneth Paltrow, isn’t a fan of rock climbing. “It’s really not a full-body workout,” he said, though many climbers argue otherwise. “Most of the muscles that

people really need to strength-train — hamstrings, glutes, lower back, rhomboids, triiceps — are not really worked during rock climbing. Rock climbing is mainly lats, forearms, quads and calves, so these are not going to contribute to better posture.”

Not to mention, he said, most people aren’t strong enough to hoist themselves up a wall without getting hurt. “Keeping in mind the average American is significantly overweight, I would talk everyone I could out of rock climbing unless you are incredibly light, agile, fit and functional,” Mr. Pasternak, 45, said. “There is a very small minority of this country that should be rock climbing.”

Indoor climbing gyms can also be expensive, especially in cities like New York and San Francisco. “Unless the commercial real-estate landscape changes, you can’t offer membership for less than \$90” per month, said Michael Cesari, 39, the owner of Steep Rock Bouldering in New York. “It’s a bummer because when you go elsewhere, it’s not the case with indoor climbing.”

In other parts of the country, climbing has become so accessible that there are places that allow climbers to volunteer if they can’t afford a membership, like Memphis Rox in Tennessee, or YMCAs that offer it for free.

POLISHING THE FACE

At Brooklyn Boulders, a diverse group of young people was sitting on the mats and catching up on a recent Saturday while two dogs frolicked in the waiting area.

“We barely climb,” said Aaron Stack, a 30-year-old software engineer. “No one here actually likes climbing, we all just come here to hang out.” (He was joking: They’ve all been climbing for years.)

Saturday mornings are pretty quiet at climbing gyms. Peak hours are weeknights after work, and the really serious climbers go in the morning before work. Waiting patiently and considering courses has long been part of the indoor-climbing culture.

Dan Bartz, 36, a founder of First Ascent in Chicago, said his company is trying to avoid crowding issues by opening new locations and requiring new members to attend orien-

tation classes.

"I think there is the risk that you can have the longtime, established climbers and the newer climbers and there can be a tension between those two groups because the experienced climbers know how to behave in a climbing gym," Mr. Bartz said. "They know where to stand, and they know how to share resources like routes or boulder problems."

The majority of new climbers follow the rules, but some don't. Mr. Stack witnessed an incident firsthand. "One time, I saw these two people climbing, and it was their first time climbing, and it was on the overhung wall, and the one person fell and swung and knocked over the person belaying," he said. "The one belaying stopped, took both of her hands off the rope, picked up her camera, and took a picture of her friend. There's just been a huge influx of people with no clue what they're doing."

As a result, gyms have had to add extra safety programming; nearly all require climbers to sign a waiver and take a class before they can climb. Mr. Cesari likened the sport to snowboarding, whose addition to the Olympics, he pointed out, did not cause a lasting surge in popularity. "For how many people will climbing be a lifelong sport, which they will then pass down to their kids?" he asked. "That's the big question."

There is also a stereotype of the "boulder bro," showing off his calluses, rocksplaining. "If you want to climb really hard, you have to take your shirt off, and you have to wear a beanie," Mr. Stack joked. "You also need a really big chalk bag, like twice this size, you leave it on the ground below you, preferably under where you're climbing, so when you fall on it, it goes 'poof!' for dramatic effect."

A NEW DIVERSITY

But in fact climbing is more diverse than ever. Brooke Raboutou, 18, made headlines last year when she became the first American to qualify for the Olympics. "I would say that the climbing ratio of men to women is still about 60 percent to 40 percent," Ms. DiGiulian said. "There are far more professional male climbers than there are profes-

sional female climbers, and I think the way climbing is changing, you are seeing a lot of people from different backgrounds getting into the sport and excelling."

The sport is still overwhelmingly white, but groups like Brown Girls Climb, Melanin Base Camp, and Brothers of Climbing help climbers of color connect with one another.

Anna Marie Jennings, 23, met friends through Climb Like a Girl classes at Brooklyn Boulders. "Finding a group of women to climb with was really great because the gym is intimidating as it is, whether there's all men around or all women around or whatever, just the nature of it can be overwhelming if you're new," she said. "It is very physical and people watch you, so that's intimidating no matter who you're around."

Ms. DiGiulian grew up climbing the Red River Gorge, where Mr. Woodruff and his

friends camped in Kentucky. This "used to be one of the poorest districts within Kentucky, and now it's blooming with business," she said. "When I started going to Miguel's, it used to be a little ice cream stand. Now I'll be in countries like France and Spain and see someone wearing a Miguel's Pizza Shop T-shirt."

Dario Ventura, 35, the co-owner of Miguel's, said that since his father Miguel went into business 35 years ago, foot traffic has grown "exponentially." To adapt, Miguel's Pizza renovated its kitchen and country-store restaurant, tripled the size of its campsite, and now employs a staff of 42.

"The whole area has grown too, there's a ton of restaurants now, there's a ton of campsites to compete, and we're all full every weekend," Mr. Ventura said. "It's a really healthy environment."



EVAN JENKINS FOR THE NEW YORK TIMES

Climbing gyms have opened up the sport to a wider group than the hardcore outdoors type.

The Unhappy Truth About Tracking Sleep

Monitoring slumber with an Apple Watch and some software was a pointless exercise.

By Brian X. Chen



GLENN HARVEY

FOR TWO WEEKS, I added an extra step to my bedtime routine: strapping a computer around my wrist.

The new nightly move was prompted by a cascade of wearable gadgets from companies like Fitbit and Apple.

For many years, fitness gadgets have measured basic data, like footsteps or calories burned. Sleep tracking is still a nascent area that tech companies are experimenting with.

I decided to test it. I wore an Apple Watch. I also downloaded a top-rated app called AutoSleep, which uses the Apple Watch's sensors to follow my movements and determine when I fell asleep and woke up.

The excitement ended there. Ultimately, the technology did not help me sleep more.

It didn't reveal anything that I didn't already know, which is that I average about five and a half hours of slumber a night. And the data did not help me answer what I should do about my particular sleep problems.

That mirrored the conclusions of a recent study from Rush University Medical College and Northwestern University's Feinberg School of Medicine. Researchers there noticed patients complaining about sleep data collected by apps and devices.

The researchers warned that sleep-tracking tech could provide inaccurate data and worsen insomnia by making people obsessed with achieving perfect slumber, a condition they called orthosomnia.

For some practical tips on how to get more shut-eye, I sought out Raphael Vallat, a post-

doctoral researcher at the Center for Human Sleep Science at the University of California, Berkeley. His most important advice: Do not check your sleep data on a regular basis.

"If you look at your data, it can modify the perception of your sleep," he said. "You may think: 'Oh, gosh, I didn't sleep well. Should I be tired? Am I in a bad mood?'"

HOW SLEEP CYCLES WORK

There are three main stages of sleep: light sleep, deep sleep and REM sleep (for rapid eye movement).

The deep sleep stage is beneficial for physical restoration, like muscle reparation and metabolism recovery, researchers said. REM sleep, the stage in which we dream, helps in repairing our psychological and

emotional networks.

On average, a person completes a sleep cycle, which includes each of the three main stages, every 90 minutes. To get a good night's sleep, you need to complete four or five cycles. That's partly because the cycles are not the same throughout the night: The early cycles have more deep sleep, whereas the later ones have more REM sleep.

But our sleep-tracking tech generally can't accurately measure REM sleep.

Sleep-tracking apps for wearable devices primarily look at movement and heart rate to determine when you are asleep or awake, which are usually not precise enough to measure the different sleep stages, Dr. Vallat said. Without a good look at REM sleep, those apps may give an incomplete picture of sleep quality.

Here is where the AutoSleep app gets credit: It estimates sleep duration and deep sleep using the motion and heart rate sensors, but it does not attempt to guess REM sleep.

Some scientists said consumer-grade sleep trackers should not be dismissed as inaccurate. Michael Grandner, director of the University of Arizona's sleep research program, who has consulted for Fitbit, said that wrist-worn sleep trackers had a long history of use in scientific research and that some devices could be very accurate at measuring sleep stages.

He added that the devices enabled some sleep tracking to be done in the real world, not a lab.

WHAT TO DO?

Dr. Ethan Weiss, a cardiologist at the University of California, San Francisco, has been wearing a ring on his finger called Oura Ring, which includes a sleep tracker, for nearly a year. He said he didn't know whether the information about sleep stages was accurate — let alone what to do with it.

"There's no program — it's just information," Dr. Weiss said. "The question is can you do anything on your own to optimize it? Or is the information just worthless or is it making things worse? Sometimes being

The technology did not help me sleep more. Ultimately, it did not reveal anything I didn't already know.



BRIAN X. CHEN

aware of it just makes you even more anxious."

Dr. Vallat shared similar concerns. One big problem, he said, is that many of these tracking apps send daily notifications with users' sleep statistics. He suggested that people experimenting with sleep trackers look at weekly trends, not daily summaries.

"It's a vicious cycle, because if you immediately feel you didn't sleep enough, it will impact your mood," he said.

Dr. Grandner said that consumer-grade sleep tracking was in its early stages and that it was too soon to tell what people should do with the data.

WHERE THAT LEAVES US

Makers of sleep tech and scientists can agree on one thing: Sleep-tracking apps and devices can be useful for getting a broad look at your sleep, but people should resist drawing conclusions about their sleep health.

David Walsh, the computer scientist who developed AutoSleep, said people should use his app to look at trends, not to obsess over the daily data.

"I've had plenty of customers say this has changed their life, but I get other people saying they're waking up in the middle of the night and checking their sleep," he said. "I tell them to go back to sleep."

Fitbit said in a statement that it took accuracy very seriously and that its team continuously studied and tested the accuracy of its products. Apple did not immediately have a comment.

Dr. Vallat told me that if I really wanted to get better sleep, I should simply try to sleep and wake up at the same time every day — that would help my brain learn how to build a structure for optimal sleep. He also advised making the bedroom a cool environment (about 68 degrees) and as dark as possible; avoiding alcohol in the evening; not checking email or social media right before bed; and asking myself each morning when I woke up, "Do I feel refreshed?"

That all sounded reasonable — and there's no app needed for any of that.

Better Sleep Can Be Good for Your Salary

It's not exactly clear why, but more rest and more money do go together.

By Austin Frakt

IT'S WIDELY KNOWN THAT SLEEP affects our mood and health. Less understood is how it can also affect our paychecks.

A study published last year in the Review of Economics and Statistics found that workers who live in locations where people get more sleep tend to earn more than those in areas where people get less.

One theory: Better-rested workers are more productive and are compensated for it with additional income.

"There are other explanations, but we consider them less likely," said an author of the study, Matthew Gibson, an economist at Williams College.

It's not as if simply sleeping more will cause your boss to pay you more. In fact, if you get that extra sleep by being late for work, you might earn less or even lose your job. So how would the sleep-income relationship actually work?

Studying the issue is complicated by reverse causality: Not only does sleep affect work, but work also affects sleep. On an individual level, people who work more, and earn more for it, often sleep less. Studies show that higher-income earners sleep less than lower-income ones.

That could be because higher-income people are spending more time working, so they have less time for sleep. Additionally, working more is stressful, and stress disrupts sleep.

But poor sleep contributes to stress, too. A study in Sleep Health found that a poorer night's sleep is followed by more stress and distracting thoughts at work. Other studies also find that less and poorer sleep is associated with more conflict and stress the next day.

Consider this possible sequence: Good sleep habits could help a person land a high-income job, but the new job could be so demanding and stressful that the person sleeps less. To achieve a promotion, though, and even higher income, it could be helpful to make adjustments to get better sleep again.

More generally, many studies find worse work performance follows poor sleep. For



KEVIN FRAYER/GETTY IMAGES

example, tired doctors make more mistakes, and tired students get lower test scores. This is one rationale for starting school times later to give children a better chance at more sleep. It not only lifts academic performance but their long-run incomes as well, research shows.

One study found that delaying school start times to 8:30 a.m. or later would contribute \$83 billion to the American economy within a decade. The gains would come in part through decreased car crashes — lowering the costs in mortality and lifetime productivity. Another contributor would be the students' increased lifetime earnings from

better school results.

The Review of Economics and Statistics study dodged reverse causality when comparing average earnings in different locations by exploiting the variation in sunset time within time zones.

Our circadian rhythms are partly tied to sunlight: We tend to go to bed earlier when sunset is earlier. But the time of sunrise has less effect on sleep habits. Workers in similar jobs wake up at roughly the same time, because work and school tend to start at the same time throughout a time zone. Therefore, workers farther east in a time zone, where the sun sets earlier, get on average

more sleep than comparable workers farther west.

Of course, many other factors besides sunset time can influence how much individuals sleep. We've all heard of people who seem to get by just fine on short rest. Some studies in recent years have identified a genetic explanation for why some can thrive despite getting a lot less than eight hours of sleep.

But few other factors could affect sleep duration for an entire region. The time-zone study found that an additional hour of weekly sleep could increase earnings by 1.1 percent in the short run and as much as 5 percent in the long run.

"You likely won't get a 5 percent increase in your income from sleeping an extra hour if your neighbors and co-workers don't do the same," said Jeffrey Shrader, the other study author and an economist at Columbia University. "The income boost relies on everyone in an area sleeping more."

The idea is that the entire economy is running at a slightly faster pace when everyone in it is better rested.

The Boston area has a sunset that is about 50 minutes earlier than in Ann Arbor, Mich., which is at about the same latitude but farther west in the same time zone. As a resident of the Boston area, I probably get more sleep than my health economist colleagues at the University of Michigan, holding other things equal. That's true of Boston workers in general, relative to comparable ones in Ann Arbor.

This is far from the only difference between Boston and Ann Arbor that might affect incomes. There are probably different job opportunities, management styles and variation in negotiating leverage among unions in the two areas, for example. There are also lots of differences that influence cost of living and quality of life. So it would be silly to move just for a bit more sleep and associated increase to income.

What's not silly, and what a broad body of research highlights, is that sleep can be important for our mood and health, and our finances, too.

Thrive on Less Rest? Thank Your Genes

Some people feel fine sleeping less than six hours a night.

By Francie Diep

FOR AS LONG as Brad Johnson can remember, he has never been able to sleep more than six hours a night. Most nights, he sleeps even less. Mr. Johnson, 63, always wakes without an alarm clock, feeling rested.

"If you paid me \$100,000 to sleep eight hours tonight, I couldn't do it," he said.

Two of his seven siblings also are natural short sleepers. He suspects that their father was one, too.

At least 15 years ago, he said, one of his brothers reached out to a sleep doctor at the University of Utah, who took an interest in the family, collecting blood samples and conducting interviews at a reunion. Ultimately, researchers identified six members of Mr. Johnson's extended family, men and women, who get by on an average of less than six hours of sleep a night, much less than the eight and a half hours that people typically need to function at their best.

Researchers wondered whether there was something about their genetics that might help explain how sleep works for the rest of us.

"The problem is, we know so little about what sleep really is and what it's for," said Dr. Louis Ptacek, a neurologist at the University of California, San Francisco. "As we identify more and more genes, hopefully this will outline a system, or systems, that are critically important to sleep."

Dr. Ptacek and his colleagues identified a gene mutation that shows up in every naturally short-sleeping member of Mr. Johnson's family. When the scientists put the mutated version of the gene in lab mice, the mice needed about an hour less sleep a day than siblings that did not have the gene.

The researchers, who published their findings in the journal *Neuron*,



RAUL ARBOLEDA/AGENCE FRANCE-PRESSE — GETTY IMAGES

A gene that affects how much sleep people need could help with sleep disorders.

determined that the gene, *ADRB1*, has a direct bearing on how much sleep people need. Their findings, they said, could be used to design therapies to help people with sleep problems.

The study is the second to identify a genetic explanation for why some people thrive on less sleep. Ying-Hui Fu, a neuroscientist at the University of California, San Francisco, who is married to Dr. Ptacek, led a team that found the first one a decade ago. She said she has since found a few more that she has yet to describe in peer-reviewed journals.

The specific gene that the short-sleeping members of Mr. Johnson's family carry shows up in about one in every 25,000 people. Mr. Johnson, the chief financial officer for the outdoor gear company REI until he retired in 2009, said that he has used the two or three extra hours of waking time he gets each day to read, work and spend time with his eight children.

"I would consider it a great blessing in my life," he said.

Twyla Tharp Wants You to Move

In her latest book, the choreographer applies the lessons of dance to an ordinary body: Yours.

By Gia Kourlas

TAKE UP SPACE. STRETCH. Move your body.

“God gives you one gift: You get to be born,” the choreographer Twyla Tharp said. “Thereafter, you’ve got to take care of it yourself.”

Her latest book, “Keep It Moving: Lessons for the Rest of Your Life,” doesn’t have anything to do with chasing youth. To Ms. Tharp, 78, that is a losing proposition. But it’s not over until it’s over. “The figures are still shocking in terms of people who don’t exercise or who are not aware of the reality that diet is actually extremely important,” she said. “If you want to have a future, you’ve got to provide for that now.”

And Ms. Tharp, a dance pioneer and Tony-Award-winning choreographer, is ready to assist. She has already written two books about how to better yourself using the tools of an artist: “The Creative Habit” (2003), a best seller, and “The Collaborative Habit” (2009).

“Keep It Moving,” a follow-up, applies those tools to finding purpose and growth as you age, no matter what age you are.

“Keep It Moving” is full of bits of wisdom: “After we terrorize ourselves with self-doubt, our only relief is to get moving again.” And there is practical advice, too. Never, for instance, fight a fall.

Each chapter features a simple exercise, ranging from “Squirm,” a wriggling sequence of motions that she recommends trying out in bed, to “Take Up Space,” which is both a physical and mental act. Here, she connects the reader to a dancer’s intuitive way of moving bigger, with amplitude. “You can think the same way in your everyday movements,” she writes. “When you walk, think of yourself striding, not just taking mingy steps.”

The brain is one thing; the body is quicker. “We all think the mind is smarter, and excuse me!” she said in her galvanizing way. The body’s reflexes, she continued, are “much faster than the brain can process and come up with a concept.”

“That’s all I’m saying here,” she explained. “Everybody get connected to your body.”

During our promenade around her studio — a pristine, wide-open space in the center of her apartment in Manhattan — she focused on the task at hand.

She instructed herself in real time: “Walk straight ahead. It really has to be down the middle of the metatarsal so the whole leg is rotated in. The back has to be really strong. Sternum up. You do this for quite a long time depending on how bad the feet are.” (Hers are bad.)

She moved onto a mat and quickly zipped through her routine, some of it on a large exercise ball, which she loves, “especially first thing in the morning, if you’re not feeling so very up to it,” she said, “because you can’t help but bounce, and bouncing is good for the knees and the thighs.”

Her workout involves isometric exercises, crunches (300) and obliques (100 each side), as well as at least 20 minutes on a stationary bike.

“You have to take your temperature at every part of your body,” she continued. “And you see how much space it takes: not much.” All that’s required, she added, is “a space patch and no fancy clothes.”

