

# NILES HERALD-SPECTATOR

FEBRUARY 4, 2010 ★ A PIONEER PRESS PUBLICATION ★ WWW.NILESHERALDSPECTATOR.COM ★ \$2.00

## THIS WEEK

### DIVERSIONS

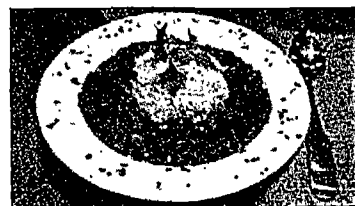


#### LETTER WRITING ROMANCE

The comedy "Dear John" is reviewed in this week's Film Clips.

SEE PAGE B2

### FOOD



#### GUMBO GOES GREEN

Vegetable-rich stew gives Mardi Gras healthy twist

SEE PAGE 20

Inside!  
Find a sweet deal for Valentine's Day



## 1 YEAR, 1 DAY

Former longtime Mayor of Niles Nicholas Blase (center) leaves the Dirksen Federal Courthouse Friday after receiving his sentence of a year and a day in jail. PAGE 3 (Allen Kaleta/for STM)

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SENTENCING

# 'The world needs to know'

## Judge gives Blase 1 year for 'serious violation of public trust'

By TONY BERTUCA  
tbertuca@pioneerlocal.com



Former longtime Niles Mayor Nicholas Blase on Friday enters the Dirksen Federal Courthouse for sentencing. Blase pleaded guilty to mail fraud and filing a false tax return in a plea agreement in October 2008. He was mayor of Niles for 47 years before he resigned after the indictment. (Allen Kaleta/for STM)

The former mayor of Niles, Nicholas Blase, 81, who ran the village for 47 years before retiring amid scandal in 2008, was sentenced Friday to serve one year and one day in federal prison for corruption charges stemming from a decades-long scheme to steer local businesses to an insurance agency that paid him hundreds of thousands of dollars in kickbacks.

Blase was also ordered to pay \$125,000 in fines for his crimes and, upon his release from prison, will be placed under government supervision for three years.

The former mayor will surrender to the authorities March 1. The prison where Blase will serve his sentence has not yet been determined.

Before the sentencing was announced an emotional Blase read a statement before federal Judge Wayne Andersen apologizing for his abuse of the public trust.

"I brought shame to myself, my family and my community," he said. "I took money I had no business taking. I have been undone by my own greed."

Blase also apologized to his friends and family who packed the courtroom at the Dirksen Federal Building, downtown.

"For my wife, Faye, I can only say you deserve better than this," Blase said. "I would like to thank all the people who came here today to support me. Forty-seven years as mayor and 81 years of life and it comes to this."

The former mayor said he was trying to repay the community for his breach of trust by paying \$750,000 to three Niles school dis-

*"I brought shame to myself, my family and my community. I took money I had no business taking. I have been undone by my own greed."*

Nicholas Blase, former mayor of Niles

*"He had this government with me, with the Village Board, with everything and it was like he was running this shadow government."*

Niles Village Attorney Joe Annunzio

tricts, including District 71, 63 and 64. He has also paid the Internal Revenue Service more than \$1 million in owed taxes.

"I can't undo what I did, but I am trying, judge; I am trying," Blase told Andersen. "I know it is not enough to say 'I'm sorry,' but that's what I am. These are just words — they disappear in the air."

But government prosecutor Dan Collins, who had asked Andersen to sentence Blase to serve between 41 and 51 months in jail, said Blase's case was that of a common

shakedown scheme and wanted Andersen to evaluate it as one. "This was a scheme that lasted over three decades," Collins said. "This was an elected official who used his office to achieve private financial gain — nothing more, nothing less."

Collins also disclosed that, in course of the government's investigation, they had discovered that Blase had used family members and village employees to act as bag men to receive \$421,000 in illegal payments

from Ralph Weiner and Associates, the insurance company that paid him kickbacks.

"The defendant used trusted friends and employees to recover these payments," Collins said. "The message was: 'Go with Weiner or you get trouble.' Owners could have saved tens of thousands of dollars to run their businesses."

Niles Village Attorney Joe Annunzio said an internal investigation was being conducted to determine which village employees acted as bag men for Blase.

"He had this government with me, with the Village Board, with everything and it was like he was running this shadow government," Annunzio said. "It's like we were shells or something."

Collins also said the government had recorded evidence that proved that Blase, on more than one occasion, was warned about his wrongdoing and told the person who had warned him to "Mind your own business."

Collins also said that one

Trust, PAGE 13

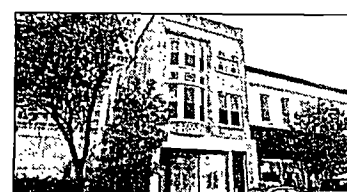
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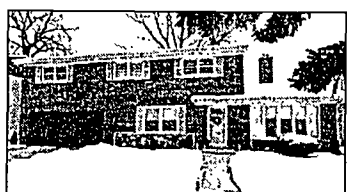
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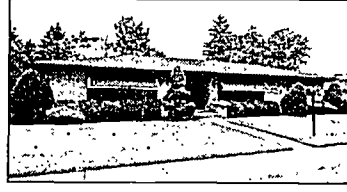
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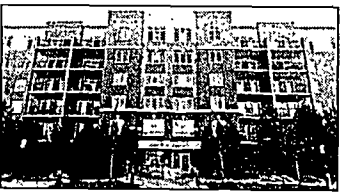
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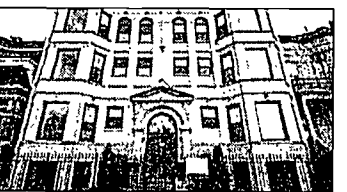
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Niles mayor Robert Callero (right) enters the Dirksen Federal courthouse for the sentencing of ex-Mayor Nicholas Blase. (Allen Kaleta/for STM)

LAST WEEK  
TOP FIVE STORIES

1. Ex-Niles mayor  
Blase sentenced to a  
year in jail

The former mayor of Niles, Nicholas Blase, 81, who ran the village for 47 years before retiring amid scandal in 2008, was sentenced Friday to serve one year and one day in federal prison for corruption charges stemming from a decades-long scheme to steer local businesses to an insurance agency that paid him hundreds of thousands of dollars in kickbacks.