In other words, you can do it at home. In your own way, at your own level: Start with 30 crunches. In the book, her philosophy is guided by the body’s need and ability — in small or large ways — to move.

She should know. Not only has she danced much of her life, but she is also committed to her own movement practice, which begins with walking and lasts from 45 to 90 minutes a day, depending on her schedule. It was closer to 45 while she had a heavy rehearsal load for her latest work for American Ballet Theater called “A Gathering of Ghosts,” which was unveiled during the company’s fall season.

Ms. Tharp has worked hard over the years to maintain her health and physical well-being. But her body has taken some knocks. Still, until she was 65, she said, she could do almost anything. Then, physically, everything began to decline.

“I got nothing for free anymore,” she said. “I had to work hard for every little thing, and



“The figures are still shocking in terms of people who don’t exercise or who are not aware of the reality that diet is actually extremely important.”



PHOTOGRAPHS BY COLE BARASH FOR THE NEW YORK TIMES

Twyla Tharp, 78, a dance pioneer, has written a book about finding purpose and growth as you age.

that could be discouraging, to say the least. So how to maximize that? How do we learn from some of these newer moves that the body comes up with just to survive?”

And how does Ms. Tharp learn from her own injuries? Recently, she underwent hip surgery; she was determined to come back better than before — and with a goal: to improve her balance.

Just before our walk, she kneaded the top of a well-worn foot to break up its calcium deposits. All of her metatarsals have been broken, she said, at one point or another. “I am working now to open the feet,” she said.

The self-massage and walking regimen have done wonders for both her balance and her feet.

Clearly, Ms. Tharp puts in the time to improve herself. But why would a world-class choreographer want to pass on her knowledge to the general population?

When she first began creating dances in 1965, she said, she was curious about how movement fit inside of the avant-garde dance world. “Now,” she added, “I’m curious about how movement sets in every single human being who walks.”

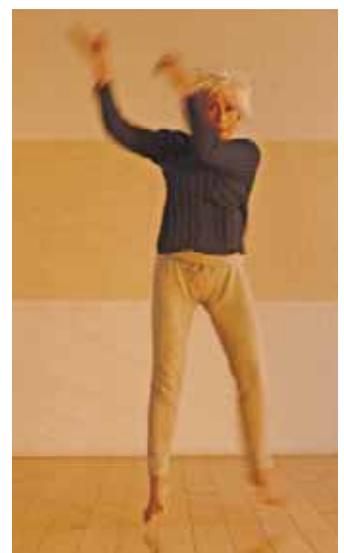
Ms. Tharp has always thought of what she does as partly scientific: What is the body capable of? And she has been fortunate, she said, with her own instructors, including the boxing trainer Teddy Atlas. “If you understand something you believe in, you have an obligation to share it,” she said. “Why hoard it?”

With “Keep It Moving,” Ms. Tharp has a clear mission. “I really tried to write it for the person who is completely not familiar with their body,” she said, “and I tried very hard to open up the community of dance, which can seem to the public as elitist — it actually is not.”

As time passes, Ms. Tharp works to stay open-minded and to challenge herself, too. For her, the book and “A Gathering of Ghosts” are related. In the dance, created as a showpiece for Herman Cornejo, a principal celebrating his 20th anniversary with Ballet Theater, Ms. Tharp is looking at her own career and the ghosts in it, or the larger-than-life choreographers who came before her. She knew them all: Graham, George Balanchine, Jerome Robbins, Paul Taylor, Merce Cunningham.

In “Gathering,” the ghosts start in front of Mr. Cornejo; by the fourth and final movement, he has moved in front of them. You can always, Ms. Tharp seems to be saying, push beyond yourself in big and small ways.

“We all have our ghosts,” she said. “You can either leave them out in front or say: ‘Thank you very much — I’m stepping forward. I’m representing.’ You don’t disappear.”



Ten Findings That Contradict Medical Wisdom

Researchers identified nearly 400 common practices that were debunked by rigorous studies.

By Gina Kolata

YOU MIGHT ASSUME that medical advice was supported by mounds of research. But researchers recently discovered that nearly 400 routine practices were flatly contradicted by studies published in leading journals.

Of more than 3,000 studies published from 2003 through 2017 in JAMA and the Lancet, and from 2011 through 2017 in the New England Journal of Medicine, more than one of 10 amounted to a “medical reversal”: a conclusion opposite of what had been conventional wisdom among doctors.

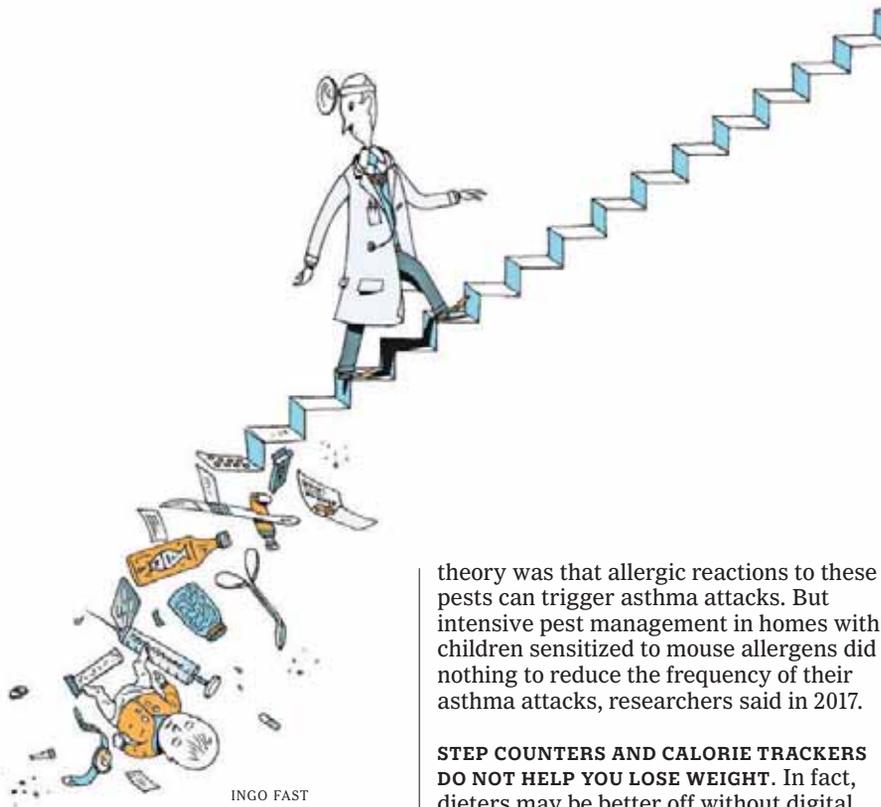
Here are 10 findings that contradict what were once widely held theories.

PEANUT ALLERGIES OCCUR WHETHER OR NOT A CHILD IS EXPOSED BEFORE AGE 3. Pediatricians have counseled parents to keep babies away from peanuts until age 3. But children exposed to peanuts before they were even 1 year old have no greater risk of peanut allergies.

FISH OIL DOES NOT REDUCE THE RISK OF HEART DISEASE. People whose diets contain a lot of fatty fish seem to have a lower incidence of heart disease. Fatty fish contains omega-3 fatty acids. Omega-3 supplements lower levels of triglycerides, and high levels of triglycerides are linked to an increased risk of heart disease. But in a trial involving 12,500 people at risk for heart trouble, daily omega-3 supplements did not protect against heart disease.

A LIFELIKE DOLL CARRIED AROUND BY TEENAGE GIRLS WILL NOT DETER PREGNANCIES. These dolls wail and need to be “changed” and “cuddled.” The idea was that girls would learn how much work was involved in caring for an infant. But a randomized study found that girls who were told to carry around “infant simulators” were slightly more likely to become pregnant than girls who did not get the dolls.

GINKGO BILOBA DOES NOT PROTECT AGAINST MEMORY LOSS AND DEMENTIA. The supplement, made from the leaves of ginkgo trees, was widely used in ancient Chinese medicine and still is promoted as a way to preserve memory. A large federal study, published in 2008, showed the supplement is useless for this purpose. Yet ginkgo still pulls in \$249 million in sales.



INGO FAST

TO TREAT EMERGENCY ROOM PATIENTS IN ACUTE PAIN, A SINGLE DOSE OF ORAL OPIOIDS IS NO BETTER THAN DRUGS LIKE ASPIRIN AND IBUPROFEN. Yes, opioids are powerful drugs. But a clinical trial showed that much safer alternatives relieve pain just as well among emergency room patients.

TESTOSTERONE TREATMENT DOES NOT HELP OLDER MEN RETAIN THEIR MEMORY. Older men with higher testosterone levels seemed to do better on tests of mental functioning. But a rigorous clinical trial showed that testosterone was no better than a sugar pill in helping them avoid memory loss.

TO STEM ASTHMA ATTACKS, IT WON'T HELP TO KEEP YOUR HOUSE FREE OF DUST MITES, MICE AND COCKROACHES. The

theory was that allergic reactions to these pests can trigger asthma attacks. But intensive pest management in homes with children sensitized to mouse allergens did nothing to reduce the frequency of their asthma attacks, researchers said in 2017.

STEP COUNTERS AND CALORIE TRACKERS DO NOT HELP YOU LOSE WEIGHT. In fact, dieters may be better off without digital assistance. Of 470 dieters followed for two years, those who wore devices tracking their steps and the calories they burned lost less weight than those who just followed standard advice.

TORN KNEE MENISCUS? TRY PHYSICAL THERAPY FIRST, SURGERY LATER. An estimated 460,000 patients in the United States get surgery each year to fix knee cartilage that tears, often because of osteoarthritis. But when patients with a torn meniscus and moderate arthritis were randomized to six months of physical therapy or surgery, both groups improved.

IF A PREGNANT WOMAN'S WATER BREAKS PREMATURELY, THE BABY DOES NOT HAVE TO BE DELIVERED IMMEDIATELY. Obstetricians worried that bacteria could invade what had been a sterile environment, but a clinical trial found that if they monitor the fetus while waiting for labor to begin naturally, the fetus is at no greater risk for infection.

Putting the Glam in Mammogram

Clinics are trying to improve the experience to persuade women to show up for regular appointments.

By Stephanie Clifford

WHEN SHAWNA PETERS, a cybersecurity recruiter in St. Paul, Minn., heard about a V.I.P. night including chair massages and goody bags with mints, lip balms and pedicure accessories, she signed right up. Nevermind that she would have to get a mammogram to earn those perks.

Mammograms are such a literal pain that Ms. Peters, 44, said she always puts off getting one. “It’s like going to the dentist, having your teeth cleaned,” she said. But with the nearby Fairview clinic in Eagan, Minn., dangling extras, Ms. Peters ended up enjoying her appointment. “The chair massage,” she said, “is just super icing on the cake.”

Fairview’s V.I.P. nights are part of a new strategy many medical clinics are undertaking to make mammograms more appealing. Sweetening appointments with beverage bars, warm robes and soothing sound baths puts a relaxed spin on the experience, and is also a way to sell the rest of a hospital’s offerings to women, who tend to be the medical decision makers in their families. Call it the dawning of the age of the “mammoglam.”

When Robert J. Min, the chairman of radiology at Weill Cornell Medicine and New York-Presbyterian, oversaw the opening of a Manhattan imaging location in 2018, he insisted that the space be bright and lively. Orchids were placed on tables. There’s dim, adjustable lighting, personal lockers, soothing music and a selection of robes and gowns. (The gowns come in larger and smaller sizes, rather than one unisex size.)

“Typically a lot of breast imaging facilities or OB-GYN facilities, there’s a lot of pastels,” Dr. Min said. “Water lilies everywhere.” Instead, he went with a bold accent wall plastered with oversize purple flowers.

“We’re very conscious about, no one wants to be there — it’s not like going to an Apple Store,” he said.

At Solis Mammography, a chain of about 50 clinics, there is a spalike ambience. Solis also designed a special cape, which looks like an oversize blouse with front buttons, for women waiting for mammograms.

The other big reason that women don’t get mammograms, according to Solis’s re-



YAZMIN BUTCHER

search, is how much time an appointment takes. So it provides night and weekend appointments with online scheduling and online follow-ups, and aims to get women through appointments in about half an hour.

Pure Mammography, on Long Island, has another tactic. It tries to nab women at the local mall. In the Smith Haven Mall, there’s a pink kiosk where workers flag down women to chat about mammograms. “People like to socialize in a mall, so when they see something they say, ‘What’s this?’” Felicia Telep, the clinic’s office manager, said.

There is a public-health argument for making mammograms less intimidating. Though guidelines vary, many hospitals suggest women should get annual mammograms starting at 40. However, only about 65 percent of women over 40 had a mammogram in the past two years, according to the Centers for Disease Control and Prevention.

The biggest gain for clinics is the ripple effect from women who have a good experience with their mammogram, and who

make further appointments at a hospital.

“Women are known in their families to drive the decision of where health care is obtained by the family,” said Dr. Alex Merkulov, the head of women’s imaging at UConn Health. “Because we know this, we want women to come to UConn and be impressed with the facility, and then, if they have other non-screening needs, they would refer their friends, their family members, to UConn.”

Having offerings that patients want gives hospitals some leverage with insurance networks, said Laurence C. Baker, the head of health research and policy at Stanford. Hospitals can then say, “‘Hey, you need to have me in your network because patients want to come see me,’” he said. The risk, he said, is that hospitals become divided places for the haves and the have-nots.

For Ms. Peters, it’s the special treatment that makes all the difference. Her doctor recently sent her a note saying “It’s time for your yearly mammogram,” she said. “Honest to Pete, I wish they’d say it’s V.I.P.”

Healing Patients With Plants

More hospitals are seeing the benefits of gentle gardening for relaxation and recovery.

By Ellie Shechet

ON A RECENT chilly day, Lori Bloomberg, a horticultural therapist with NYU Langone's Rusk Rehabilitation center in Manhattan, pushed a cart filled with bright green foliage down the hospital's hallways, past a row of wheelchairs and into the room of two patients, who were sitting up in their beds.

Today's activity: arranging bamboo stalks in a vase. "How often do these get watered?" asked Rita Belfiore, one of the patients and a former paralegal from Brooklyn, who was recovering from hip replacement surgery.

"It's not like watering a plant. It's a little less intensive," Ms. Bloomberg said. "These things drink pretty slowly."

Ms. Belfiore and her roommate, Carol — a food broker from Massapequa, N.Y., who was recovering from spinal surgery, and who declined to give her last name — carefully wrapped rubber bands around their bamboo clusters. They filled glass vases with tiny red stones, then added water and the plants. The activity took on a hypnotic quality. It was, in a word, relaxing.

There's nothing more happily out of place in a hospital than something green and delicate and alive. And in a setting where patients routinely feel poked and prodded, isolated and immobile, the act of nurturing a plant can be a transportive part of the recovery process.

Horticultural therapy embraces the basics, using nature and gardening-like activities, facilitated by a trained therapist, to help patients feel better. It's often used in hospitals, but horticultural therapists also work in addiction recovery centers, prisons and wilderness therapy programs for teenagers.

At NYU Langone, horticultural therapy can involve propagating plants, arranging flowers, plus lotion making and other vaguely natural activities. The department also retains two very large, placid rabbits, Clovis and Lily, who pay visits to patients not inclined toward potting and pruning.

"People can sometimes be a little resistant when you show up with dirt in a hospital," said Gwenn Fried, the manager of NYU Langone's horticultural therapy services department. "And then they'll participate



DANIEL DORSA FOR THE NEW YORK TIMES

Lori Bloomberg, a horticulture therapist for NYU Langone's Rusk Rehabilitation center in Manhattan, with Clovis the bunny. Some of her activities with plants have a hypnotic quality.

once, and they're calling: 'Can I have it tomorrow?'"

Working with plants can be a modest physical challenge — Carol, 63, said it helps with her fine motor skills — but at NYU Langone, it's often employed to promote a sense of mindfulness, and to distract or motivate patients during a tough physical therapy session.

The American Horticultural Therapy Association's contention that "quality of life is related to the relationship between people and plants" — reminiscent of Ralph Waldo Emerson's view that there exists an "occult relation between man and vegetable" — suggests that horticultural therapy may facilitate a deeper kind of interspecies connection, one that would probably benefit us all.

There isn't an enormous body of reliable research to back that up. But gardening is known to reduce stress and improve moods, and studies have demonstrated the potential of the therapy for elevated well-being.

Often, patients are struggling with uncontrollable circumstances, and working with plants is "a gentle way of trying to process that," said Leigh Anne Starling, president of the American Horticultural Therapy Association.

"It totally decompresses me," Carol said quietly, tearing up. She believes her horticultural therapy sessions in the hospital have "absolutely" sped up the recovery process — and, as a bonus, working with plants has brought her closer to her husband, whose gardening interests she now shares.

The American Horticultural Therapy Association was founded in 1973, but the non-profit credits Dr. Benjamin Rush, a signer of the Declaration of Independence, with the first modern Western documentation of the curative benefits of "digging in a garden."

Horticulture therapy as it's known today in the United States took root after the first World War. It was used as a treatment for veterans suffering from PTSD and was later applied to other purposes, including reforming "delinquent girls" in the 1960s. In 1959, Rusk Rehabilitation, then the Institute for Rehabilitation Medicine, added its first

greenhouse, and its horticultural therapy program has been running ever since.

Though Ms. Fried has observed that "interest seems to be growing exponentially" in the field, and said she has more horticulture interns at the hospital now than in the past, horticultural therapy as a stand-alone profession has remained a niche pursuit. With membership hovering at just around 500 people, the American Horticultural Therapy Association has less manpower today than in decades past — in part, said Candice Shoemaker, a professor at Kansas State University, because gardening is a fairly accessible skill that other health professionals can just incorporate into their existing therapeutic practices.

"I think we're seeing more and more recognition of the health benefits of being in

nature and working with nature, and it's being used in a lot of different ways," Ms. Shoemaker said.

"On the one hand that's really good," Ms. Shoemaker said. "But what that means is that it's a continued struggle for the profession, because a lot of the people who are using the techniques of horticultural therapy are not horticultural therapists."

Ms. Bloomberg, who left an advertising job several years ago to practice horticulture therapy full time, still sees it as a separate calling.

It's "a very spiritual practice," she said. "When you're in the hospital, we focus on the physical, but there's all these other parts of us that we need to remember."

She added: "I try to focus on the parts that may get forgotten."



Nurturing a plant can transport patients. In the greenhouse of the Rusk Rehabilitation center.

DANIEL DORSA FOR THE NEW YORK TIMES

Move Over, Therapy Dogs. Hello, Therapy Cows.

Some of the best listeners for silly human problems don't say a word. They are happy to be chomping on grass.

By Elisa Mala

NAPLES, N.Y. — Even without a psychology degree, Bella's natural talents made her an excellent therapist: She is calm and accommodating of a range of personalities, with the patience to listen to endless problems without so much as a judgmental moo.