2. Union faction  
pushes to resume  
bargaining

There is dissension in the ranks of the Maine Township High School District 207 teachers union, Pioneer Press has learned. A tenured teacher at Maine East, whom Pioneer Press agreed not to identify, said a movement was afoot to force the union back to the bargaining table.

3. Board brief

Niles Mayor Robert Callero was scheduled to name a new trustee to the village board last week to replace Kim Biederman, who resigned Nov. 24.

4. 9th District:  
Atanus to air views in  
Niles

Voters in the 9th Congressional District were invited to meet Republican hopeful Susanne Atanus and hear her ideas for stimulating economic recovery from 5-7 p.m. Jan. 27 at Our Night Restaurant, 8801 N. Milwaukee Ave., Niles.

5. Meijer comes  
to Niles

Join Meijer at its newly inaugurated Niles location at 9000 W. Golf Road for a fun-filled day of giveaways, contests, and family friendly activities with Radio Disney from noon-3 p.m. Jan. 23.

To find stories go to  
www.pioneerlocal.com.

CORRECTION

A story in the Jan. 28 edition about a debate forum with 10th District state Senate candidates incorrectly stated the former occupation of John Mulroe, who is a lawyer and one-time Cook County State's Attorney.

# WE ARE YOUR NILES herald-spectator

## Snap a photo. Tell a story. Send it in.

Be a part of the story - and the storytelling? There are photos and stories we want to publish in our new section, Your Niles Herald-Spectator. But we need your help. E-mail Assistant Managing Editor Matt Schmitz at [mschmitz@pioneerlocal.com](mailto:mschmitz@pioneerlocal.com).



**ALL HEARTS**  
Roses are red, violets are blue, what's your best memory of a Valentine's "I love you." Inspire romance in our readers by sharing a little Feb. 14 nostalgia. Send to [yournews@pioneerlocal.com](mailto:yournews@pioneerlocal.com).  
The 2010 Winter Olympics in Vancouver will kick off Feb. 12. We have local readers and reporters blogging about events. Check out what's happening at the scene with our Olympic Connection blog at [blogs.pioneerlocal.com/olympics](http://blogs.pioneerlocal.com/olympics).

## Upload stories, photos to Community page

You can upload your stories and photos directly to us. The information will be posted on the Community page on the paper's Web site, [www.pioneerlocal.com](http://www.pioneerlocal.com). Selections from the page will appear each Thursday in the print edition.

1 Go to [www.pioneerlocal.com](http://www.pioneerlocal.com).



2 Scroll down to and click the Send Us Your News button, with the bright yellow plus sign.



3 Open the page and fill out the form, starting with the paper in which you want the information to appear.

4 Here you can upload photos and press releases. The items will then be sent to the Community Update page on that paper's Web site. Submissions will be monitored for libel, hate speech, profanity and other inappropriate content.

### NILES HERALD-SPECTATOR

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### VILLAGE BOARD

## Hanusiak appointed as trustee

By TONY BERTUCA  
[tbertuca@pioneerlocal.com](mailto:tbertuca@pioneerlocal.com)

One-time mayoral candidate Christopher Hanusiak continued his swift ascent in local politics Tuesday night when he was tapped to fill a vacancy on the Village Board left by Kim Biederman.

Only two months ago Mayor Robert Callero appointed Hanusiak, his former political opponent, to the village's planning and zoning board.

Tuesday night Callero said he chose to appoint Hanusiak to the trustee post because he had proved his commitment to the village by becoming active in local organizations and by accepting a place on the planning and zoning board.

"Mayor Callero has shown that he is committed to a board inclusive even of those who have differed

with him in the past," Hanusiak said. "He is a big man for doing that. Like the mayor, I have a commitment to my family and community to work for the continued valued services which we enjoy in Niles and to contribute ideas for the solutions of problems as they arise."

After only eight months in office Callero has appointed an unprecedented three Village Board members.

Hanusiak was welcomed by a majority of board members, but Trustee Louella Preston said she was displeased with how Callero made his choice.

"Mr. Callero and I ran on the same slate," she said. "One of our planks was to make the village of Niles more open and transparent. I do not think that this nomination was open and transparent."

Preston said she was displeased with the fact that the vacancy was not publicly advertised and that Callero did not consult a special board to evaluate candidates.

Preston also took issue with Hanusiak's gender. She pointed out that she was the only woman on the Village Board and that Hanusiak, a man, was filling a seat once occupied by a woman — Biederman, who resigned in November.

But Preston did not deny Hanusiak her support and helped seal his unanimous approval with her vote.

"I disagree with the process but cannot fault the nominee," she said. "I will therefore support the mayor's nominee."

Trustee Jo LoVerde, meanwhile, said he did not care that Hanusiak was not female.

"You have made an impact

in Niles," LoVerde told Hanusiak. "You have a lot of energy and a lot of excitement. I know you'll be a great asset to our community."

A short while later Callero announced his nomination of Barbara Nakanishi, a local architect, to replace Hanusiak on the planning and zoning board.

Again, Preston objected to Callero's nomination process because the position was not publicly advertised and because he did not consult a vetting board.

But while Preston voted to confirm Hanusiak, she voted against Nakanishi.

Preston said she did not withhold her support from Nakanishi because of a problem with her as a candidate, but because of similar transparency concerns with Hanusiak's nomination. Nakanishi was confirmed with a vote 5-1.

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### ST. PAUL OF THE CROSS

## 3rd-graders show they care for Haiti

By **JENNIFER JOHNSON**  
jjohnson@pioneerlocal.com

Helping to feed survivors of Haiti's disastrous earthquake is something a group of St. Paul of the Cross students are feeling especially proud about.