From a lush, secluded pasture on the Mountain Horse Farm, a 33-acre bed-and-breakfast in the Finger Lakes region of New York, 3-year-old Bella and 2-year-old Bonnie are the highlander-angus crossbred cows that provide animal-based therapy.

Cow cuddling, as the practice is called, invites interaction with the farm animals via brushing, petting or heartfelt chats with the bovines. The experience is similar to equine therapy, with one game-changing difference: Horses tend to stand, but cows spontaneously lie down in the grass while chewing their cud, allowing humans to get even more up close and personal by joining on the ground and offering a warm embrace.

As more people are turning to a variety of animals — dogs, ducks, alligators — for their mental health, states are cracking down on how and when therapy animals can be used. But cows? You can't take them with you.

"Can you see how quiet she gets?" said Suzanne Vullers, 51, an accountant turned equine therapist who co-owns the bed-and-breakfast with her husband, Rudi Vullers, also 51. "That's what we're looking for," she said. "For the person and the cow."

Hailing from the rural town of Reuver, in the Netherlands, the pair came across "koe knuffelen," which means "cow hugging" in Dutch, on a return visit to their homeland two years ago. In parts of the Netherlands, cow cuddling is offered as part of half-day visits, and is part of a larger movement to connect people with country life. In the major urban center of Rotterdam, a newly opened floating dairy farm in the city's oldest port invites city dwellers to visit the beasts.

About a decade earlier, in 2007, Mr. and Ms. Vullers — he a former supply chain manager, she a former accountant — traded their corporate lives to set up their farming shop in Naples, N.Y. (Population: 2,500.) The idea

of cow cuddling opened the barn gates.

In May of 2018, they purchased Bonnie and Bella, selecting them for their gentle personalities and lack of horns. "A lot of cows are not suited for it," Mr. Vullers said. "They can chase you out of the field."

Hourlong cow cuddling sessions, priced at \$75 per couple for the hour, are capped at two a day, with a maximum of four participants per session. "It's not petting zoo," said Mr. Vullers, though the animals are indeed pets in a sense — they aren't production animals, and they're not raised for beef or dairy. "These girls get to live a natural life," said Ms. Vullers.

Each session is overseen by two human counterparts: an equine therapist, usually Ms. Vullers, who can read the animals' moods to ensure a safe, positive interaction with their new human friends, and a second handler, who keeps a watchful eye on the other animals in the field.

Neither has a psychology degree, which is kind of the point: "Whatever they're going through, they don't have to talk about it," said Ms. Vullers. "It's not like therapy, right?"

Like other forms of therapy, the hope is for visitors to foster trust, empathy and connection with the cows and their own emotions. And as with any other kind of therapy, there are no guarantees of successful outcomes: "They're not trained to lie down," said Ms. Vullers.

On a recent Saturday, two pairs of people, an engaged couple from Silicon Valley and a mother-daughter duo from upstate New York, had traveled from opposite sides of the country to cuddle some cows.

"Drive five hours to hug a cow?" said Karen Hudson, 57, a construction company manager, who attended the afternoon session with her daughter, Jessica Ercoli, 27, a probation officer.

For Ms. Hudson, it was a sort of wish fulfillment, a throwback to the fond memories of visiting her grandmother's farm.

Leading the two excited but tentative women onto the field, Ms. Vullers offered guidance on a successful approach before





Cow cuddling, as the practice is called, invites interaction with the farm animals via brushing, petting or heartfelt chats.

‘Whatever they’re going through, they don’t have to talk about it. It’s not like therapy, right?’

SHANE LAVALETTE FOR THE NEW YORK TIMES

demonstrating. “O posture, not X posture,” she said. “Round the body” to appear less threatening. Walk up to the cow’s shoulders rather than its haunches.

“Clothing is important,” said Mr. Vullers. “They might slobber on you.” (Definite requirement: closed-toe shoes.)

For observers: “Stand sideways. It makes a world of difference to them,” said Ms. Vullers.

Advice for participants: “Respect them and their world and what they want to do and what they want to give you,” she added.

Number one advice for everyone: Remain calm. “The more relaxed you are, the better it will be for you and them,” she said, because horses and cows alike sense emotions and respond in kind — most of the time.

“Don’t rub your snot on me!” said Ms. Ercoli to Bella.

In the morning session, Colin Clover, 50, a recruiting manager at Facebook, stumbled upon this extracurricular activity the way that many people discover niche wellness trends: the internet. He immediately recalled that his fiancée, Alexandria Rivas, 31, a receptionist, artist and longtime equestrian enthusiast, had fond memories of visiting the dairy farm next to the college she attended.

Though he had once trained dolphins and sea lions, the idea of sidling up to a 900-pound heifer intimidated him somewhat. The nerves subsided when, he said, Ms. Vullers framed it in a way he understood. “Think of how you would interact with your dog,” he recalled Ms. Vullers saying.

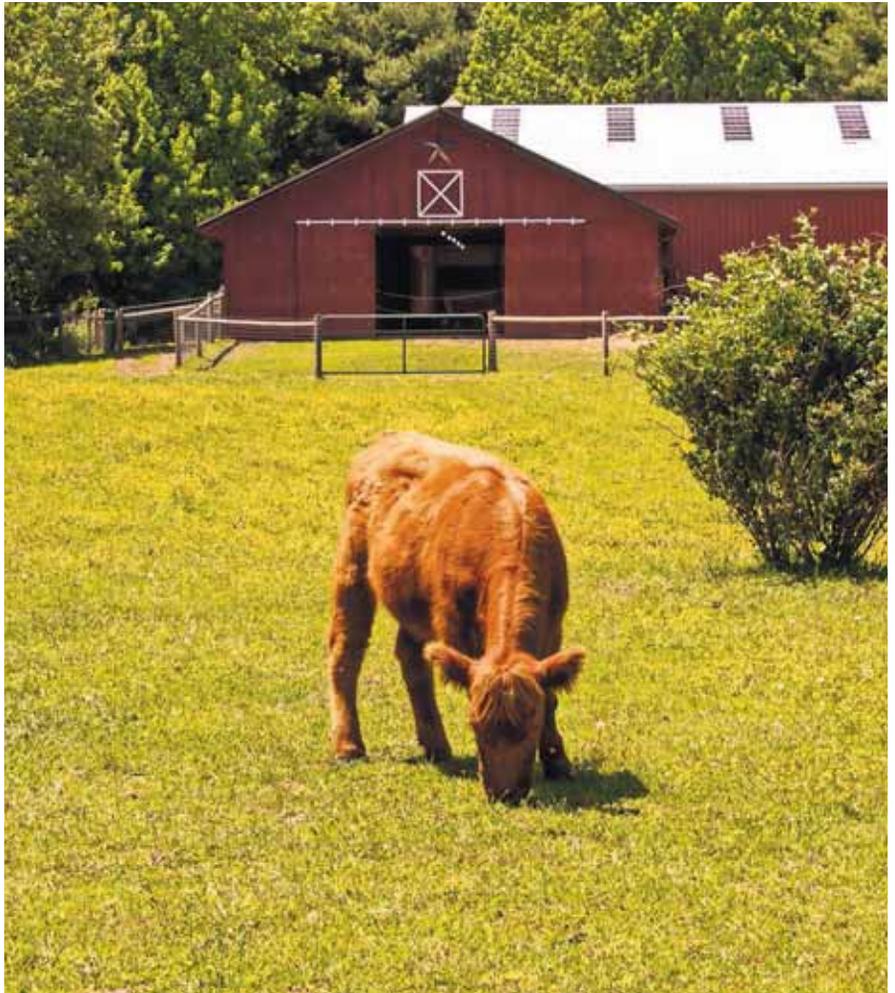
For the final surprise of the day, the farmers invited the visitors to hand-feed the cows oat-based treats, which many participants described as their favorite activity. Even though, Ms. Hudson said, the cows’ tongues “were like sandpaper!”

Still, it was better than a different kind of surprise: “Sometimes cows drop things,” Ms. Vullers said.

Perhaps recognizing they were in polite company, the cows only dropped themselves. Lowering to the ground, they offered participants what they traveled across state and country to experience: a chance for a warm embrace.



Rudi and Suzanne Vullers came across cow hugging on a visit to their native Netherlands.



PHOTOGRAPHS BY SHANE LAVALLETTE FOR THE NEW YORK TIMES

Feeling Nothing Now, to Feel More Later

Dopamine fasters discover there can be too much of a good thing.

By Nellie Bowles

SAN FRANCISCO — Everything was going well for the men of Tennessee Street. Women wanted to talk to them, investors wanted to invest, their new site got traffic, phones were buzzing. This was exactly the problem.

They tried to tamp the pleasure. They would not eat for days (intermittent fasting). They would eschew screens (digital detox). It was not enough. Life was still so good and pleasurable. And so they came to the root of it: dopamine, a neurotransmitter that is involved in how we feel pleasure. The three of them — all in their mid-20s and founders of SleepWell, a sleep analysis start-up — needed to go on a dopamine fast.

“We’re addicted to dopamine,” said James Sinka, one of the three men. “And because we’re getting so much of it all the time, we end up just wanting more and more, so activities that used to be pleasurable now aren’t. Frequent stimulation of dopamine gets

the brain’s baseline higher.”

Dr. Cameron Sepah is a start-up investor, professor at UCSF Medical School and dopamine faster. He uses the fasting as a technique in clinical practice with clients, especially tech workers and venture capitalists.

The name, dopamine fasting, is a bit of a misnomer. It’s more of a stimulation fast. But the name works well, Dr. Sepah said.

“Dopamine is just a mechanism that explains how addictions can become reinforced, and makes for a catchy title,” he wrote in an email.

On a recent cool morning, Mr. Sinka and his start-up co-founder Andrew Fleischer, both 24 years old, were beginning their fast while Alberto Scicali, 26, another founder, managed the start-up from his bedroom.

Mr. Sinka was doing light morning stretches. Mr. Fleischer was reading a book.

A dopamine fast is simple because it is basically a fast of everything. They would not be eating. They would not look at any screens. They would not listen to music. They would not exercise. They would not touch other bodies for any reason, especially not for sex. No work. No eye contact. No talking more than absolutely necessary.

The number of things to not do is potentially endless. But the dopamine fasters of San Francisco do hope to keep existing in the normal world. “Any kind of fasting exists on a spectrum,” Mr. Sinka said.

The three of them graduated from the Rochester Institute of Technology, where they met and started working together. Their start-up was going through evolutions. It began as a coffee extraction company that turned into a cannabinoid extraction company that turned into a cannabinoid synthesis for sleep aid that turned into, now, sleep coaching. Their job is to put their clients in various sleep gadgetry — the Dreem sleep headset, Oura sleep ring, Withings sleep mat — and test interventions.

Throughout that day of their dopamine fast, they wandered slowly from room to room. They read. They put on sweaters. The food fasting makes them cold. They went on walks, though these are tricky because they

‘Your brain and your biology have become adapted to high levels of stimulus, so our project is to reset those receptors so you’re satiated again.’

have to avoid needing to ask for anything.

Steven Nolt, a professor at Elizabethtown College in Pennsylvania and the author of “A History of the Amish,” said parts of the dopamine fast echo elements of Amish life.

“The idea of limits on life, that there should be limits and yield signs, is a pretty central Amish assumption,” Dr. Nolt said. But ultimately the Amish would not approve of the dopamine fasters. “They don’t have a great deal of confidence in individuals on their own making good decisions,” he said.

Karen Donovan, who is developing a Vipassana silent meditation center in Silicon Valley, sees this trend as moving toward the ultimate dopamine fast: sitting on a dark floor with eyes closed for 10 days. “There’s a growing self-awareness of what in Vipassana terms we would call suffering,” she said.

As the day wore on at Tennessee Street, Mr. Sinka continued to hang out at home doing basically nothing. “Your brain and your biology have become adapted to high levels of stimulus, so our project is to reset those receptors so you’re satiated again,” he said.

After the fast, Mr. Sinka finds that everyday tasks are more exciting and fun. Work is pleasurable again. Food is more delicious.

“Biology can get hijacked,” he said, noting that early homo sapiens didn’t have much in the way of sweets.



PETER PRATO FOR THE NEW YORK TIMES

James Sinka, trying to break his addiction to dopamine.

No One to Talk To? That May Be a Good Thing

Don't confuse loneliness with solitude, which can help us cope with stress and burnout.

By Micaela Marini Higgs



FILIP FRÖHLICH

BEING LONELY HURTS. It can even negatively impact your health. But the mere act of being alone with oneself doesn't have to be bad, and experts say it can even benefit your social relationships, improve your creativity and confidence, and help you regulate your emotions so that you can better deal with adverse situations.

"It's not that solitude is always good, but it can be good" if you're open to rejecting the idea that time by yourself is always a negative experience you're being forced into, according to Thuy-vy Nguyen, an assistant professor in the department of psychology at Durham University, who studies solitude.

"We have some evidence to show that valuing solitude doesn't really hurt your social life; in fact, it might add to it," she said.

Choosing to spend time doing things by yourself can have mental, emotional and social benefits, but the key to reaping those positive rewards comes from choosing to spend time alone. In a culture where we

often confuse being alone for loneliness, the ability to appreciate time by ourselves prevents us from processing the experience as a negative thing. Getting better at identifying moments when we need solitude can help us better handle negative emotions and experiences, like stress and burnout, said Emily Roberts, a psychotherapist.

The added bonus? Getting started is easy — all you need is yourself.

HARD TO SPEND TIME ALONE

"Historically, solitude has had a pretty bad rap" because it is sometimes used as a form of punishment, said Robert Coplan, a developmental psychologist and professor of psychology at Carleton University.

We forget solitude can also be a choice. Because so much research demonstrates that humans are social creatures who benefit from interacting with others, "people will try to dismiss that it's also important to spend time alone," he said. "It's hard for

them to imagine that you can have both."

Research shows that people often feel inhibited from enjoying activities alone, especially when they think others are watching them. Overestimating how much other people are paying attention to us, and worrying that we're being judged, can stop us from doing things that would otherwise bring us joy.

Being alone with your thoughts and giving yourself time to let your mind wander can feel intimidating, said Angela Grice, a speech language pathologist who has conducted research on executive functions at Howard University and the Neurocognition of Language Lab at Columbia University.

"There have been studies that show when we are by ourselves, what is uncomfortable is the lack of stimuli, that you can't rely on other people to shape your experience in a certain way," Dr. Nguyen said.

A quarter of the women and two-thirds of the men in a University of Virginia study chose to subject themselves to an electric

shock rather than do nothing and spend time alone with their thoughts.

GOOD TO SPEND TIME ALONE

Despite the social stigma and apprehension about spending time alone, it's something our bodies crave. Similar to how loneliness describes being alone and wanting company, "aloneliness" can be used to describe the natural desire for solitude, Dr. Coplan said. Since we're not used to labeling that feeling, it can easily be confused for, and feed into, other feelings like anxiety, exhaustion and stress, he added.

The freedom of not having to follow the lead of others, with "no pressure to do anything, no pressure to talk to anyone, no obligation to make plans with people," is a great way to process and decompress, even for highly social individuals, Ms. Roberts said.

Time with your thoughts can also be restorative, build your confidence and make it easier for you to maintain boundaries, Ms. Roberts said. And it can boost productivity, engagement with others and creativity.

HOW TO DO IT

In a twist on the golden rule: treat yourself as you would treat others. Be open to exploring new interests. Make space in your life and put in the time, even if it's just spending 30 minutes a week reading at a cafe.

If the thought of spending time alone is stressful, that could be a sign that you may need professional support, Dr. Grice said.

Try to avoid being on your phone, because it's too big of a distraction. Instead, Dr. Coplan suggests reading, going to a movie, trying to learn a new skill or any one of the infinite options available. Each person will have a different ideal balance between how much time to spend alone and with others, but "nobody is going to be optimally served by doing only one or the other," he said.

Above all, the most important step in being able to reap the benefits of time alone is simple. Dr. Nguyen said: "Take the opportunity to say, 'This is the time where I can give something to myself,' and just endorse that, in this moment, you are your first choice."

Table for One, Please

Learn to enjoy every bite, with no chit-chat required.

By Jess McHugh

WHEN THE ANCIENT Roman politician Lucius Lucullus noticed his night's menu looking dull, he told his cook to prepare a lavish, multiple-course feast. When the cook asked what type of guests to expect, he responded with indignation: "Dost thou not know that today Lucullus dines with Lucullus?"

For Lucullus, meals were more than a social exercise: They were a ritual in personal pleasure. Greek dignitaries described their shame at how much money he had spent on a dinner for them. "Some of this expense, my Grecian friends, is indeed on your account; most of it, however, is on account of Lucullus," he said.

For those of us who never refer to ourselves in the third person and often eat a cold egg roll over the sink for dinner, Lucullus's attitude can feel a little foreign. Somehow all of the romance of food, drink and their various joys seems to go out the window when we go from eating with another person to dining with ourselves.

Yet, there is a freedom in eating alone: no discussions of what to order, no small talk, no sharing. In her book "Serve It Forth," the 20th century food writer M.F.K. Fisher described watching an elderly man eating alone with an almost religious reverence, slowly consuming half an avocado sprinkled with powdered sugar and soaked in Russian kummel liqueur. "He was at peace, and aware — aware that Lucullus dined with Lucullus for a reason," she wrote.

DINE ALONE, BUT ENGAGE

For the past eight years, Amanda Cohen, chef at Dirt Candy in New York City, has done Valentine's Day a little differently at her restaurant. Instead of the usual odes to coupledom, she created a solo diner's tasting menu. In the years since she started the tradition,



EVA CREMERS

a kind of community has formed, with regulars who come in alone but soon get to know the staff and other guests.

EMBRACE GUILTY PLEASURES

When we're eating alone at home, our quirks, eccentricities and guilty pleasures come out.

Samantha Widder, now a graduate adviser for the food studies program at New York University, spent several months during her graduate studies gathering accounts from 150 people of their food habits when eating alone.

"Personally, I find that if there's no one around, then I can almost celebrate those habits and those things," Ms. Widder said.