On Jan. 16, 24 students, majority of them third-graders at the Park Ridge school, spent an afternoon at Feed My Starving Children, an organization based in Aurora that ships food to hungry children in more than 60 countries and is currently focusing efforts on earthquake-ravaged Haiti.

The St. Paul students, like the other volunteers that assist FMSC, worked in an assembly-line fashion to fill bags of rice, soy, dried vegetables and a protein mixture, all to be distributed to survivors of the Haiti quake. By the end of the day, the students had filled 72 boxes (each holding 36 individual

bags of food), totaling 16,416 meals.

Speaking after school a few days later, students were eager to share their experiences and the way they felt about helping children who need so much.

Student Libby Horak shared feelings expressed by other students when she said she signed up for the service project because she just wanted to help the Haitian people.

"I felt really bad for them," she said.

Classmate Patrick Reinhofer said he, too, felt sad for the children affected by the earthquake.

"I decided I needed to go to this place and do the job," he said.

"I felt really good because all the people in Haiti will really enjoy the food and appreciate it," said Claudia DeArmas.

"We're showing people in Haiti that someone in the

United States really cares about them," said student Abbey Kwiatkoski.

Julia Mueller said she learned that the packages she and her classmates put together would feed 45 children for an entire year.

"It felt really good to know you're feeding a lot of children that don't have food," added Laura Downey.

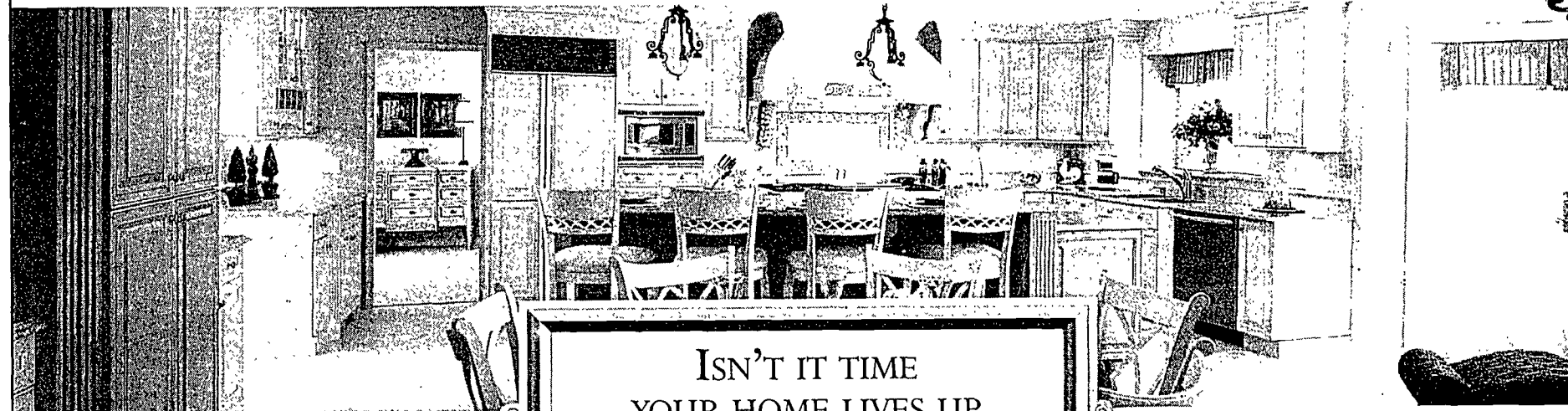
After the boxes of food were filled, the children prayed the food would reach those most in need of it, and that the recipients would understand they were cared for, said parent Karen Mueller who coordinated the service project with mother's Sara Horak and Jeanette Killmer.

"I think the kids were in such awe that they were doing this kind of project for others that were in desperate need," Mueller said. "They couldn't believe they were actually helping first-hand."



St. Paul of the Cross student Luke Byron funnels rice into a bag at Feed My Starving Children in Aurora. The organization is shipping food to Haiti as part of earthquake relief efforts. (Photo courtesy of Karen Mueller)

Other students who participated in the project were Luke Byron, Abigail Cohen, Arianna Cozzini, Molly Gannon, William Horak, Micaela Johnson, Greta and Joey Killmer, Sarah McDermott, John Mueller, Ellie Naughton, Megan Ranker, Ashley Reardon, Katie Reidy, Julianna Savage, Hannah Schilling, and James and Patrick Shaughnessy.



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M-NASR

# Event to benefit transportation services

By NICK KATZ  
nkatz@pioneerlocal.com

Comedienne Patti Vasquez often brings along a T-shirt to her stand up performances that say "Just because you can talk doesn't mean you should."

It's a recognition of her 4-year-old son who has a neurological problem that so far at least has prevented him from talking. It's also a nod to the complete strangers who sometimes feel compelled to come up and comment on her son's disability, which she said is similar to autism in appearance.

"People will make snide comments. They will come up and say, 'doesn't your son talk yet?'" Vasquez said. That's not to say Vasquez won't talk about her son. In fact she incorporates her own life, includ-

ing her son's disability, into her standup act.

That will be particularly appropriate when she performs Feb. 11 at We Love M-NASR Fest, a fundraising event to raise money for the transportation service for people with disabilities operated by the Maine-Niles Association of Special Recreation.

This will be the second year for the event, which draws primarily family members and friends of participants in M-NASR programs, said Barbara Saunders, M-NASR public information director.

The fundraiser runs from 6:30- 9 p.m. Feb. 11 at the Morton Grove American Legion Memorial Civic Center, 6140 Dempster St.

Saunders said the agency, which provides recreational programs for disabled children and adults in

Maine and Niles townships, operates a fleet of nine vehicles "which is so seriously needed by our participants."

"We can offer all the programs in the world, but if people can't get there what good is it," said Sue Bear, M-NASR director.