EAT WITH MINDFULNESS

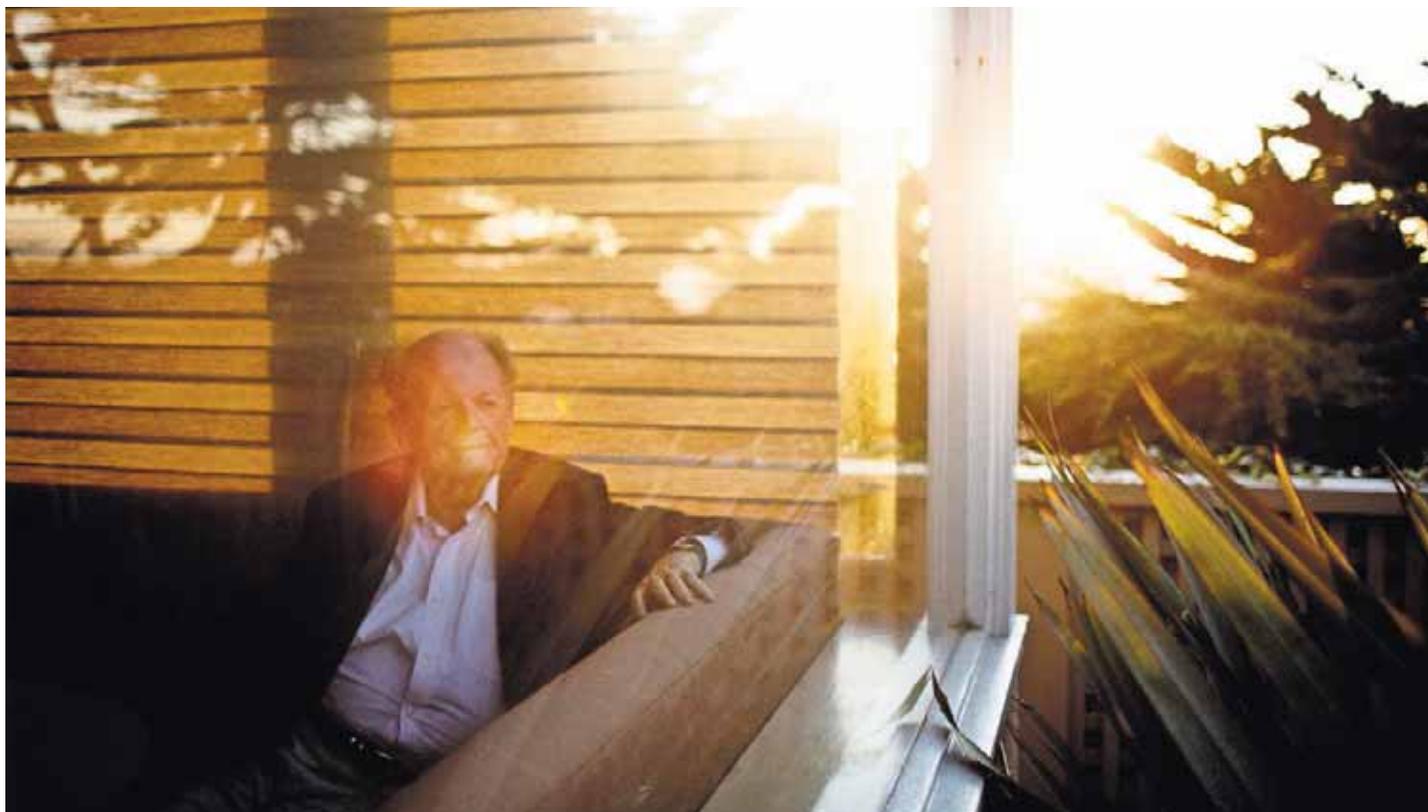
The practice of mindfulness when it comes to food lends itself perfectly to eating alone, according to Lynn Rossy, president of the Center for Mindful Eating. When eating alone, it's easier to focus on colors, taste and smell.

"Mindfulness in general, just that act of bringing your attention back to one thing over and over — and just eating, that trains us to have more attention and focus," she said. "We all could use a little more attention and focus in this world we live in."

Grandpa Took a Trip, but Not in the Car

Some older adults are dabbling in psychedelics, and having life-altering experiences.

By Casey Schwartz



TALIA HERMAN FOR THE NEW YORK TIMES

George Sarlo tried ayahuasca to help him deal with the trauma of losing his dad at a young age.

AT 74, THE venture capitalist George Sarlo might not have seemed an obvious candidate for an ayahuasca experience. Mr. Sarlo, a Hungarian Jewish immigrant who arrived in the United States in 1956, has had great professional success as the co-founder of Walden Venture Capital. He lives in an upscale San Francisco neighborhood, with a view of the Golden Gate Bridge.

And yet something was always lacking. Mr. Sarlo's father had disappeared from their Budapest home in 1942. He had been drafted into a forced labor battalion, an experience he did not survive. At age 4, George had told himself that it was because he was "a bad boy" that his father had left that day

without saying goodbye. He believes that he never recovered from that early loss.

Mr. Sarlo's close friend, a doctor, told him about ayahuasca, a psychedelic brew made from the *Banisteriopsis caapi* vine, native to the Amazon. Used for centuries in sacred healing traditions throughout Central and South America, ayahuasca is now gaining popularity around the world, though N, N-Dimethyltryptamine or DMT, the active ingredient in an ayahuasca trip, is mostly illegal in the United States (there are a couple of exceptions, under religious exemption).

Ayahuasca tourism is thriving, with more and more people happy to fly thousands of miles to take part in weeklong ceremonies

in Peruvian jungles, or to seek out more luxurious contexts, like a four-star resort that comes complete with masseuses, pools, and fitness centers. And, notably, ayahuasca's increasing popularity knows no age limits: many of those now showing interest are squarely in Mr. Sarlo's own demographic.

Mr. Sarlo himself was initially skeptical. Taking ayahuasca would entail a potentially distressing night of hallucinations and vomiting. One of the most notorious aspects of an ayahuasca journey is the violent purging. But he still decided to head to a small village in Mexico, and swallow the bitter brew.

That night, he saw a series of "old-fashioned photographs of soldiers in Hungari-

an uniforms," he said, and black-and-white movie footage. But he was scared, and sick, and swore that if he managed to come out of the hallucination, he would never go back in. The next day, exhausted and uncomprehending, he told the shaman that he was disappointed he hadn't found his father. The shaman told him he should try again the next night: on the Mexican Day of the Dead.

Mr. Sarlo decided it was worth one more try. He drank again. Quickly, he saw a forest covered with snow. "There were dead bodies all over the place," he said. "There was one skeleton sticking out of the snow. And somehow I knew that was my father.

"I don't know exactly how we communicated because I didn't see anyone alive but I heard his voice. He came to me and I asked him a very important question, which was: 'why didn't you say goodbye?' He said, he thought he could get out of it, and be back the same day, so why wake up little George?"

"I asked a second question: 'Did you love me?' He pointed at the skeleton sticking out of the snow." The skeleton's mouth hung open. "He said: look at me. That's my last breath. And with my last breath, I blessed you and I promised to guard you all your life."

Mr. Sarlo said that afterward he realized that his life had been "absolutely full of miracles. It changed my life completely."

LOOKING FOR PURPOSE

His story is a testament to one strain of thinking about psychedelics: that, as Michael Pollan put it, "psychedelics might be wasted on the young." Mr. Pollan, the author of the best seller "How To Change Your Mind," a history of psychedelics and a chronicle of his own experiences trying them, said, "It's not that young people don't have valuable experiences, they do. It's that what psychedelics seem to be particularly good for is jogging us out of our grooves of habit and allowing us to acquire a fresh perspective on familiar things."

Mr. Pollan, 64, said he was surprised by the number of people in their 70s and 80s who expressed interest in psychedelics.

'What psychedelics seem to be particularly good for is jogging us out of our grooves of habit and allowing us to acquire a fresh perspective on familiar things.'

"This is a taboo topic in our culture, nobody talks about death," he said. "And with ayahuasca in particular, which can sponsor some pretty dark journeys, people often come back with insights about death."

Data on older people using ayahuasca is elusive but anecdotal evidence is growing.

At Rythmia, a high-end retreat which offers ayahuasca ceremonies in Costa Rica, Gerry Powell, the owner, said about 6,000 people had stayed at Rythmia since it opened in 2016; of that number, more than 15 percent have been 65 or older. Every week, he said, at least one person in their late 70s partakes of ayahuasca, if not their 80s.

Mr. Powell said the motivation for trying ayahuasca differs according to age. It's the younger guests, 35 to 55, who tend to come because of problems they're having, strained relationships, blocked careers. But for the 65-plus demographic, the question is often closer to "What is my purpose?"

"There was a time when you would retire at 63 and be dead at 65," Mr. Powell said. "But because people are living so much longer, you have more time to do things with your life. People want to feel purposeful."

Sophia Rokhlin, co-author of the new book on ayahuasca, "When Plants Dream," said she sees the growth of interest among the 70-and-up set in the United States as

inevitable, for two main reasons: first, more and more scientific studies are being published showing that psychedelic agents have potential in treating persistent mental distress. She said that scientifically backed research matters more to this older demographic than trippy "kaleidoscopic articles in Vice" extolling the ayahuasca experience.

And, second, some of these older users are baby boomers, after all, turning again to the kind of mind-expanding substances they remember, at least culturally, from their youth.

This isn't to say there aren't risks associated. Heart problems can be disqualifying. So can many prescription medications. Rick Doblin, the founder of Multidisciplinary Association for Psychedelic Studies, notes that for this older age group, a smaller dose of any psychedelic often suffices, as we can become more sensitive to drugs as we age.

James Kilkenny, 70, a construction manager in Manhattan, began experimenting with ayahuasca over the last few years. He said he had done 25 ayahuasca ceremonies.

"Ayahuasca journeys for me are not fun," he said. "They're painful as hell. They can give you diarrhea and vomiting, sometimes one, sometimes the other, sometimes both at the same time." Beyond the physical, there's the unpredictable emotions: At times he has felt trapped, fearful and isolated. "And you can't think your way out of it."

During one ceremony in Peru, he said he was transported back to the earliest sense he had as a kid. "I knew that my childhood, while it wasn't abusive, was very, very cold. It had very little approval or affection in it. What I saw that night was: picture an upside-down pyramid. That point of the pyramid was the first thought. The first thought was loneliness and need for affection and approval. And the pyramid going up from that was my whole life. So my whole life was based on that one moment, seeking affection and approval."

Now, in the moments when he recognizes his own need for validation, he is less inclined to act on it. "My life is a lot quieter and it's a lot more peaceful," he said. "Less seeking, less grasping, less needing. Less fear."

In Session: Astrology, Tarot and Psychedelics

Patients are asking therapists about alternative treatment. Therapists are learning to communicate better.

By Sanam Yar

JONATHAN KAPLAN, A clinical psychologist in New York, recently noticed that more and more of his clients are referring to Mercury being in retrograde.

“I’m not familiar with cosmic cycles,” he said. (His specialty is cognitive behavioral therapy.) “Nor do I try to be, but I want to understand what that means to a person and how that influences their understanding of the world.”

Now he, like many other therapists, is learning something new, to better communicate with patients.

Alternative treatments, rituals and metaphysical organizing principles loom large in popular culture. Astrology and tarot cards have permeated apps and social media. Sound baths and other forms of “energy medicine” appear not only in “healing centers,” but also in hospitals.

“A lot of things in psychology were once considered edgy and alternative,” said Charlynn Ruan, a clinical psychologist and the founder of Thrive Psychology Group in California, who said she is learning about alternative treatments and approaches. “I’m not teaching it, but I’m not saying you can’t bring this into the room. That would be disempowering and arrogant.”

People are putting their trust — and their money — into these practices, which they view as pathways to enlightenment. The wellness market, which encompasses fitness, skin care, travel and nutrition, was valued at \$4.2 trillion in 2017, according to the Global Wellness Institute.

That same year, a Pew Research Center survey reported that roughly half of Americans had dabbled in alternative medicine. As states continue to legalize recreational and medical marijuana, and hallucinogens gain credibility in the scientific community, the number is likely to grow.

What does that mean for therapists, the old standbys of self-knowledge and personal growth? They’re hearing about these New Age treatments from patients, and it may have a lot to do with where they work.

In Los Angeles, plant medicine, shamans, astrology, reiki and sound baths come up in



LILLIAN SUWANRUMPHA/AGENCE FRANCE-PRESSE — GETTY IMAGES

sessions. “In L.A., you’ve always said, ‘My therapist says’ — that’s not a weird thing to say,” said Kristie Holmes, a therapist with Thrive in Beverly Hills, Calif. “But now name-dropping a shaman is normal.”

In New York and Chicago, it’s ayahuasca, tarot readings, astrology and mediums. In Austin, Texas: crystals, ayahuasca and mediums. In D.C. ... well ... it’s a little more along the straight and narrow.

AMAZONIAN TREE FROGS

According to many therapists who spoke to The New York Times, the patients bringing up these approaches in general tend to skew female, younger and more affluent, though many practitioners reported patients of all ages expressing interest.

Mental health professionals often see these topics as ripe for exploration.

“Am I looking up what a person’s sign is?”

Dr. Ruan said. “No.” But she has scoured research journals for studies on ayahuasca and watched documentaries on kambo, a secretion from Amazonian tree frogs touted for its healing powers. She has connected with hypnotherapists and somatic healers when clients have raved about them, to better understand what they do, though she doesn’t refer patients to such practitioners.

She recalled a patient who played an hour-and-a-half-long recording of her psychic reading over the course of two sessions. “We listened to it together, and we talked about it,” Dr. Ruan said. “For her, it was really an opening and brought up grief about a lost loved one.”

WHAT TAROT CAN TEACH YOU

In Anthony Freire’s otherwise nondescript Manhattan office sits a bronze bowl he bought on Etsy, etched with a swirling

Behavioral Therapy, One Tarot Card at a Time



TALIA HERMAN FOR THE NEW YORK TIMES

poem and piled with silver “angel cards.” Mr. Freire, a psychotherapist and the clinical director at the Soho Center for Mental Health Counseling, uses them in his practice.

Printed on the cards are abstract words, like “peace,” “respect” and “forgiveness.” At the end of each session, patients can pluck a card from the bowl and describe its meaning in the context of the appointment.

“It was a gag at first,” Mr. Freire said.

But more often, it’s the clients who raise these ideas.

“There are times when there are feelings that come out of nowhere, and I don’t know how to describe them,” said Abby Mahler, a 25-year-old in Los Angeles. During those moments in therapy sessions, she has found herself talking about tarot, as well as internet memes, to communicate.

LISTENING VS. ENCOURAGING

There are plenty of reasons mental health professionals cite for why they don’t use or encourage these treatments and behaviors.

Some patients, Dr. Holmes said, turn to alternative methods for a quick solution to their problems. She estimated that half of her patients have come to traditional therapy after alternative practices didn’t work.

“I had an older woman in her 60s and after two sessions with me, she was like, ‘This is just not going to be fast enough for me,’” Dr. Holmes said.

The patient consulted a shaman and did “energy work” to help deal with her chronic condition, but she didn’t see results. “You can’t energy that away,” Dr. Holmes said.

And while the American Psychological Association doesn’t have an official stance on alternative practices, it maintains an evidence-based practice policy, said Lynn Bufka, the associate executive director for practice, research and policy at the organization.

Some alternative interventions, like meditation, have significantly more scientific backing than, say, crystals, Dr. Bufka said.

Dr. Kaplan said, “If someone is pursuing psychological evidence-based therapy while meditating with crystals while Mercury is in retrograde, I’m fine with that.”

NAME Jessica Dore

AGE 33

CLAIM TO FAME: Ms. Dore posts 280-word doses of therapy to her nearly 97,000 followers on Twitter and sometimes a bit larger of a dose to her over 29,000 followers on Instagram. Ms. Dore, who has a master’s degree in social work from Edinboro University in Pennsylvania, aims to explain psychotherapy concepts and skills through the world of tarot on her social media accounts. “Over the years, I kind of started to develop my own interpretations of the cards that were more through the lens of behavioral science, behavioral therapy, and psychology,” she said. “I kind of took the classic interpretations of the tarot and then added another layer to it.” Ms. Dore teaches tarot through one-on-one sessions, courses online

and live group classes, both virtually and in person.

MORNING ROUTINE: Typically, Ms. Dore wakes up at 5 a.m., makes coffee and writes in her journal for about 45 minutes. Next, she practices Ashtanga yoga for about two hours. Then she usually draws a card and interprets it. She’ll tweet or post on Instagram to provide her followers with insight on feelings and behaviors.

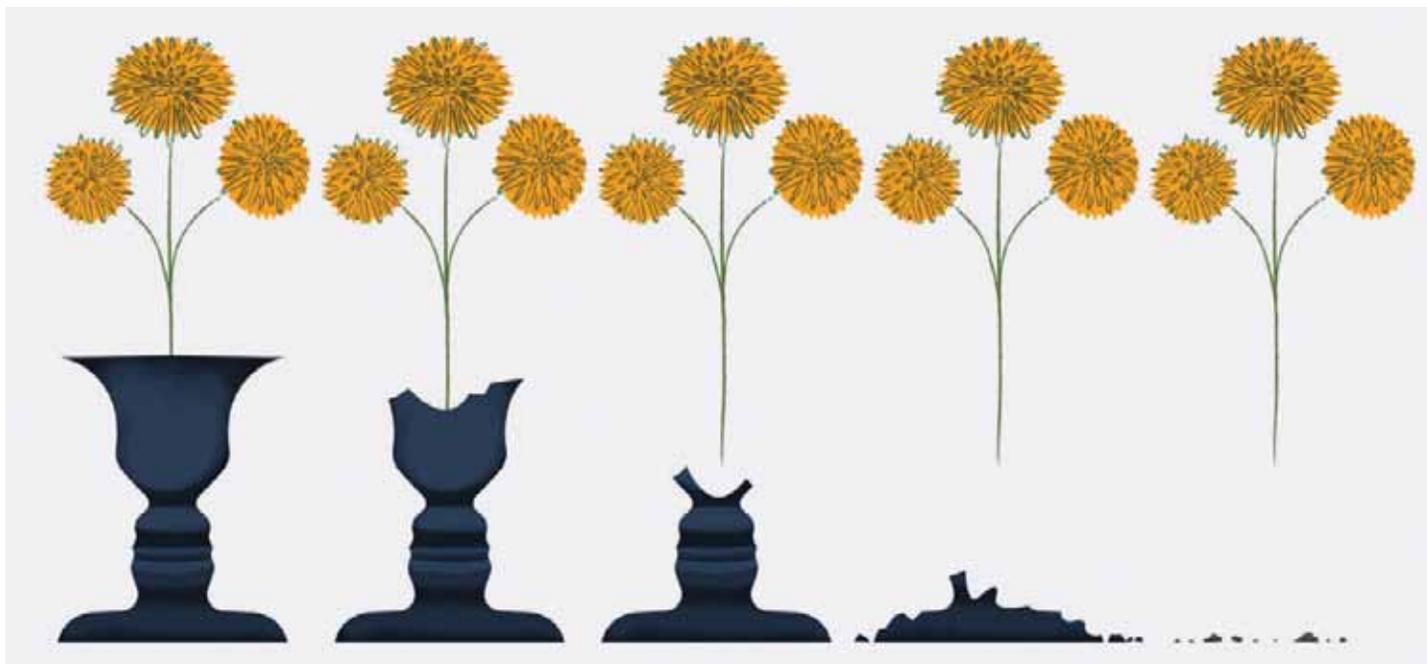
SELF-CARE ROUTINE: Even though many on social media rely on her morning readings as part of a way to self-care, she defines wellness as getting in touch with yourself. “You can have a lot of things going on internally, but are you still able to move in alignment with what you’re here to do, and who you are, and what is important to you?” said Ms. Dore.

— Sandra E. Garcia

How Old Do You Feel? It Makes a Difference

A youthful outlook can have a powerful effect on what people can do, studies suggest.

By Emily Laber-Warren



MIKE LEMANSKI

NOT LONG AGO, Stephanie Heller, a New Jersey real estate agent, was leaving her gym after a workout when she noticed a woman in the parking lot struggling to bend down. “I don’t know if she dropped something and had to pick it up, or if her shoe was untied,” Ms. Heller said, but she eagerly bounded over to help. The woman blamed old age for her incapacity, explaining that she was 70. But Ms. Heller was 71.

“This woman felt every bit her age,” she recalled. “I don’t let age stop me. I think it’s a mind-set, really.”

Each of us has a chronological age, the number we commemorate on birthdays. But some 50-, 60- and 70-year-olds look and feel youthful, while others do not. Scientists can measure these differences by looking at age-related biomarkers — things like skin elasticity, blood pressure, lung capacity and grip strength. People with a healthy lifestyle and living conditions and a fortunate genetic inheritance tend to score “younger” on these assessments and are said to have a lower

“biological age.” But there’s a much easier way to determine the shape people are in. It’s called “subjective age.”

When scientists ask: “How old do you feel, most of the time?” the answer tends to reflect the state of people’s physical and mental health. “This simple question seems to be particularly powerful,” said Antonio Terracciano, a professor of geriatrics at Florida State University College of Medicine in Tallahassee.

Scientists are finding that people who feel younger than their chronological age are typically healthier and more psychologically resilient than those who feel older. In a study published in 2018, South Korean researchers scanned the brains of 68 healthy older adults and found that those who felt younger than their age had thicker brain matter and had endured less age-related deterioration. By contrast, people who feel older than their chronological age are more at risk for hospitalization, dementia and death.

If you’re over 40, chances are you feel

younger than your driver’s license suggests. Some 80 percent of people do, according to Yannick Stephan, an assistant professor of health and aging psychology at the University of Montpellier in France. A small fraction of people — fewer than 10 percent — feel older. The discrepancy between felt and actual age increases with the years, Dr. Terracciano said. At age 50, people may feel about five years, or 10 percent, younger, but by the time they’re 70 they may feel 15 percent or even 20 percent younger.

It’s not clear whether feeling younger actually makes people healthier, or whether people who are healthy tend to feel younger. But by asking people how old they feel, Dr. Stephan said, doctors might be able to identify who is most at risk for health problems.

A few studies suggest that a youthful frame of mind can have a powerful effect. When scientists trick older people into feeling younger, most tend to become more capable. In a 2013 experiment by Dr. Stephan and colleagues, people’s grip strength im-

Fostering Wellness Among Women of Color



NOLIS ANDERSON FOR THE NEW YORK TIMES

proved after they were told that they were stronger than most people their age.

What makes subjective age such a powerful predictor? Dr. Stephan believes that people possess intuitive information about their physical abilities, mental sharpness and emotional stability, all of which gets distilled into a single meaningful number.

But critics assert that for many, subjective age simply reflects cultural obsessions with youth. People cultivate a younger identity to fend off stereotypes of frailty and senility, said David Weiss, a life span psychologist at the University of Leipzig. “If old age weren’t negatively valued, you wouldn’t have the need to say that you feel younger,” he said.

In a 2012 experiment, Dr. Weiss and a colleague divided 104 people ages 65 to 88 into two groups. Everyone had to complete five sentences, but one group was asked to describe people their age, while the other was asked about their generation.

The first group wrote things like “People of my age are afraid and worry about the future” and “people of my age often talk about their illnesses.” The generation-oriented group displayed a sense of empowerment and meaning. They wrote things like “People of my generation were the 68ers who founded a more civil society,” a reference to the student protest movements of the late 1960s, and “People of my generation should pass on their life experience to the youth.” One way to combat internalized ageism, Dr. Weiss suggests, is to identify with one’s generation.

Dr. Tracey Gendron, a gerontologist at Virginia Commonwealth University, questions the notion of subjective age research. She said that people tend to become generally happier and more satisfied as they age.

In 2017, Dr. Gendron published a paper suggesting that the study of subjective age may be inherently unethical. “I think we have to ask ourselves the question, are we feeding the larger narrative of aging as decline by asking that question?” she said. “Older age is a time that we can actually look forward to. People really just enjoy themselves more and are at peace with who they are. I would love for everyone to say their age at every year and celebrate it.”

NAME Lauren Ash

AGE 31

CLAIM TO FAME Ms. Ash is the founder of Black Girl in Om, a wellness website focused on women of color, which she started in 2014. She had been living in Chicago for one year and practicing yoga for three when the idea came to her: “I noticed that I rarely, if ever, had a yoga teacher of color, or a black woman at that,” she said. At the encouragement of a friend (who also offered her home as a studio), Ms. Ash started a yoga series. Today, it has evolved from home classes to a national event series, website and podcast. Ms. Ash wants to address the lack of diversity in the wellness industry by aligning herself and Black Girl in Om with organizations committed to diversity.

MORNING ROUTINE Ms. Ash begins her mornings with

meditation, a relatively new practice in her life, followed by an herbal latte and a walk. She recently moved to Marina del Rey, Calif., from Chicago. “For me to be able to live in a place where I can go outside almost year-round and just sit and bask in the sun and look at the waves,” she said. “That is nourishing me in a way that allows me to continue to give to others.”

SELF-CARE PRACTICE Ms. Ash listens to “spiritual-vibey” music, practices a model on building trust by Brené Brown, a research professor at the University of Houston, and tries to be more intentional about her relationships by setting boundaries. “I’ve had more conversations in 2019 that have absolutely scared me and freaked me out,” she said. “But on the other side of that was a deepening of friendship that I never could have imagined.”

— Lovia Gyarkye

Office Life Is Changing. Blame (Or Thank) the Millennials.

Young adults have been called spoiled and lazy. But could they just have a better understanding of the proper role of work in life?

By Claire Cain Miller and Sanam Yar

WHEN ARIEL COLEMAN, 28, quit her last job, as a project manager in the corporate office of a bank, it wasn't because her new employer offered her a raise, a different role or more seniority. "The work-life balance is just much better," she said.

At her new company, Omfgco, a branding and design firm in Portland, Ore., everyone works from home on Tuesdays and Thursdays, at whichever hours they choose. Ms. Coleman can go for a run or walk her dog.

At the bank, she said, people judged her for taking all her paid time off. At Omfgco, it's encouraged, which is why she didn't mind answering work emails while sitting by the fire on a recent camping trip.

"It's: Get your work done, but don't worry about when those hours are," Ms. Coleman said. "A client calls me at 8 o'clock at night and I'm happy to talk to them, because that means the next day at 10 a.m., I can take my dog to the vet. It enables me to make my career more seamless with my life."

Many of her friends have chosen their jobs for similar reasons, she said. "That's how millennials and Gen Z-ers are playing the game — it's not about jumping up titles, but moving into better work environments," she said. "They're like silent fighters, rewriting policy under the nose of the boomers."

For many Americans, work has become an obsession, and long hours and endless striving something to aspire to. It has caused burnout, unhappiness and gender inequity, as people struggle to find time for children or passions or pets or any sort of life besides what they do for a paycheck.

But increasingly, younger workers are pushing back. More of them expect and demand flexibility — paid leave for a baby and generous vacation time, along with daily things, like the ability to work remotely, come in late, or make time for exercise or meditation. The rest of their lives happens on their phones, not tied to a certain place or time — why should work be different?

Today's young workers have been called lazy and entitled. Could they, instead, be among the first to understand the proper

role of work in life — and end up remaking work for everyone else?

It's still rare for companies to operate this way, and the obstacles are bigger than any one company's H.R. policies.

Also, it's a luxury to be able to demand flexibility in the first place. Those who can tend to have college degrees and white-collar careers. Still, there are signs that things could change. Some large and influential companies, including Walmart and Apple, have begun talking about the need to shift from prioritizing shareholders above all else to taking care of their employees, too. And as more millennials become bosses and more job seekers demand a saner way to work, companies will have no choice.

"They have proven the model that you don't need to be in the office 9 to 5 to be effective," said Ana Recio, an executive vice president at Salesforce, the tech company. "This generation is single-handedly paving the way for the entire work force to do their jobs remotely and flexibly."

WORKING WHEREVER, WHENEVER

A survey by PwC, an accounting and consulting firm, found that for millennials, work is a thing, not a place. It's about employees shaping their jobs in ways that fit with their daily lives. That could mean working remotely or shifting hours when needed.

More companies are offering sabbaticals; free plane tickets for vacations; meditation rooms; exercise or therapy breaks; and extended paid family leave. One firm has an employee who works from Hawaii and Costa Rica. At another, someone worked remotely while living out of a van for three months, skiing in the mornings and working in the afternoons. One person goes to the office at midnight so he can surf in the morning, and another takes Fridays off to backpack.

"They're maybe not on the partner track, but they're not being penalized," said Abby Engers, a strategist at Boly:Welch, an employment search firm in Portland, Ore. "People are burnt out. They're making a commitment to themselves to take time off. If they





More firms are recognizing the value of flexibility, allowing employees to do things like change their hours so they can surf or work remotely, even during a camping trip.

‘People are burnt out. They’re making a commitment to themselves to take time off. If they see you’re doing the work and doing it well, it doesn’t matter if you’re doing it at 10 p.m. or 10 a.m.’

ZOLTAN BALOGH/EPA, VIA SHUTTERSTOCK



MELISSA GOLDEN FOR THE NEW YORK TIMES

Employees want the flexibility to do things like go on a run during the workday, but are willing to log in after hours to make up the time.

see you're doing the work and doing it well, it doesn't matter if you're doing it at 10 p.m. or 10 a.m."

Jonathan Wong, 36, worked 80-hour weeks in management consulting when he became a father. His son would cry every time he saw his roller bag packed for another work trip, he said, and it was hard to take a break even to FaceTime his son before bedtime. So he moved to a job at RAND Corporation, the nonprofit policy research group — and took a 30 percent pay cut.

"I can bring my kid to preschool every morning," he said.

Some employers aren't comfortable giving people autonomy over where and when they work. "When younger workers talk about balance, what they are saying is, 'I will work hard for you, but I also need a life,'" said Cali Williams Yost, the founder of Flex Strategy Group, which helps organizations build flexible work cultures. "Unfortunately, what leaders hear is, 'I want to work less.'"

But employees say that when they're not forced to cleave life from work, they work more, and more efficiently. Melanie Neiman, 28, is a project manager at Breather, a work space rental company. She comes in later in the morning because she is more productive that way, and visits her family more often because she can work from where they live.

She is happy to answer messages when traveling, she said, because it's on her terms: "I would never answer emails at my old job on vacation."

TAKING CARE OF EMPLOYEES, TOO

Social scientists have found that not all young people are asking for these benefits, even if they want them, because they fear they will be perceived as lazy or disloyal.

But dozens of consulting and research firms that have surveyed young people have found that for them, flexibility is a job requirement. When Pew Research Center asked which work arrangement would be

most helpful, young people were more likely than older people to say the flexibility to choose when they worked.

In a survey of 11,000 workers and 6,500 business leaders by Harvard Business School and Boston Consulting Group, the vast majority said that among developments most urgently affecting their businesses were employees' expectations for flexible, autonomous work, better work-life balance and remote working. (Just 30 percent, though, said their businesses were prepared.)

The youngest people entering the work force don't remember a time when people weren't always reachable, so they don't see why they would need to sit in an office to work. Another reason they are asking for more flexibility is that they're marrying and having children later, so they're more invested in their careers by the time they do, and have more leverage.

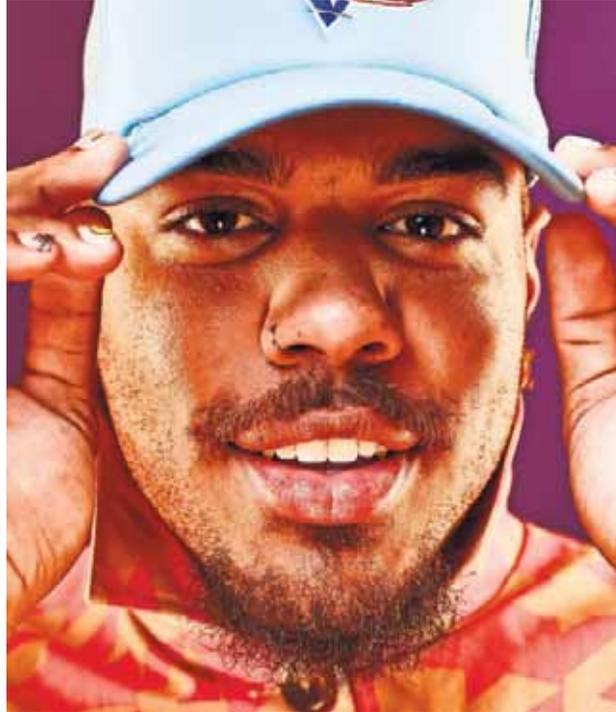
Ali Levitan, 39, worked at a large media firm when she had her first child and decided to look for a new job. She wanted flexibility, but also to stay on her "extremely ambitious" career path. It was unwise to mention children in job interviews, she had been told. But once she had a job offer at General Assembly, an education company, she asked if she would be able to work from home most Fridays and pick up her child from school. The company immediately agreed.

"I almost fell over at the response because that was not what I had experienced or expected," Ms. Levitan said.

Demanding that employers treat employees well is part of the value system of the youngest generation of workers. Many have also seen their parents struggle with inflexible employers or unstable jobs. Many saw their parents lose jobs and savings in the Great Recession. They no longer expect a lifetime of loyalty from an employer, so some say they don't want to give their life to work.

"They've watched what's happened to the generations before them and they see the problems that might come ahead," said Kathleen Gerson, a sociologist at New York University. "As the work force becomes more diverse, men as well as women are

On Instagram, Dancing His Way to Joy



MARKIAN LOZOWCHUK FOR THE NEW YORK TIMES

saying there's more to life than work, and we want a satisfying life as well."

'LET'S CHANGE THE SYSTEM'

Recruiters who visit college campuses say new graduates no longer see flexibility as something to negotiate for, said Marcee Harris Schwartz, the national director of diversity and inclusion at BDO, the accounting firm: "It's just assumed it's part of the deal."

"Years ago, the interview was, for lack of a better word, a test," said Kamaj Bailey, who works in recruiting at Con Edison, the power company. "Now it's a conversation. Yes, I want to show that I'm a good candidate, but I'm also seeing if I'm going to get what I expect."

John Paul Graff, 34, is a pathologist, as was his father, who worked in private practice at least 12 hours a day. Dr. Graff decided to work in academic medicine, and the No. 1 reason was for work-life balance. He estimated that he gave up \$100,000 a year but said it is worth it to work 40 hours a week.

Dr. Graff said, "Money will come, it will go, but you're only given so much time."

A survey by Werk, which helps companies add flexibility strategies, found that older employees are just as likely as younger people to want flexibility. They're less likely to have it, though, because they're less likely to ask for it. Sometimes, tensions flare between young people who demand a life outside work and deskbound older workers.

"As boomers age, they too are looking for more workplace flexibility, but they seem to begrudge giving the same to younger workers when they didn't have it themselves at their ages and life stage," said Pamela Stone, a sociologist at Hunter College.

Ms. Coleman, who works at the design firm in Portland, said it comes down to this: The members of her generation are unwilling to settle for the way things have always been done.

"We are just fed up and fired up about asking for what we need," she said. "We're changing the rules. We're the ones tasked with: Let's change the system so we can all succeed."

NAME Donte Colley

AGE 22

CLAIM TO FAME Mr. Colley, a Toronto native, began posting dance videos to Instagram in 2015. While he dances — be it to Drake, the theme from "The Office," Ariana Grande — emoji and affirmations flash across the screen in time with the beat and choreography. In one of his most popular videos, which has been viewed more than 1.5 million times, Mr. Colley dances to the theme song from "Friends" ("I'll Be There for You," by the Rembrandts). Heart, rainbow and star emoji animate the screen, as well as text that says: "You're meant to be here. Stay strong. You are not alone. You are you. Embrace that. Keep pushin'." The emoji and text have become part of Mr. Colley's visual online identity. His videos have been

liked and shared by Beyoncé and other celebrities.

HELPING HIM HEAL When his sister died by suicide four years ago, he grappled with how he could use dance to address mental illness and show support for people who were feeling lonely or struggling with depression and anxiety. "Dancing helped me heal, and sharing dance with others has helped me raise awareness," he said. "It helps just being able to remind people that they are not alone."

MORNING ROUTINE He starts his day with coffee and, of course, dancing. "My mission is to make people feel better and make myself feel better in the process," Mr. Colley said. "The internet can be dark, social media can be cruel, but we as humans are a community and a family." — Tariro Mzezewa

What to Do When Feeling Uninspired at Work

It happens to just about everybody, but there are ways to counter the slide toward burnout.

By Tim Herrera

IT'S AN INEVITABLE part of having a job: At some point, we all feel uninspired. Maybe you're not crazy about a project, or you just can't pump yourself up to finish something that has been dragging on, but you know when the feeling hits, and it can feel like a block on your ability to get things done.

And that's O.K.! It's generally a solvable problem, and it's rarely the end-of-the-world scenario it can sometimes feel like.

"Often people lose motivation because they no longer find their work meaningful, and that can take many forms," said Liz Fosslien, co-author of "No Hard Feelings," which looks at how emotions affect our work lives. "It could be that you've lost sight of the impact your work has on the broader world."

Losing that spark can hit at any time, added Mollie West Duffy, the other co-author of "No Hard Feelings," and sometimes you might not even realize you're in that slump until it's pointed out to you.

"I think it can be a slow progression," she said. "It's sort of like the boiling frog; it slowly starts getting more and more distracting to you, and you might not realize it."

Feeling uninspired can sometimes lead to burnout, and the overlap in symptoms is clear: It's that "blah" feeling when you approach your job or a task, or the feeling of just being stuck in a rut. It can sometimes be hard to recognize that you're in a slump, but it's common among American workers: One study from 2018 found that one in five highly engaged employees is at risk of burnout.

So if burnout is an endpoint that can result in deep job dissatisfaction and unhappiness, the road there is a slippery slope of a lack of inspiration. But there are ways to counter it.

One of the most common sources of lowered motivation at work is what Harvard researchers called the progress principle, which is the idea that making progress in meaningful work is the "single most important factor" in boosting one's "emotions, motivation, and perceptions during a workday."