Vasquez, who lives in Chicago, said she learned about M-NASR when she was at a party at a Niles Park District facility and saw a brochure from the agency. She had not found similar programs for her son in Chicago and enrolled both him and a brother in a M-NASR program.

"I didn't know there were those kinds of programs out there," Vasquez said. "They have very cool athletic events."

Vasquez also told the M-NASR staff that if they wanted her to help with

anything she would be available

Bear said she didn't hesitate to ask Vasquez, who is donating her time, to perform at the fundraiser.

"I heard Patti on WGN. I thought she was a very funny lady," Bear said.

Vasquez, who tailors her performance to the audience and venue, said she will perform a family oriented routine. But like all of her comedy, she said, it comes from her life.

"The source of material is different for every comic," she said. "My focus has always been on my experiences and talking about my life."

Vasquez said her goal is not to educate people about children with disabilities; it's to make them laugh.

"I've been talking about my child with disabilities. I do talk about that. I don't

know if it educates people. I'm just using my experiences to share. If you learn something that's a bonus."

Vasquez said her stories sometimes make audience member uncomfortable. "Not everybody likes what an individual comic does," she said. But what she has difficulty understanding are the people who think she invented her disabled son for a routine.

"There are people who don't believe me. They ask

if I created a child for my act."

Tickets for the We Love M-NASR fundraiser are \$25 and include a dinner buffet with pasta dishes donated by Zia's Trattoria. Ticketholders also will be entered into a drawing to win four lower level box seats at a White Sox game and a baseball signed by Paul Konerko.

For tickets or more information call M-NASR at (847) 966-5522.

## Message to readers

As part of improvements to serve our readers, including providing more color, cleaner print and easier numbering of pages, we have moved our production to new presses.

As part of the transition, your paper will temporarily be delivered to you without any staples.

We expect the paper to return to its original, stapled format by the middle of February.

## Trust

Continued from PAGE 3

business owner who was being shaken down by Blase was interviewed by the FBI.

"The business owner so feared the defendant, he told the mayor about the FBI's effort," Collins said.

Meanwhile, Blase's attorneys, who requested that Blase to receive a sentence of home confinement and community service, asked Andersen to take their client's history of public service into account, as well as his advanced age and recent donation to Niles' schools when determining a sentence.

Sheldon Zenner, one of Blase's attorneys, told Andersen to imagine a giant tote board that took into account all of Blase's good deeds and bad deeds.

"I think it would be overwhelmingly clear that the good he has done for the community far outweighs the bad," Zenner said. But Andersen responded

that, while Blase may have decades of good deeds to hang his hat upon, he also had decades of wrongdoing to answer for.

"At the same time, month after month, time after time, he took these payments knowing they were wrong," Andersen said. "That is constantly on my mind."

Zenner brought four three people who made statements on Blase's behalf: The Revs. Christopher Gustafson, of Our Lady of Ransom Parish, and Dean Bostis, of St. Haralambos Parish; and Nick Katsoolias, former president of the Niles Chamber of Commerce.

"I'm here as a friend of Nick Blase, who came to me seeking help," Katsoolias said. "The man I know is a great man who is truly passionate about his community."

Zenner also described "1,000 years of Nick Blase," by adding up all length of time that everyone who had sent Andersen letters of support had known the for-

mer mayor. Among those who sent letters on Blase's behalf were Mayor Robert Callero, Family Services Director Marty Friedman and Park District Commission Chuck Barbaglia.

"He loves the village of Niles and the citizens of Niles loved him back," Zenner said.

But, in the end, Andersen said Blase's offenses demanded jail time.

"There is no moral doubt about the fact that taking these payments was wrong," he said. "There is no doubt in my mind and my heart that it was wrong. This is a case about money and a serious violation of public trust. The offense ... demands a punitive response."

Andersen said that he took Blase's age and health into account when deciding the prison sentence.

"I don't want to sentence Nick Blase to a life sentence," he said. "(But) I can't sit here and see this amount of money for that period of time and say a public official should not go to jail. The world needs to know."

## POLICE BLOTTER

The following incidents were listed in the official reports of the Niles Police Department. Readers are reminded that an arrest by police does not constitute a finding of guilt. Only a court of law can make that determination.

### DUI

Otgondavoa Ishdori, 25, of 4844 Mulford St., Skokie, was charged with driving under the influence of alcohol Monday on the 7200 block of North Milwaukee Avenue. He was released on \$3,000 bond and is due in court Feb. 26.

John Donnelly Jr., 57, of 14 N. Grace Ave., Park Ridge, was charged with driving under the influence of alcohol Sunday on the 7300 block of North Harlem Av-

enue. He was released on \$1,000 bond and is due in court Feb. 23.

John Quizhpey, 30, of 3500 N. Oak Park Ave., Chicago, was charged with driving under the influence of alcohol Sunday on the 7200 block of North Milwaukee Avenue. He was released on \$3,000 bond and is due in court Feb. 23.

Lourdes Revolorio, 27, of 3650 N. Albany Ave., Chicago, was charged with driving under the influence of alcohol Sunday on the 7800 block of North Milwaukee Avenue. He was released on \$1,000 bond and is due in court March 8.

Kevin Lloyd, 34, of 8823 N. Austin Ave., Morton

Grove, was charged with driving under the influence of alcohol Sunday at Touhy and Lehigh avenues. He was released on \$1,000 bond and is due in court Feb. 26.