"Often you're not motivated because your goal is too big," Ms. Fosslien said. "So if you can just break that into mini-milestones — like what are you going to do today that you



MERIDITH KOHUT FOR THE NEW YORK TIMES

Taking a timeout, or time off, can provide a reset for being happier with your job, experts say. Friendships are helpful as well.

can cross at the end of today?"

But ticking items off your to-do list can take you only so far. Focusing on your relationships, instead of your work, can also remind you of the impact you have. Ms. Fosslien said one technique is to take a timeout during the day and write down three ways your work has helped colleagues.

Research has also shown that motivation often comes from working with people you care about, and people with friends at work tend to find their jobs more satisfying.

When all else fails, take a little time away from your job. "Often when work is negative it's because you're working too much and it's taking over our mental capacity," Ms. West Duffy said. "Remember that work doesn't define you, and it's only a part of you."

Bequests Without Ink and Paper

New laws allow people to sign wills online without a lawyer or notary, but experts say there are drawbacks.

By Paul Sullivan



JOHN FRANCIS PETERS FOR THE NEW YORK TIMES

Shaun Savage with his wife, Elyn, and daughter, Vivian. Mr. Savage used an online platform to draft a will.

FOR CENTURIES, one requirement for a will to be valid was that it had been signed with ink in front of witnesses. But a movement is growing to legalize e-signatures for wills and trusts, which would allow people to complete the whole process online, without a lawyer or notary present.

The driving force behind this is the Uniform Law Commission, a nonprofit that has drafted the Uniform Electronic Wills Act as a model for states. Nevada and Indiana already have laws allowing e-signatures; Florida and Arizona are set to adopt similar laws next year. Other states are expected to follow the commission's guidelines.

Online wills are not new. Rocket Lawyer and Legal Zoom offer them. But the user still

has to print out the will and have it signed by a notary and witnessed by two people. Then it has to be stored in a safe place, because uploading it back to the website invalidates it. The Uniform Law Commission's proposed e-will bill pushes states to allow the validity of wills that have been electronically signed and stored in the cloud.

Trust & Will, an online start-up, helps people create fully digital wills and trust documents in Nevada and Indiana, and is ready to roll out its service as other states pass legislation. It has teamed up with Notarize.com, which provides legal virtual notarization for real estate and legal documents.

The process works like this: After creating a will online, the user connects by video chat

with a notary who has been emailed the document. The notary reviews the document and asks some questions before notarizing it. The procedure is recorded, encrypted and stored by Trust & Will.

Shaun Savage, the founder of goShare, an on-demand moving-services start-up, turned to Trust & Will this year when his company was doing well and he and his wife, Elyn, were expecting a child.

"It got me to do something I might not have done or have done so quickly if I had gone through a lawyer," he said. If he had gone the traditional route, the lawyer would "hand me a piece of paper and I'd throw it into a vault until I die."

But creating a will without the advice of a lawyer, particularly for someone like Mr. Savage, whose company could become substantially more valuable, could be penny-wise and pound-foolish, some believe.

"You can see why people want to do this," said Amanda DiChello, a partner at the law firm Cozen O'Connor who has brought and defended will challenges. "Where I see it being a concern is in the authentication issue."

Ms. DiChello also worries that some states might alter the Uniform Law Commission's model. "Some states are going to be more flexible than other states with what constitutes an e-will," she said.

Using the video chat poses a challenge, too. Israel Sands, a trust and estate lawyer in Miami Beach, said the person signing the will might look fine, but that someone outside the video frame could be exerting undue influence.

John D. Dadakis, a partner at the law firm Holland & Knight, said e-wills were likely to work better for younger people with fewer assets, but if their lives grow more complicated, the online systems may not be robust enough.

"One of the reasons you go to good advisers is to really understand what you're signing," he said. "If you sign a will you've picked off a website but don't realize what the will and trusts means, you're creating even more difficulty for family to understand what's happening to you and take care of you."

When It Comes to Money, Silence Isn't Golden

Families benefit when they are open to discussion about finances and values.

By Paul Sullivan



RAJAH BOSE FOR THE NEW YORK TIMES
Charlotte Lamp's family, owners of the Port Blakely company, created a family council.

SILENCE WAS BREAKING Charlotte Lamp's family apart.

Not only was it hurting the personal relationships among the hundred-plus members, it was threatening the financial engine of the family, which made its billion-dollar fortune in the timber industry.

After nearly a century, the family, largely descendants and relatives of the brothers who founded the company, John, James and Robert Eddy, was drifting apart.

Members left the Seattle area where their company is based and where many had grown up, and they returned less often. But for this family, a breakup could have had a far-reaching impact, given the shared ownership in the company, Port Blakely, which

has its roots in Nova Scotia and operates from the United States to New Zealand.

"Our third-generation chief executive — my first cousin — looked around the room during the annual meeting and realized there were more board members and employees at the meeting than family members," said Dr. Lamp, 76, who has a doctorate in family finance and is a third-generation family member. "He realized we were getting in trouble because the family was disengaged from the business."

That was 1999. The family, under the leadership of the chief executive then, James Warjone, decided to create a council to break the silence. Its purpose would be to think through family matters and reopen

communication.

Talking about money can be one of the most difficult issues families face — whether they have a lot of it or not. And the steps that rich families take — or fail to take — can serve as a model, or a cautionary tale.

In the case of Dr. Lamp's family, members were not talking about ongoing business concerns. In other families, the argument can be about the money itself: how to get it, what to do with it and who controls it.

But families need not be rich to experience money-related trauma. One member talks about a fabulous vacation she has taken, while her sister seethes, knowing she can't afford to do the same. One cousin gets to go to the college of his choice; another loads up on debt.

Alison Comstock Moss, chief executive of Paul Comstock Partners, which advises wealthy families, says her job exists "because it's hard for people to talk."

"There are risks to silence," she said, including risks that money is wasted, improperly invested, given away without any thought, or worse — embezzled.

One disincentive in talking about money is the possibility of negative consequences. The senior generation may be reluctant to start a conversation about finances, for example, fearing it will become a conversation about what's in the will.

"It may seem safer to put this off for another year or two or three out," said John A. Warnick, founder of the Purposeful Planning Institute. "Part of what contributes to that procrastination is a fear that disclosure of information might act as a disincentive to children or grandchildren."

That belief, advisers said, is more often a myth than the reality. "The myth is usually that their kids are going to be ruined by the money, that money will be what ruins everyone," Ms. Moss said. "I just don't see that as often as I see mismanaged expectations and a lack of training and preparation."

Some advisers suggest that one way to start family conversations is to focus on values, rather than financial assets. Transmitting those values will make passing along

financial assets easier.

“What we see consistently in families that can pass along assets is it’s really about passing along values and legacy,” said Dune Thorne, head of the Northeast region at Brown Advisory. “It’s the values that make them successful, not the actual assets.”

Some families have a history of talking openly and making decisions together. The Carvajal family started in the printing business in Cali, Colombia, in 1904 and is now a multibillion-dollar, sixth-generation family with business interests that stretch throughout Latin America up to the United States border.

“The family members had a habit of discussing things very openly,” said Manuel Jose Carvajal, 64, part of the fourth generation. “Some would have discussions, sometimes very heated, but people would abide by the decisions. There was a mixture of family and business things that were talked about within the family, but never outside.”

But as the family increased in size and spread geographically — it now numbers 300 members — family leaders moved to make conversations almost a requirement. The Carvajals created a family council in the 1990s for all members to have a voice.

Bruno Carvajal, 43 and part of the fifth generation, said this formalization of communication has helped the family in its mission. “The two main works are to keep the family united and to make sure the family remains a family company,” he said.

As part of that effort, the Carvajals decided to equalize some of the benefits for family members. While wealthy families often divide up the wealth from a family business by branch, the Carvajals created a family dividend: Every member would have health care and college education paid for and receive a one-time down payment for a house.

Thirty years after the Eddy family council formed, Dr. Lamp said, the 140 members and the company they own remain in sync. But it took a lot of effort and discussion.

“You have to be committed to truth and integrity,” Dr. Lamp said. “When you are, that also raises trust.”

A Little Bit of Saving Can Save You

Many American families are short on emergency funds.

By Ann Carms

SIX WEEKS OF take-home pay.

That’s how much cash families should aim to set aside to ride out gyrations in their income and expenses, a new analysis from JPMorgan Chase’s research arm finds.

The recommendation, based on an analysis of millions of Chase checking accounts, is considerably less than the traditional rule of thumb of three to six months of take-home pay. Still, most households fall short. About two-thirds lack the recommended buffer.

A smaller buffer, however — just under three weeks of pay — can help families get through a lesser jolt.

Emergency savings are “necessary to meet the obvious issues that arise on a consistent basis for all of us, whether it’s costs for our home, car or health,” said George Barany, director of America Saves, a campaign that is managed by the Consumer Federation of America.

Here are some questions and answers about emergency savings:

WHAT IS THE BEST WAY TO BUILD AN EMERGENCY FUND?

Many experts urge people to have a fixed amount from each paycheck automatically transferred to a savings account. That lets you build a savings habit without having to remember to shift cash every payday.

But research by the JPMorgan Chase Institute suggested that it might be more effective for some families to forgo saving when money is tight and instead save aggressively on “spikes” in income, said Fiona Greig, director of consumer research at the institute.

Online technology can help customers set flexible goals, she said, like automatically moving more money to savings when their paycheck is bigger.



STEPHEN SAVAGE

WHAT IF SAVING SIX WEEKS OF PAY SEEMS OVERWHELMING?

Even modest savings of \$250 to \$750 can “significantly” reduce the likelihood that lower-income families will miss a utility payment or be evicted, research has shown. Mr. Barany suggests an initial goal of \$500. The average amount of delinquent accounts in collections, he said, is about \$400.

Draw on the fund when you have to repair a car or pay a doctor’s bill, then keep saving to replenish it.

HOW CAN I EASILY MOVE MONEY INTO AN EMERGENCY FUND IF MY EMPLOYER DOESN’T OFFER A FORMAL SAVINGS OPTION?

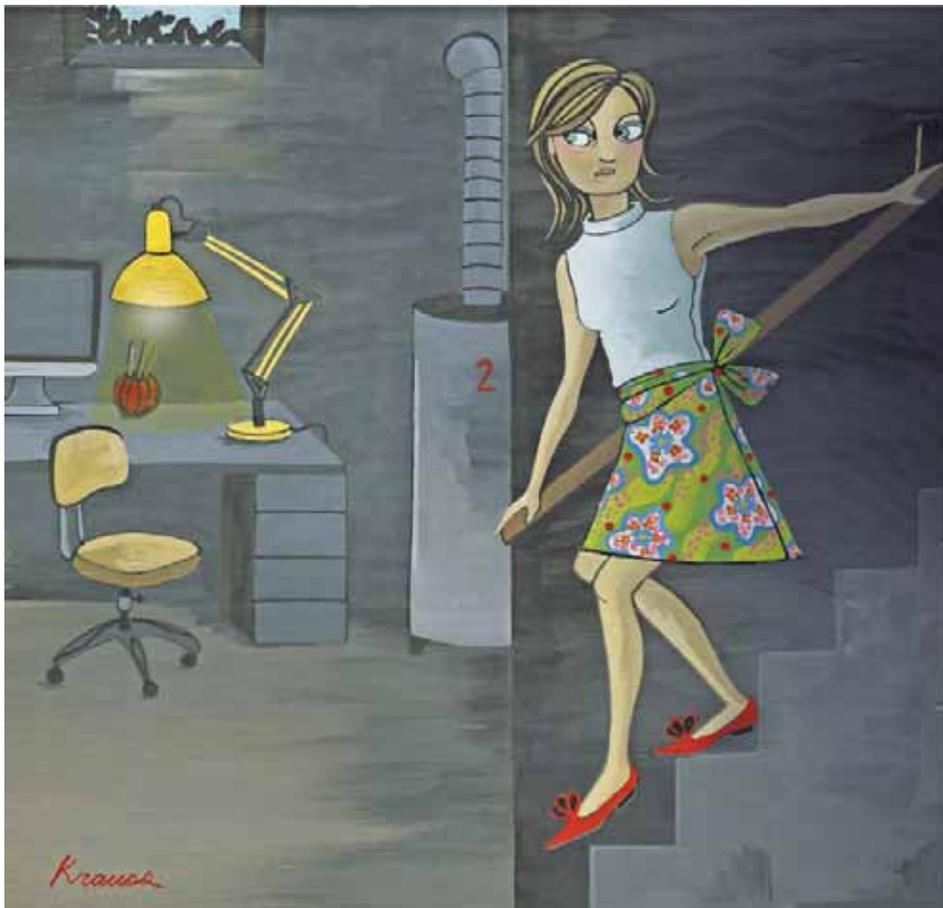
Most banks make it simple for online customers to set up regular transfers from checking to savings accounts. You could also try one of the many apps that automatically save small amounts of money.

If you have direct deposit of your paycheck, you can ask your bank to divide your earnings between two accounts, whether or not you’re an online customer.

Escape From the Dungeon

When working from home, your office space may not get the attention it deserves.

By Ronda Kaysen



TRISHA KRAUSS

EARLIER THIS YEAR, I faced a conundrum that many of us who work from home know well: Where in the house can I actually work?

Unless you're blessed with a home large enough for a dedicated office, or are a truly nomadic worker and able to set up shop on a sofa with nothing more than a cup of tea and your laptop, you're inevitably going to have to carve out space in a room that isn't naturally intended for work.

Any spot you choose has the potential to diminish what you had before. Set up camp in your bedroom, and you're left staring down your desk when you're trying to get

to sleep, all those unanswered emails calling to you as you lie awake at 4 a.m. Move to the kitchen or dining room, and snack time becomes an endless loop. (Why work when you could sample that fresh salsa from the farmers' market?) Steal a corner of the living room, and suddenly your prime social area feels like some weird break room outside an office cubicle.

These were my options when I relinquished my airy bedroom office to my son when he outgrew the room he had long shared with his sister. I knew this day would come, and yet, when it did, I still didn't have a good answer for where to go. So I went to

the place where all objects with no obvious home inevitably end up: the basement.

I convinced myself it could work and outfitted the room with as many inviting details as I could muster. I installed new flooring and took out the drop ceiling, exposing the wood beams, which added height and dimension to the space. I painted the room a light color and installed recessed lighting, turning part of the space into a cozy TV room for the family. The rest would be mine. I bought an aromatherapy diffuser, filling the air with the smell of citrus and rosemary. I filled the built-in shelves with books and photographs. I even had a window. I thought, how bad could it be?

In the end, it was the window that did me in. Half the size of a regular window, and positioned above my head when I was seated, it provided an unobstructed view of the back of a shrub. If I craned my neck, I could see the sky and briefly catch a glimpse of daylight, not unlike a prisoner trapped in a medieval dungeon.

Increasingly, Americans are working from home, either telecommuting or freelancing. Nearly a quarter of full-time employees worked at home at least part of the time in 2018, according to the Bureau of Labor Statistics. Yet, our home work spaces often don't reflect our eagerness to get out of the office, leaving us dissatisfied with what could otherwise be a great setup.

Sure, it's nice not to have to get dressed and get on the train every morning. But the arrangement can quickly lose its luster. A 2015 study published in "Psychological Science in the Public Interest" found that telecommuting can blur the lines between work life and family life, leading to family conflict, while also leaving workers feeling socially and professionally isolated. You know what's isolating? Sitting alone all day in a basement, accompanied only by the low rumble of the boiler.

In his new book "My Creative Space: How to Design Your Home to Stimulate Ideas and Spark Innovation," the architect Donald M. Rattner argues that we don't give our work spaces all the attention they deserve, and

‘Your mental space contracts in direct proportion to your physical space. Your mind is going to narrow.’

should instead think of our entire home as a creative vehicle, designing it with colors, light, music and art that aim to inspire.

“People do a lot of things that they don’t realize are contradictory to what makes for a good office space,” Mr. Rattner said.

Too often we find half-baked solutions for our work needs, like converting a closet — yes, a closet — into an office. Empty it of its contents, shove a desk in it and, voilà, you have a home office. “Your mental space contracts in direct proportion to your physical space,” Mr. Rattner said of such a setup. “Your mind is going to narrow.”

But sometimes it’s your options that are narrow. When Savannah Ashour, 41, a freelance book doctor and ghostwriter, moved into a studio apartment in Los Angeles five years ago, she wasn’t sure how long she would be freelancing, so she didn’t want to invest too much time and money creating a home office. Her sunny eat-in kitchen had a window facing a jacaranda tree, and was large enough to squeeze in a desk, an Aeron chair and a table. With her back to the rest of the apartment, she could forget that she was at home and focus.

Last year, long after it became clear that this was no temporary arrangement, she committed to the space. She upgraded to a white sitting-standing desk from Ikea and bought a cheerful red-and-orange outdoor rug from Target to define the area. Rather than buy a traditional office chair, which she worried would be an eyesore in a tiny apartment, she opted for a stool where she could sit, lean or move aside to stand.

“Something about being shut into an apartment by yourself to work, you kind

of need to build in extra perks” by making the space aesthetically pleasing and stealing the best assets, like the window facing a glorious tree, for work, she said. “At least you feel like there’s a nice trade-off for all the challenges that come with working from home.”

After three months cloistered in my basement dungeon, my bedroom started to look like a much more appealing option, despite all the warnings that it would ruin the serenity of my sleeping space. On one particularly dreary afternoon, I dragged my desk upstairs, planting it on the far wall. With my back to the bed, and facing a window, I could almost forget where I was.

Sharing your office with the bedroom brings new challenges. In the mornings, I’m often greeted with a discarded shirt, tossed on my chair by my better half, or an empty glass of water left on my desk. When I step in the bedroom, it’s hard not to notice the huge computer monitor staring back at me — hardly a soothing aesthetic. These inconveniences serve as daily reminders that this is still a temporary measure — an improvement from the dark underworld, but no equal to the charming space I had before. The reshuffling game feels far from over as I eye other parts of the house for a more perfect little corner.

Or maybe, with a few modifications, my bedroom office could be good enough. Anjie Cho, an interior architect and feng shui designer, keeps her home office in her bedroom, saying that the arrangement, while not ideal, is a common one. She suggested I could cover the monitor with a scarf at night, or hang a curtain or add a screen to separate the sleeping area from the work space. I doubt a screen would work, as it would mean losing light to the rest of the bedroom, but a scarf draped over the monitor seems simple enough.

The key, Ms. Cho said, is to give the space the attention it deserves.

“If you have a home office where you’re serious about your career,” she said, “then you have to find a way to carve out some space.”



KATHERINE MARKS FOR THE NEW YORK TIMES



DALLAS DAHMS FOR THE NEW YORK TIMES

Americans are increasingly working from home, setting up shop in bedrooms, kitchens, even closets.

More Than Just a View

Roman shades, curtains, draperies — here's what the best-dressed windows are wearing.

By Michelle Higgins



ERIC PIASECKI

No matter what type of window, choose fabrics that have a nice draping quality.