### ARMED ROBBERY


A woman was carjacked Jan. 26 outside a store on the 8700 block of West Dempster Street. The victim told police an unknown man approached her car while she was loading it with groceries and demanded her keys while possibly holding a gun in his pocket. The offender fled the scene in the victim's white 2006 Audi and her purse, which contained \$250

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## diversions | PAGE B1

CONTACT: Jennifer Thomas, Managing Editor  
p: 847.486.7358 e: [jthomas@pioneerlocal.com](mailto:jthomas@pioneerlocal.com)

### 4 For Your Consideration

A quartet of activities for  
the coming week



Tony Andriacchi

**1. Tony Andriacchi** sings American pop classics, as well as songs from his CD, "At Long Last," at 7 p.m. Feb. 14 at the Skokie Theatre, 7924 Lincoln Ave., Skokie. \$25 in advance; \$30 at the door. Call (847) 677-7761 or visit [www.skokie-theatre.com](http://www.skokie-theatre.com).

**2. "Almost, Maine,"** Feb. 4-21 at The Gift Theatre, 4802 N. Milwaukee, Chicago. The play and dinner for two at the Gale Street Inn, 4914 N. Milwaukee, are only available as a coupled event, for \$75. Showtime at 8 p.m. Thursday-Saturday, with dinner before, and 3 p.m. Sundays, with dinner after. Call (773) 283-7071 or visit [www.thegifttheatre.org](http://www.thegifttheatre.org).

**3. Park Ridge Civic Orchestra** performs at 2:30 p.m. Feb. 7 at the Pickwick Theatre, 5 S. Prospect, Park Ridge. "Opera Potpourri" includes selections from "Othello" by Verdi; "Samson and Delilah" by Saint-Saens; "Carmen" by Bizet; and "The Damnation of Faust" by Berlioz. \$25; \$20 for students and senior citizens. Visit [www.parkridgecivicorchestra.org](http://www.parkridgecivicorchestra.org) or call (847) 692-PRCO.

**4. Newbery Medal-winning** children's writer Rebecca Stead, author of *When You Reach Me*, will discuss her books at 3 p.m. Feb. 6 at Barnes & Noble, 55 Old Orchard Center, Skokie. Call (847) 676-2230.

## 'Awake and Sing!' at Northlight a fitting story for our times

PLAY REVIEW

'Awake and Sing!'  
through Feb. 28 at Northlight Theatre,  
9501 Skokie Blvd., Skokie. \$35-\$50.  
(847) 673-6300 or [www.northlight.org](http://www.northlight.org).

By **ROBERT LOERZEL**  
Contributor

During the Great Depression, playwright Clifford Odets told stories about Americans struggling to make a living.

So it's no surprise that today's theaters and audiences are taking another look at Odets. This economic downturn we're experiencing now may not technically qualify as a depression, but many anxious Americans probably feel like characters in an Odets play.

Take note that the title of this 1935 play is a command. Odets was not just depicting one family's troubles with this drama — he was also trying to inspire audiences to take action and change their world.

Now, a fine cast and a top-notch director; Steppenwolf Theatre ensemble member Amy Morton, bring "Awake and Sing!" back to life at Skokie's Northlight Theatre. In a few places, Odets' script feels dated, but it's a realistic and moving depiction of a Jewish family in the Bronx fighting for its survival in the 1930s.

The Bergers are the sort of folks who shout at each other a lot across the dinner table. "Awake and Sing!" begins with just such a boisterous argument, which might make audience members fear that the whole play will be a headache-inducing affair. Fortunately, "Awake" moves on to more intimate and quiet moments



Cindy Gold as Bessie Berger and Keith Gallagher as Ralph Berger in "Awake and Sing!" at Northlight Theatre. (Photo by Timmy Samuel)

between the various members of this warring clan.

One of Northlight's most famous regulars, Mike Nussbaum, is a perfect fit with the role of Jacob, a wise and gentle old man who likes to play Caruso records and preach for socialist causes.

Jacob's daughter, Bessie, is the mother in this household, and she seems to be the epicenter of its strife. As written by Odets, Bessie is a case study of a bad mother: mean, bossy and unsympathetic toward everyone else in her family. At least, that's how she appears on the surface.

It's a challenging role, and the actress playing Bessie, Cindy Gold, has her work cut out for her. Gold (another beloved regular to Northlight) brings the appropriate gusto to the scenes where she hectors her children, her husband and her father, but she

needs to offer more hints about why Bessie is the way she is. There are a few telling moments, when Gold conveys the sense that her anxieties have twisted her love for her family into this misguided cruelty. Her performance could use a few more of these moments.

"Awake and Sing!" is a true ensemble piece, and it's a real pleasure to see several actors and actresses (Audrey Francis, Keith Gallagher, Peter Kevoian, Loren Lazerine, Demetrios Troy and Jay Whitaker) delivering very natural performances and interacting with one another.

Near the end of the play, Gallagher's character gives what is essentially a speech — a call to arms for young Americans in economically depressed times. It's a little didactic, but in the context of this play, it feels honest. *Comment: pioneerlocal.com*



Mike Nussbaum and Keith Gallagher in "Awake and Sing!", directed by Steppenwolf ensemble member Amy Morton. (Photo by Timmy Samuel)







FAMILY FRIENDLY

# Was the Big Bad Wolf framed?

By MYRNA PETLICKI  
Contributor

Alexander Wolf was framed! He may have had the opportunity to blow down a couple of pig houses, but what was his motive for double "hamicide?" Emerald City Theatre poses this question in "The True Story of the Three Little Pigs," 3 p.m. Saturday, Feb. 6, at Oakton Community College's Footlik Theater, 1600 E. Golf Road, Des Plaines.

"The world has known the side of the Pigs. Finally we get the perspective of the Wolf and see his side of the story," declared director Ernie Nolan. "He is misunderstood. Just because he is tall in size does not mean he is bad-



Emerald City Theatre is putting on a production of "The True Story of the Three Little Pigs" at Oakton Community College's Footlik Theater.

big, nor is he bad. As the audience finds out, it's all because of this unfortunate sneeze that the houses get destroyed."

Helping to sort the facts is a character from another

fairly tale.

"Little Red Riding Hood is now a CSI Wolf expert," Nolan explained. "Now there are many sides to the story and the audience gets to choose what they think

is the true story at the end of the play."

Tickets are \$7, \$5 for children under 12.