HANGING CURTAINS OR SHADES can have a transformative effect on a room, adding warmth and style to a drab space or hiding unfortunate views out the window. You can even create the illusion that you have more space than you really do by exaggerating the appearance of ceiling height.

But figuring out which window treatment is right for your space can be tricky. What if there's no room for curtains on either side of the French doors in your tiny apartment? What's the best way to play up the lovely leaded glass in those prewar casement windows while keeping out the draft? How do you gracefully cover a bay window?

We asked interior designers to share their tricks for dressing up a range of window styles.

CASEMENT WINDOWS

With a mechanism that allows them to open out like doors — and let in lots of light and fresh air — “casement windows are really very versatile,” said Michelle Morgan Harrison, an interior designer in New Canaan, Conn. If you have casement windows, “my recommendation is to go with draperies,” she said.

As a rule, she said, use a rod wide enough to allow at least six inches to each side of the frame for smaller windows; eight to 10 inches on each side of a double-width window; and up to a foot on each side for larger windows.

If space is tight on either side of a window, Ms. Harrison suggested using a bracket that curves back to the wall, instead of a rod that ends in a finial. This allows for the drapes to

be pushed back against the wall and to clear more of the window.

BAY WINDOWS

With bay windows, your options are more limited: You could hang stationary curtains on either side of the bay and install a shade inside each window frame, or you could hang curtains on each individual window. But if there isn't enough room for hardware, Roman shades are the way to go.

“An advantage of Roman shades is that you do not need to have decorative or functional hardware,” said Grant K. Gibson, an interior designer in San Francisco.

POSTWAR WINDOWS

What if your windows aren't that interesting, as in many postwar apartments? “Use floor-to-ceiling drapes, even if the window doesn't go to the height of the ceiling,” advised Alexis Alvarez, design director at Interior Marketing Group.

Ms. Alvarez also suggested mounting curtain rods above moldings and beyond their width to create the illusion of higher ceilings and wider windows.

GLASS DOORS

Curtains that hang straight and just graze the floor work well with sliding-glass doors.

“Generally you want to avoid blocking the doors in any way for function, and also for light coming into the space,” said Jess Cooney, a designer in Great Barrington, Mass.

Another benefit of drapes, she said, is that they are good at absorbing sound: “Textiles help so much for acoustics, especially in a space with an open floor plan, where noise can easily echo and bounce around.”

ODDLY SHAPED WINDOWS

What about round or arched windows?

If you want the window to stand out, choose a window dressing that's the same color or pattern as the wall, so it blends in. That's the effect the designer Martin Brudnizki was going for in a luxury suite at the Grand Hotel Stockholm, in Sweden, which

has porthole-style windows. He used the same fabric for the wall covering and the curtains, which made the window pop.

A FEW WORDS ABOUT FABRIC

No matter what type of window you're dressing, be sure to choose fabric that has a nice draping quality, said Kevin Dumais, an interior designer in New York.

"Generally, lightweight fabrics such as linen-poly blends or wools work best, because they hang straight, they are durable and keep their shape over time," Mr. Dumais said. "Linens woven with polyester or acrylic are terrific; the synthetic fibers help stop the linen from growing and wrinkling."

Also, consider adding layers.

"People forget that a quantity of fabric literally softens hard materials when fabric meets up with glass," said Alexa Hampton, a designer in New York. "The softgoods not only help with acoustics in a space, but they act as a frame for the view outside."



EMILY GILBERT

In spaces with sliding-glass doors, straight hanging curtains let light in and keep the doors functional.

First Impressions on the Floor

A doormat isn't just for shoes — it should welcome guests with style and personality.

By Tim McKeough

Garrow Kedigian, a designer in New York, says style matters when it comes to doormats. "It's a crucial first hint to the personality of the person who lives in the house," he said.

At Mr. Kedigian's apartment in Manhattan, for instance, the first thing visitors see is a doormat made from coconut-husk fibers with a Greek-key border.

Doormats should be neutral in color to avoid overpowering the rest of the house. Inside, doormats can be equally useful. Mr. Kedigian tucks them under entryway benches, for shoe storage. Options range from small shoe-scrubbers to room-sized indoor-outdoor rugs.



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KNOT WEAVE DOORMAT

Woven-coir doormat available in three sizes. From \$98 at Terrain: 877-583-7724 or shopterrain.com

Spreading the Lavender Love

A plant's anxiety-reducing aroma is found in soap, candles, shaving gel, and even in drinks and food.

By Steven Kurutz

NOT LONG AGO, Erin Wexstten, the 35-year-old founder of Oxalis Apothecary, a plant-based skin care brand, ticked off all the ways she uses lavender in her life.

"I personally have lavender everywhere," she said. "Hand soap, dish soap. I have sachets you stick in the drawer. It makes the underwear smell nice. Dried bunches. They make for a beautiful piece in a vase."

Ms. Wexstten has spread the lavender love through her products, including Feel Good Potion, containing essential oil of lavender, and Reverie body oil, deodorant and a wildflower clay mask, which contains lavender in powder form as a gentle exfoliant.

"I call lavender the quiet queen — she's purple majesty," Ms. Wexstten said. "It's an abundant plant. It isn't a precious, exotic plant. It's used everywhere."

These days there's hardly a household, grooming or wellness product that hasn't been infused with lavender's sweet, antiseptic-clean aroma: candles, diffusers, shower gels, liquid hand sanitizer, face mists, eye masks. It's even in food and cocktails.

A look around my own apartment revealed three bars of lavender bath soap; a lavender "relax" aromatherapy bar by Treestar; a vial of Ms. Wexstten's Feel Good Potion; Sleep Well Therapy Balm by Scentered; Dr. Kerklaan Natural Sleep Cream with CBD extract and calming sensation citrus and lavender; a lavender-scented can-

'I call lavender the quiet queen — she's purple majesty. It's an abundant plant. It isn't a precious, exotic plant.'



SEBASTIEN NOGIER/EPA, VIA SHUTTERSTOCK

dle; a bouquet of dried lavender in a vase; and a small pillow stuffed with lavender to be placed under one's nose at bedtime.

Many of these items are my wife's. But lavender has entered the men's grooming world, too, in products like Jack Black post-shave cooling gel and overnight balm from the Art of Shaving. (The soap was mine.)

If not a precious plant in modern times, lavender once carried the whiff of semi-luxury. If you stayed in a nice European hotel, your room had crisp linens scented with lavender. That bath soap would have been a special imported treat costing \$15 a bar.

Lavender was a key ingredient in the bougie domestic fantasy sold by retailers like Williams Sonoma and L'Occitane en Provence. It wafted gently over the entire oeuvre of Peter Mayle, the author of "A Year in Provence," among other books.

Now you can buy Downy Infusions Lavender Serenity fabric softener.

Jeannie Ralston, a New York journalist turned Texas lavender farmer who wrote a memoir about her experience, "The Unlikely Lavender Queen," believes lavender's popularity comes, in part, from the way it activates all the senses, especially when

standing amid rows of it.

"You've got the smell, but to look at it, it's almost like a pointillist painting," Ms. Ralston said. "It's a beautiful, sensual experience to be in a lavender field."

Lavender promises something desired in this age of fractious politics, climate dread and unceasing demands on our time: escape. Studies in animals and humans have shown the plant to have calming effects, reducing anxiety and helping to bring on sleep. The key ingredient is linalool, an alcohol component of lavender odor. Sniffing it has been likened to popping a Valium.

For consumers, especially millennials hungry for ways to unplug from 24-7 work and digital lives, it has come to mean calm.

Anit Hora, 39, the founder of M.S Skincare, a vegan skin care line made in Brooklyn, named the brand's lavender body oil Aum, after the yoga chant spelled "ohm." "It's very calming to chant 'ohm,'" she said. "And that's the effect I wanted this to have."

Ms. Wexstten's potion is "there to reduce stress and anxiety in a world full of chaos," she said. (The label says to "apply to temples, third eye and wrists. Breathe deeply.")

According to the alternative medicine guides and farmer websites, the herb is a cure-all for anxiety, insomnia, migraines, depression, flatulence, hair loss and more.

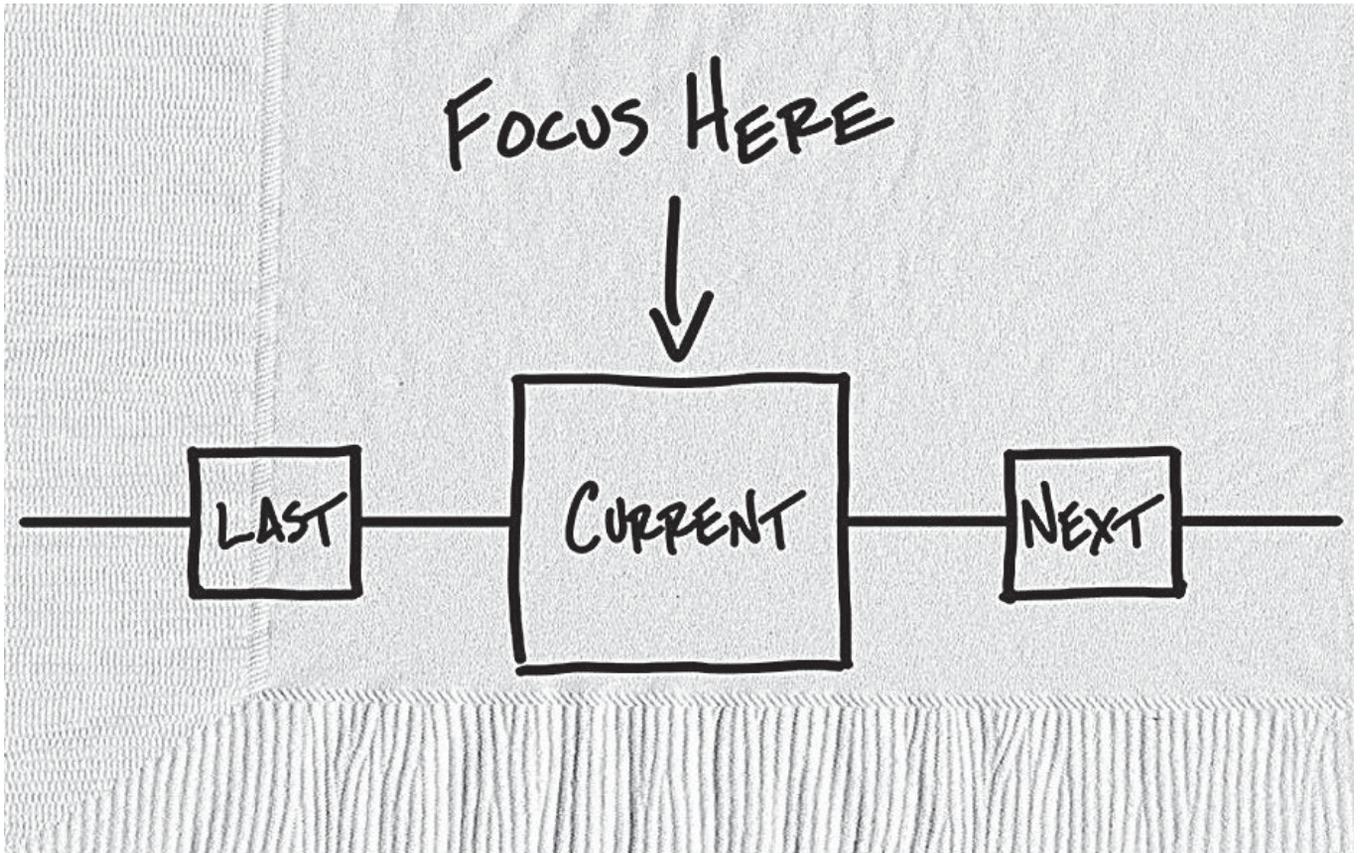
When Ms. Ralston and her husband, Robb Kendrick, a photographer, started their lavender farm in Texas in 2000, they had little experience with the herb. But the plant proved easy to grow and easier still to monetize. One year, at their lavender festival, 17,000 people tramped through their fields.

"Lavender seems to be crack cocaine for a certain set of the population," Mr. Kendrick said to Ms. Ralston at the time.

Kaia Nustad, who has brought the joy of lavender to her farm in California (and to Etsy), still wonders what it is about the herb that makes people respond the way they do.

But, she reasoned, "I've never had a sad person on my farm. When you look out over the fields, it's calming. It's that serene calming feeling, like when you stare over the ocean."

A Journey of 1,000 Miles Begins With the Current Step, Not the Next One



CARL RICHARDS

We tend to obsess over the next step, but how often do we talk about the current one? We have to take that first. My friends and I used to do a 200-mile bicycle race from Logan, Utah, to Jackson, Wyo. One year I got wretchedly sick the night before, and by morning it was clear I could not ride the whole way. But these are team races, and you can help by riding in the front and bearing the brunt of the wind. I knew a spot where I could exit the course 30 miles in, so I decided to help for that long. I had a coach who was always trying to get me to focus only on the current breath, and we'd translate that thinking

to the pedal stroke. I had no aspirations of finishing this race, I just did what my coach taught me and focused on each stroke. Soon I noticed that I was at the 30-mile mark. I felt good, so I decided to go to the next break. I didn't exit there, either. I just kept going, one stroke at a time, until the end — my best performance ever in the event. If I had focused on the next steps, and crossing the finish line, I never would have started. This isn't just a biking story. This could apply to business, a relationship, a big project. One fact is always the same: The current step comes first. Focus there. — *Carl Richards*

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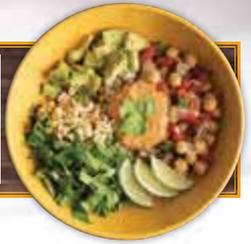


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PLUS
TRY OUR
ANTI-AGING
GRAIN BOWL

A wide-angle photograph of the Pittsburgh skyline. The prominent yellow suspension bridge (the Roberto Clement Bridge) spans across the foreground. In the background, several skyscrapers are visible, including the PPG Place tower with its distinctive red and white stripes. The scene is set against a blue sky with light clouds.

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THEY'RE ALL ON OUR HEALTHIEST CITIES IN
AMERICA LIST. FIND OUT WHY, P. 8

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WALTER SCOTT'S

Personality Parade

WALTER SCOTT ASKS...

JASON BIGGS



The *American Pie* and *Orange Is the New Black* actor, 41, stars in the upcoming TV series *Outmatched* (Jan. 23 on Fox). It's about a blue-collar couple, Mike (Biggs) and Cay (Maggie Lawson), trying to raise four kids, three of whom happen to be certified geniuses.

In real life, you're the father of two young sons [with wife, actress Jenny Mollen]. Does *Outmatched* remind you of your home life? The biggest similarity is that I'm learning every day how to communicate with

my kids. I constantly feel like they're outsmarting me. I'm always a step behind.

Do you have a funny parenting story? A while back, we had someone over to watch the kids. And we literally just went downstairs, hung out and waited

for them to fall asleep. We just needed a break. The weird—duplicitous or otherwise—things you do when you're a parent will come into play in the show, but on a funnier level.

How hard was it to shake the raunchy *American Pie* image and move on with your career? I found that, as the years went on, the less I tried fighting it and the more I just embraced it, the easier everything became. That's true of every aspect of my life. Acceptance has become a real part of my philosophy as I've gotten older.

Outside of your family, what do you consider your biggest achievement? My sobriety. I've been sober for a few years, and it's been a great thing—a real turning point. I've learned a ton about myself. It's really hard, so I'm really proud of it.

Was he a genius in high school? Go to Parade.com/biggs to find out.

JANE AUSTEN'S LAST NOVEL

With the limited series *Sanditon* (Jan. 12), PBS' *Masterpiece* dramatizes Austen's final, incomplete novel, written only months before her death in 1817. It's the story of Charlotte Heywood (**Rose Williams**) and her spiky relationship with the charming Sidney Parker (**Theo James**) in the seaside town of the title. "Sidney's not that likable for the first couple of episodes, but we end up discovering more about him and [how] his love for this strange, beguiling woman changes him," says James, 35.



WATCH GLORIA GAYNOR LIVE AT THE SHE ROCKS AWARDS

Friday, Jan. 17, at 10:30 p.m. ET

The She Rocks Awards honors women in music, and we're the exclusive partner to host the livestream!



Check out performances by Gloria Gaynor, Halestorm's Lzzy Hale, Suzi Quatro, Linda Perry, Beatie Wolfe and many more live from the House of Blues Anaheim at Parade.com/sherocks.

STAR POWER

Headed to La La Land? There'll soon be new stars to see on Hollywood Boulevard, as the Class of 2020 has been announced by the Chamber of Commerce's Walk of Fame Selection Committee. Here's a sneak peek of some of our favorites, by category.

MOTION PICTURES

Mahershala Ali, Laurence Fishburne, Chris Hemsworth, Spike Lee, Octavia Spencer and director Lina Wertmüller



JULIA ROBERTS



BATMAN

TELEVISION

Christina Applegate, Cindy Crawford, Kathie Lee Gifford, Milo Ventimiglia, Burt Ward, Dr. Phil McGraw and Andy Kaufman



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WENDY WILLIAMS

RECORDING

Elvis Costello, Billy Idol, Curtis "50 Cent" Jackson, Tanya Tucker and Muddy Waters



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CLOCKWISE FROM TOP LEFT: FOX VIA GETTY IMAGES; SIMON RIDGEWAY/RED PLANET PICTURES/ISTOCK; JAMES SHAW/AVALON BRED/NEWS/COM; TCD/PROD.DB/ALAMY; JANET MAYER/SP/LASH NEWS/NEWS/COM; F. SCOTT SCHAFER/BRavo; DENNIS VAN TINE/IF/PHOTOSHOT/NEWS/COM; JACKIE BROWN/SP/LASH NEWS/NEWS/COM; PHOTO IMAGE PRESS/SP/LASH NEWS/NEWS/COM; GENE YOUNG/SP/LASH NEWS/NEWS/COM; ALBERT SANCHEZ; MICHAEL BECKER/FOX

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Martha Stewart's ORGANIZING SECRETS



The lifestyle maven has good advice for everything—and the proof is in her new guide to chaos and clutter-free living: **Martha Stewart's Organizing: The Manual for Bringing Order to Your Life, Home & Routines.** Inspired by her homekeeping prowess, we've matched up her tips to products that can help you get—and stay—organized this year. —Megan O'Neill Melle



1. Divide and Conquer

Listed as a "Martha Must," acrylic partitions, like the **Clear Shelf Divider**, keep sweaters and folded items in your closet from toppling over. **\$11, containerstore.com**

2. Catch It Group like-items around the house using trays. The **CB2 Burl Wood Tray** can turn an ottoman or bench into a table for remotes and candles, while smaller catchalls can be used in entryways or on nightstands as caddies for keys and loose change. **\$50, cb2.com**

3. Clear the Counter Keep the kitchen ingredients you use most often within reach, but update them in classic containers like the **Marble Salt Keeper**. **\$30, surlatable.com**

4. Plant It Stewart gifts money plants, *pilea peperomioides*,

on New Year's Day, as they're believed to bring prosperity. If you're into indoor greenery, the calendar portion of her book includes plant tips and tricks. For more help: **The Leaf Supply Guide to Creating Your Indoor Jungle**. **\$35, amazon.com**

5. Camouflage It To dress up sink necessities, pour dish-washing soap into a more modern container, like the **Sono Soap Dispenser**. **\$32, allmodern.com**

6. Hang It Up You won't see anything strewn about Stewart's floor! Be like Martha and utilize her organizing all-star: Shaker-style peg rails for brooms and dustpans in utility rooms, jackets in the entryway and towels in the bathroom. FieldDayGoods' **Objects Peg Rail** is available in two lengths. **\$28–\$36, etsy.com**

Visit Parade.com/martha for Stewart's rules for furniture arranging.