For details, call (847) 635-1900 or see www.oakton.edu/tickets.

### How sweet it is ...

for a girl, age 5 or older; to spend a special evening with her dad, uncle or grandfather at the Girls' Sweetheart Dance, 6:30-9 p.m. Friday, Feb. 19, at Prairie View Community Center, 6834 Dempster St., Morton Grove. There will be snacks and a DJ leading dancing and games. Cost is \$28 per couple for residents, \$37 for nonresidents, \$6 and \$8 per additional child. Register by Feb. 12.

For details, call (847) 965-1200.

### These kids really cook

Two young Evanston sisters will teach families how to prepare delicious, nutritious snacks during Spatulatta: Cooking4Kids, 2-3 p.m. Saturday, Feb. 6, in the Baxter Room Auditorium, at Morton Grove Public Library, 6140 Lincoln Ave. Belle, 13, and Liv, 11, are cookbook authors and online cooking show stars.

For details, call (847) 965-4220.

### Step lively

Families can get A Taste of Recreation, 6-6:45 p.m. on Feb. 5 during a First Friday event at Lincolnwood Town Center's Food Court, 3333 W. Touhy Ave. You and your children will learn to Dance Like a Star with Tina Mangos, who

will teach Latin and ballroom dancing. The program is a partnership between the shopping center and the Lincolnwood Parks and Recreation Department.

For details, see www.lincolnwoodil.org/RecreationDepartmentDescription.cfm.

### Early start to art

You and your 2- to 5-year-old will work with a variety of clays during Kids and I: Clay Edition, 9:30-10:20 a.m. Saturdays, Feb. 13-March 6, at Brickton Art Center, 306 Busse Hwy., Park Ridge. Cost is \$50 per couple for nonmembers, \$40 for members.

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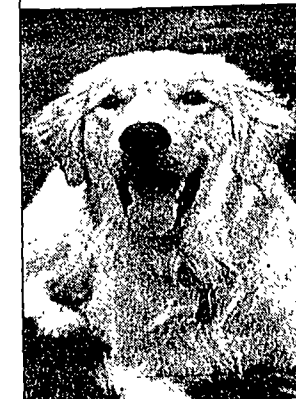
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Continued from PAGE B11

Eltvedt, Buenaventura Castrejon and Amy Roby will perform. Also, Paul Sanasardo will present his signature ballet, "Metallics," in its first Chicago performance. Tickets: \$10; \$5 for students with ID; free for NEIU students and faculty.

Portage Theater, 4050 N. Milwaukee Ave., Chicago. (773) 736-4050. www.portagetheater.org. March 27, 7 p.m.: The Mexican Folkloric Dance Company of Chicago, Sones de Mexico Ensemble Chicago and Wesoly Lud Polish Folk Dance Ensemble present "The Essence of Folklore." \$15-\$20.

**GROUPS & LESSONS**

Chicago Dance Chapter of USA Dance, the national organization representing amateur ballroom dancers. Lesson begins at 7:30 p.m.; dancing from 8:15-11 p.m. Admission: \$8 members; \$10 non-members; \$6 college students with ID. Dance music for all swing, Latin and ballroom dances. Partners not required - singles welcome. Beginning dancers encouraged. For information, call (847) 577-9014 or visit [www.usadancechicago.org](http://www.usadancechicago.org). Feb. 13: "Carnival in Rio" at The Centre at North Park, 10040 Addison, Franklin Park, featuring the samba.

Chicago Dance Latin & Ballroom School, 3660 W. Irving Park Road, Chicago. (773) 267-3411. [www.chicagodance.com](http://www.chicagodance.com). Feb. 13, March 13, April 10, May 8, June 12, 8:30-11 p.m.: Salsa

dance parties. \$15.

Happy Twirlers Dance Club provides round and square dancing at 7 p.m. the second Saturday of the month, through May 8, at Immanuel Lutheran Church, Thacker and Lee streets, Des Plaines. \$6 per guest. For information, call (847) 698-5501 or (773) 685-8407. Feb. 8 and 15, 7-9 p.m.: Square dancing lessons at Summit of Uptown, 10 N. Summit, downtown Park Ridge. First lesson free. Call (847) 729-5805.

Squares Sunday Evening Club holds ballroom dances from 7:30-10:30 p.m. at the American Legion, 9757 Pacific Ave., Franklin Park. Admission is \$8 for members; \$9 guests. Feb. 7: Music by The Dick Elliot Band. Feb. 21: Music by Chuck and Friends.

Square Spares & Pairs Square Dance Club, a club for couples and singles, dances the second and fourth Mondays of the month all year long at the Park Ridge Senior Center, 100 S. Western Ave., Park Ridge. Rounds start at 7:30 p.m., with squares from 8-10 p.m. \$5 for members; \$6 for guests. For information, call (773) 775-9427 or (708) 442-8646. Feb. 8: "Veterans for Freedom." Feb. 22: "Walking with Washington."

Square Wheels Square Dance Club dances the fourth Saturday of each month, September through May, at Our Redeemer Lutheran Church, 304 W. Palatine Road, Prospect Heights. Round dancing begins at 7:30 p.m. with Howard and Anna Hoffman, and square dancing starts at 8 p.m. with guest callers. Admission: \$6. For information, call (847) 392-5512 or (847) 253-3206. Feb. 27: Rick Allison.

**FAIRS & FESTIVALS**

St. Patrick's Day festivities, March 12-20 at the Irish American Heritage Center, 4626 N. Knox Ave., Chicago. March 12, 7 p.m.: Irish Dance Chicago, showcasing more than 150 dancers. \$10; free for children under 12. March 13, 1 p.m.-midnight: St. Patrick's Festival, a family-oriented event including traditional and contemporary Irish music, dance, food and children's activities. Performers include The Mickey Finns, Tim O'Shea and Patrick Buckley, The Dooley Brothers, The Shannon Rovers, The Mulhern School of Irish Dance, The Irish Heritage Singers and more. \$12 if purchased by March 11; \$15 at the door; free for children 12 and under. March 14, 7 p.m.: Munnely in concert. The sextet combines button accordion, fiddle, guitar, mandolin, banjo, piano, bodhrán and flute with the singing of All-Ireland champion Shauna Mullin. \$20. March 17, noon-midnight: Annual St. Patrick's Day party in the center's Fifth Province Lounge. Activities include Irish dancing, traditional and modern Irish music and food. \$10; free for children 12 and under. March 20, 7 p.m.: Stepping Forward, a variety show combining Irish music, step dancing and bag piping. \$20 for general admission; \$30 for VIP tickets, which include preferred seating. Call (773) 282-7035 or visit [www.irish-american.org](http://www.irish-american.org).

**FILM**

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go., PAGE B16

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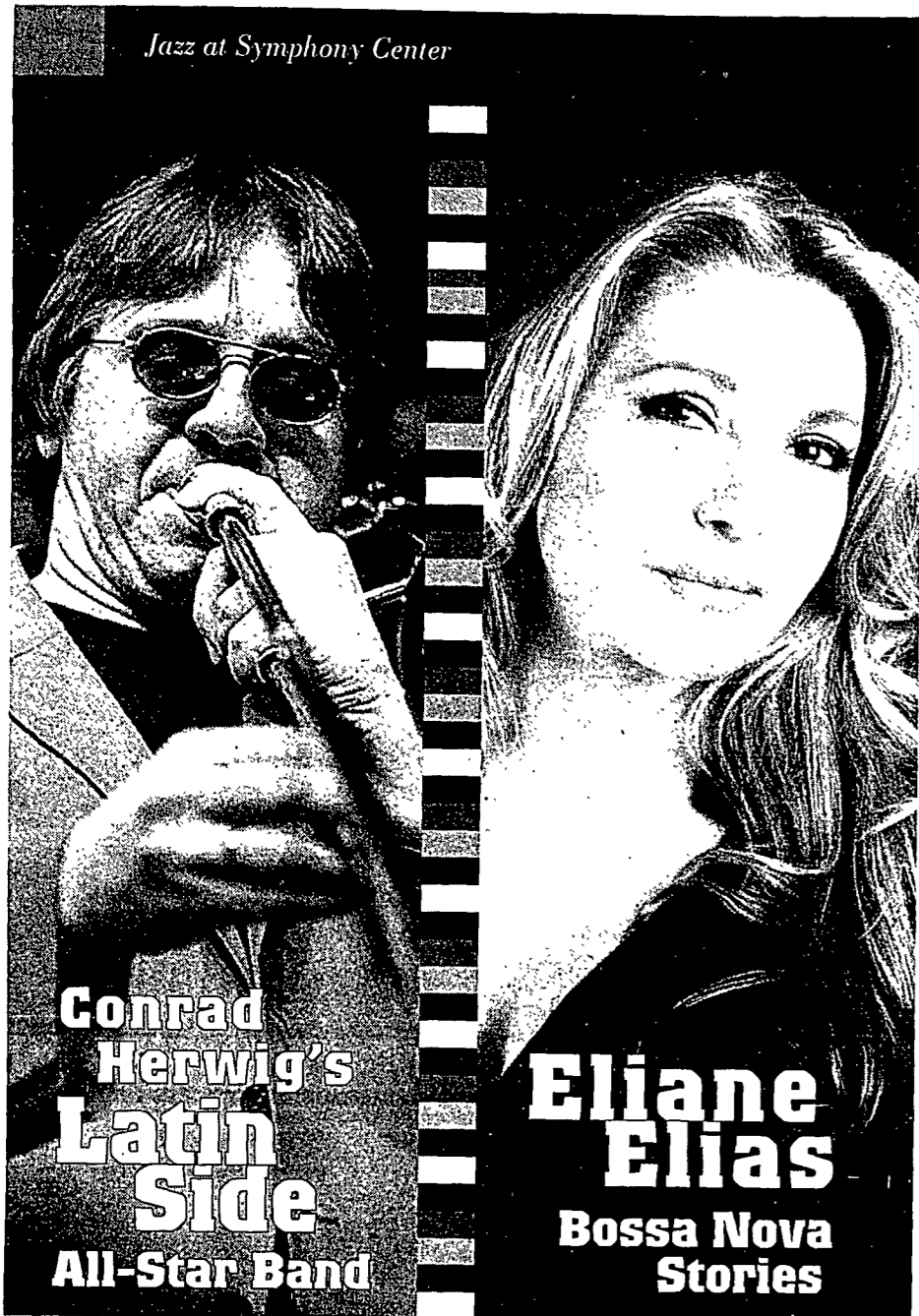
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The Ethical Humanist Society of Chicago is dedicating all the money raised at "The Prairie State Companion" show to longtime society member and show musician Brian Barnes, who is battling leukemia.

## Ethical Humanist Society gets foolish for a sick friend

**'A Prairie State Companion'**  
8 p.m. Saturday, Feb. 13, Ethical Humanist Society of Chicago's Second Saturday Coffeehouse, 7574 N. Lincoln Ave., Skokie. \$10. (847) 677-3334.

By **J.T. MORAND**  
jtmorand@pioneerlocal.com

The Ethical Humanist Society of Chicago is celebrating foolishness at their annual "A Prairie State Companion" show at 8 p.m. Feb. 13, the night before Valentine's Day, at the Second Saturday Coffeehouse, 7574 N. Lincoln Ave., Skokie. The society is a fellowship organization that welcomes individuals seeking a compassionate philosophy for life regardless of spiritual belief or nonbelief.

However, amid all the foolishness is a serious cause. The show is being performed this year as a fundraiser for Brian Barnes, an Oak Park resident and member of the society who is battling leukemia. He's been a key part of the show each year, lending his skills as a guitarist. A contribution of \$10, which includes refreshments, is requested, but show-goers are welcome to contribute more.