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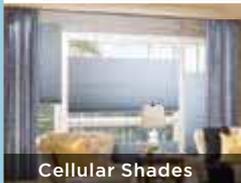
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Ask Marilyn

By Marilyn vos Savant

Why do some side effects from drugs wear off and others do not?

—Elyse Lemaire, Boston, Mass.

Drugs have many effects. The ones we want are the reason we take the drugs. We call the others “side effects.” Our bodies try to maintain equilibrium by developing ways to tolerate these effects—both the positive and negative ones. This may cause drugs to be less effective over time. It may also cause some side effects to lessen. When positive effects lessen, we may need to increase the dose or change to a different drug. When negative effects lessen, we’re relieved. But depending on the drug, our genes and our overall health situation, the results will usually be mixed.

Send questions to marilyn@parade.com

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LIVE HERE AND

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WE FOUND THE HEALTHIEST PLACES
IN AMERICA! PLUS, FIVE THINGS TO
DO TODAY TO BOOST LONGEVITY,
NO MATTER WHERE YOU LIVE.

—BY PAULA SPENCER SCOTT—

Hope to blow out 100 birthday candles? “The biggest impact on how long you live is where you live,” says National Geographic Fellow Dan Buettner, who has studied the world’s longest-living people in “longevity hotspots” he calls Blue Zones. Among them: Sardinia, Italy; Okinawa, Japan; and Nicoya, Costa Rica.

“People in the Blue Zones don’t have better discipline or a greater sense of responsibility,” says Buettner. “They simply live in environments that make healthy lifestyle choices easier.”

Some places are better than others at supporting the habits that stretch lifespans. When you can walk to do your errands, you’re more likely to be active than if you have to drive to the gym. Living in a community with neighborhood groups provides a buffer against loneliness, which can shave years off your life. You’re more apt to eat well when farmers markets are nearby. What else helps: safe bike lanes, affordable housing, good health care and an economy that sees older people as an asset, says Caroline Servat, co-author of a new Milken Institute report on “age-forward” communities.

We’ve identified seven spots that will help you live long and prosper.

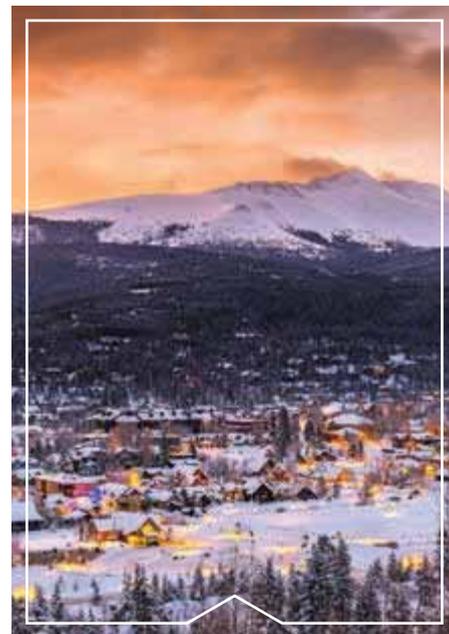


Southern California Beach Cities

Sure, Cali-beach life is a wellness cliché. But they’re not resting on their bikini bottoms here: Hermosa Beach, Manhattan Beach and Redondo Beach saw a 17 percent drop in smoking after smoke-free policies began shortly after 2010. That’s the year they joined the Blue Zones Project, which helps cities make healthy choices easier for residents. Walking is a big thing: One in four kids walks to school, double the national average, thanks to a new “walking school bus program” (groups footing it together on safe routes), and older citizens take regular group walks as part of the Blue Zones program. (See “5 Ways to Add Health Wherever You Live,” on page 9, to meet some walkers.)

HEALTH PROPS It’s the largest area (population approx. 124,000) to earn Blue Zones Community certification, a mark of healthy-living progress. (Go to bluezonesproject.com to find out how to become a Blue Zones Community.)

LONGEVITY BOOST A few years after 100-plus local restaurants and five groceries in the area pledged healthier offerings, the number of overweight residents dropped 15 percent. “That’s 1,900 fewer obese people,” Buettner says.

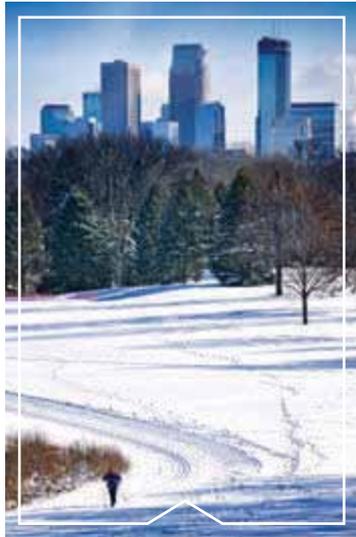


Breckenridge, Colorado

Like fellow Colorado mountain towns—Aspen, Crested Butte and Vail—and Jackson Hole, Wyo., longevity is sky-high in this historic haven near the Copper Mountain and Keystone resort areas. Ski towns draw people who can afford the best health care and prize mental and physical fitness, experts say. But whatever your income, mountain living is code for “outdoor motion,” whether you’re involved in snow sports, fishing, climbing, hiking or shoveling snow.

HEALTH PROPS Breckenridge (population approx. 5,000) is the seat of Summit County, which has the U.S.’s longest life expectancy (86.8 years, compared to the national median of 79). And Colorado is the state with the fewest obese people.

LONGEVITY BOOST The 10 million Americans who make their homes above 4,900 feet live one to three years longer than those near sea level. Some experts think lower oxygen levels help heart function. In Breckenridge, at 9,600 feet elevation, you’re nearly two miles up.



Minneapolis, Minnesota

Big-city benefits (like great health care) without big-city hassles (like bad traffic or bad air) contribute to one of the country's fittest urban lifestyles. Almost one-fifth of Minneapolis is park land, so there's always a nearby spot for biking, running, walking and mental R&R—or ice-skating, fishing and festivals during the cold season. Plant-based eating is made easier with nearly 30 farmers markets—the most per person in the U.S. outside of Washington, D.C.

HEALTH PROPS Last year alone, Minneapolis (population approx. 432,000) made short lists for healthiest, fittest, bike-friendliest, least-stressed and best access to mental health. Only Hawaii and California have longer life expectancies than the state of Minnesota.

LONGEVITY BOOST Local Finnish roots mean lots of saunas, which are linked to better heart health and longevity.



Naples, Florida

What's not to love about Naples? The small town (population approx. 22,000) features high-quality health care and loads of leisure pursuits and good-for-you food—all set in a chill backdrop of Gulf of Mexico watersports, golf and sun.

HEALTH PROPS The Naples-Immokalee-Marco Island area hit No. 1 in Gallup's National Health and Well-Being Index for the past four years. Naples also often tops "healthiest eaters" lists. Who needs sugar when you have white "sugar sand" beaches to stroll on?

LONGEVITY BOOST An unusually high number of Paradise Coast residents say in surveys that they're low in stress and rich in supportive, loving relationships. Having strong social ties—there are multiple retirement communities and recreation centers here—can extend lifespan as much as quitting smoking, one research review found.

continued on page 10



5 WAYS TO ADD HEALTH WHEREVER YOU LIVE

Use inspiration from our healthiest places to live to improve the lifestyle in your own town.

1. From Southern California: Walk More

Start a "walking Moai" (pronounced mow-eye). Five years ago, *Parade* wrote about a Redondo Beach Blue Zones group—13 walkers from their 40s to 80s. Today, the Ocean Walkers Moai (pictured below) is still going strong with 40 members, ages 50 to 91. "We walk 3.5 miles a day four days a week along the ocean, and there are usually 10 to 20 walkers on any given day," says Joan Edelmann, 72. "Our Moai remains a very warm and welcoming family. We celebrate birthdays, holidays and just watching the sun set at the beach." Last year, one of group's walkers, who is 87, became legally blind. "He learned how to use a white cane because it was important for him to keep walking," Edelmann says. "Moai members take turns picking him up for our walks and social activities."



2. From Pittsburgh: Build Community

See if your town, like this one, is an age-friendly community, prioritizing intergenerational projects that provide health-boosting social purpose. Age-Friendly Greater Pittsburgh, for example, brought together older adults, arts projects and day-care kids. Go to aarp.com to find out how to become an age-friendly community. If nothing else, put a bench in your front yard to encourage neighborhood interaction and conversation.

3. From Charleston: Eat More Plants!

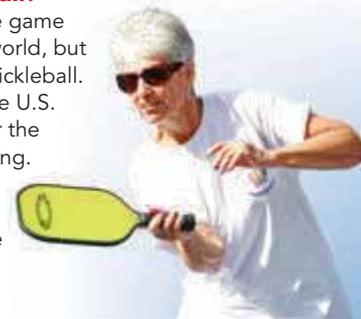
You don't have to go vegetarian, but making small changes toward a plant-based diet—like "beans and greens" twice a week—will add up to a healthier diet. Try our recipe for a delicious grain bowl from the new book *The Blue Zones Kitchen* by Dan Buettner (see page 14). It's full of fresh veggies and healthy nonmeat protein.

4. From Minneapolis & Breckenridge: Get Outside

Try biking or walking to work or to do errands—active commuters have much lower risk of early death, studies show. Cold outside? No problem. Folks in Minnesota and Colorado bundle up and get out there, heading to ice festivals, skiing cross-country trails or hiking in the park.

5. From Naples: Play Pickleball!

Yes, the badminton/ping-pong-like game has become the rage all over the world, but Florida may just be the capital of pickleball. In fact, this year Naples will host the U.S. Open Pickleball Championships for the fifth time. The game gets you moving. It's often played in doubles, so it's not too strenuous, and it's a true community builder. More and more retirement and recreation centers have courts inside and out.



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† Comparison based on omega-3 content per capsule of national brands of fish and krill oil.

from page 9



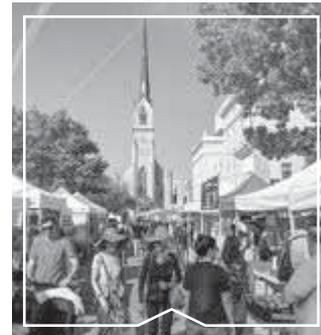
Portland, Maine

Maine's largest city has just 67,000 people centered on a compact peninsula. Yet it's packed with top-notch health care, farm-to-table restaurants and an amenity-rich waterfront downtown made for walking.

HEALTH PROPS Life expectancy for city dwellers is an impressive 88.7 for women and 86.8 for men.

LONGEVITY BOOST

Continuing to learn throughout your life seems to build brain reserve, which helps keep old minds younger. In 2001, the University of Southern Maine's Osher Lifelong Learning Institute became the first of 124 such programs across the country offering low-cost, noncredit classes of all kinds to 50-plussers.



Charleston, South Carolina

All the ingredients of a healthy life are here year-round, on land and water, from an above-average number of teams, sports clubs and gyms to fresh, healthy food galore. (Just go easy on the barbecue and grits.)

HEALTH PROPS Called one of America's most walkable cities (population approx. 130,000)—especially the scenic downtown—it's also No. 1 for plant-based eating,

with one vegetarian business for every 2,100 people.

LONGEVITY BOOST

Almost seven in 10 households here have a dog (or many dogs!)—which boosts heart health because they lower stress, decrease sitting time and give residents a reason to get up in the morning. Charlestonians walk 'em in parks, trails and on seven dog-friendly beaches.

continued on page 12



What's the Life Expectancy Where You Live?

Go to Parade.com/lifespan for 30 more healthy places to live and to enter your ZIP code into the free Robert Wood Johnson Foundation lifespan calculator.

CLOCKWISE FROM TOP: LEFT: ISTOCK; JASON BAXLEY/MJB PERSPECTIVE PHOTOGRAPHY; DAVID MCCLAIN

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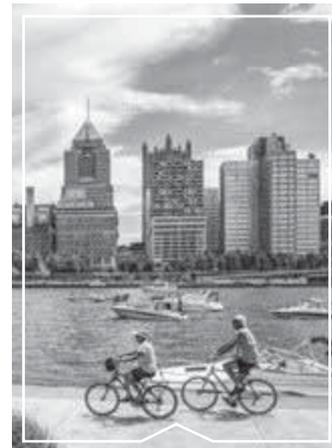


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from page 10



Pittsburgh, Pennsylvania

Health care is Steel City's new economic driver, says Nora Super of the Milken Institute's Center for the Future of Aging. Add culture and top-notch education at all ages, downtown parks and trails—and an Age-Friendly Greater Pittsburgh Action Plan focusing on tech, transportation and creative ideas for volunteering.

HEALTH PROPS Urban areas support longevity because you can access so much, so easily—and Pittsburgh (population approx. 302,000) is the third most "livable city" in the U.S. (after Honolulu and Atlanta) and 34th worldwide, according to a global research group.

LONGEVITY BOOST In a University of California, Irvine study of the habits of people over 90, talking to neighbors ranked high. Community engagement is rich in this city's distinct and tight-knit neighborhoods, more than 90 of them. In the Squirrel Hill area, average life expectancy is a long 86.

Visit Parade.com/cheat for 10 ways to up your chances of living to 100.

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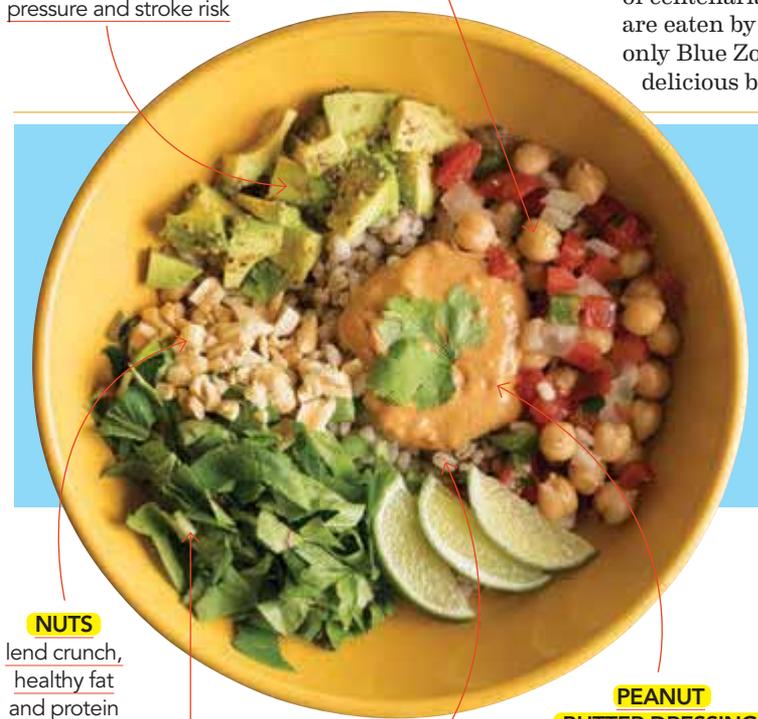
What America Eats

A BIG BOWL OF Goodness

Want to live longer? There's no tastier way to try than by eating your way through **Dan Buettner's** new cookbook, *The Blue Zones Kitchen*. He's gathered tasty, nutritious recipes from Blue Zones—spots around the world that boast the highest percentage of centenarians. This grain bowl and these oatmeal breakfast cookies are eaten by the Seventh-day Adventists of Loma Linda, Calif. (the only Blue Zone in the United States). Their plant-based diet is not only delicious but good for you—and your longevity. —*Alison Ashton*

Potassium-rich **AVOCADOS** help lower blood pressure and stroke risk

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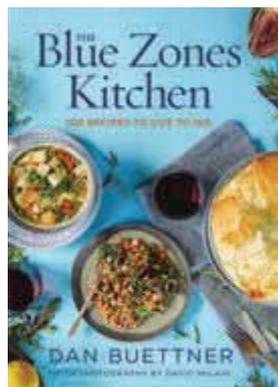


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Asian-Influenced Heavenly Grain Bowl

In a small bowl, whisk $\frac{1}{4}$ cup **peanut butter**, $\frac{1}{4}$ cup **rice vinegar**, $\frac{1}{4}$ cup water, 3 Tbsp **soy sauce**, 1–2 Tbsp **sriracha** and 1 tsp **sesame oil**. In a medium bowl, combine 1 (15.5-oz) can **chickpeas** or **black beans**, rinsed and drained; 1 **Roma tomato**, chopped; and $\frac{1}{2}$ **onion**, finely chopped.

Divide 3 cups cooked **barley**, **quinoa** or **brown rice** (or a combo) evenly among 4 bowls. Top evenly with chickpea mixture, 2 cups chopped **spinach** or shredded **lettuce** and 1 **avocado**, diced. Garnish with chopped **peanuts**, toasted **sesame seeds**, **lime wedges** and, if desired, **cilantro**. Dollop evenly with dressing. **Serves 4.**

Oatmeal Breakfast Cookies

Preheat oven to 350°F.

In a medium bowl, mash 3 large ripe **bananas**. Add $1\frac{3}{4}$ cups **quick oats**, mixing well to combine. Fold in $\frac{1}{4}$ cup **chocolate chips** and $\frac{1}{4}$ cup **applesauce**. Drop 1-Tbsp portions onto a baking sheet lined with parchment paper or sprayed with cooking spray. Shape into balls or flatten into disks, as desired. Bake 15–20 minutes or until lightly browned on top. Transfer to a wire rack to cool. If desired, roll cookies in **honey** and then in **crushed nuts**. **Makes 2 dozen.**

Go to [Parade.com/lasagna](https://www.parade.com/lasagna) for a simple lasagna soup recipe from *The Blue Zones Kitchen*.

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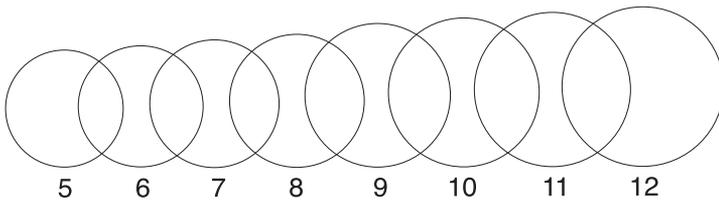
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