### Showing off

"A Prairie State Companion" show, performed by society members, is modeled after the Garrison Keillor-hosted radio variety program, "A Prairie Home Companion," which features music, stories and sketches, most full of satire. The 30-plus-year-old radio show is based in St. Paul, Minn.

Ken Novak, of Evanston, is the host, director and writer for "A Prairie State Companion."

Other performers include Vicki Elberfeld of Park Ridge, Lisa Crowe of Wilmette, David and Gail Hardesty of Skokie, Joe and Susan Burck of Glenview, Mary Bachman of Des Plaines and Steve Julstrom and Mary Novakovic, both of Chicago.

### Good times

"The theme is foolishness," Novak said. "There will be a lot of foolishness. It'll be a good time."

Although based on the Minnesota show, it's not entirely like it. Novak said it also resembles "Milly's Orchid Show," another variety show performed in Chicago with more of a

carnival air to it.

"I would describe our show as 'A Prairie Home Companion' without Minnesota jokes, and 'Milly's Orchid Show' with less cross dressing," he said.

But this year, the Ethical Humanist Society players will miss their friend Barnes, who will have to remain home after having undergone a stem cell transplant last month.

"He's an integral part of the Ethical Humanist Society," Novak said, adding he's never heard Barnes say an unkind word about anybody.

Barnes, who has been a society member for 13 years, was diagnosed with leukemia in 2002. He'll have to go on disability for a while.

Barnes has been involved with the show since its beginning in 2006. This will be the first time he's missed it, but he's confident it will be full of laughs.

"Ken writes some pretty good spoofs," Barnes said. "He creates a lot of laughter. And, Vicki tells some great stories. It's a local take, with jabs at ourselves."

Comment: [pioneerlocal.com](http://pioneerlocal.com)

### MOVIE REVIEW

## Not-so-special delivery

By **BRUCE INGRAM**  
Film Critic

### DEAR JOHN

★ ★ 1/2

Here's a movie that could, all by itself, explain why letter writing has fallen out of favor. Letters are slow, they tend to be dull, and they often leave you with the feeling that much more could have been said. To say nothing of the fact that they often turn out to be bad news. And so does "Dear John."

Based on a book by gong-ringing bestseller romance novelist Nicholas Sparks ("The Notebook"), "Dear John" is the story of Army Ranger Sgt. John Tyree (Channing Tatum), who returns to his home town on leave and instantly falls in love with an almost annoyingly nice girl named Savannah (Amanda Seyfried). John's work involves a lot of travel, to say the least, and often for years at a time, so they embark on a letter-writing long-distance romance. Can Savannah keep the faith and go the distance? Will John come home from war in one piece?

It's to Sparks' credit that there's a certain amount of uncertainty about both of those questions. The first time we see John, he's flashing back to his childhood after being shot in Iraq, and Savannah has a vaguely skittish look from the beginning. And it's to director Lasse Hallstrom's credit that "Dear John" has a touch of initial dramatic heft and credibility. From the opening moments, it has Hallstrom's trademark bittersweet warm glow. And that isn't necessarily a sign that you should run for the exit, given a track record that includes "My Life as a Dog," "What's Eating Gilbert Grape," "Chocolat" and "The Hoax."

In this case, though, consider it a bummer alert.



Channing Tatum and Amanda Seyfried in "Dear John."

Disillusionment sets in with the realization that there's something faintly revolting about the romance at the heart of "Dear John." Possibly because Tatum and Seyfried don't appear to have the slightest genuine emotional connection to each other. Which makes it appear that John and Savannah are merely going through the motions, as if karmically compelled to undergo romantic misery.

It all makes sense on paper, though. Savannah's the kind of nice girl John never dreamed he could have. She doesn't drink, smoke, sleep around or cuss (at least out loud). She builds houses for the homeless in her spare time and aspires to work with special-needs kids. "I have plenty of faults, John, believe me," Savannah sadly confides. (Hmmm. Texting while driving? Shoplifting? Compulsive flashing? Unfortunately, we never learn.) And John is catnip for Savannah: He's the strong, silent type, he's a reformed bad boy and he's man enough to shed copious tears when the time comes. And, of course, he's ripped like a Greek statue.

Nevertheless, there is little more than feeble sparks between the leads. Tatum does well in a role that requires him to stretch out a bit, emotionally (though he still pops his top at every opportunity). But the almost saintly selfless-

ness of his character grows harder and harder to accept. And Seyfried seems entirely out of place in a tragic-romance after raving it up (quite comfortably) as a demon-fighting high-school social outcast in "Jennifer's Body."

So it comes as a relief when 9/11 goes down and John extends his tour of duty and their great romance shifts into postal mode. In addition to making the heart grow fonder, a little distance relieves the ickiness. Truly, John and Savannah are a couple who really should not be alone in a room together. Unless it can be sealed and quarantined.

Hallstrom keeps things moving along though, with all the considerable craft at his command, milking even more sap from John's relationship with his autistic, coin-collecting dad (the always reliable Richard Jenkins). He also gets a reasonable amount of emotional oomph from the surprise that is set up in the opening moments.

And while the proceedings become wearisome fairly quickly, it's nice that the story eventually moves in an unexpected direction — and resolves itself in a subtle, or, at least, ambiguous way.

"Dear John" might be bloodless and drippy and dull, but at least it'll keep you guessing a bit — to the extent that you care to be bothered.

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Continued from PAGE B12

ditorium at the Block Museum of Art, Northwestern University, 40 Arts Circle Drive, Evanston. (847) 491-4000.  
www.blockmuseum.northwestern.edu/block-cinema. Admission is \$6; \$4 for Block Museum members, senior citizens, and students with ID, or as noted below. All films shown at 7 p.m., unless noted otherwise. **Art Theory & Practice series** - Feb. 5: "Landscape Annihilates Consciousness." **New Documentary series** - Feb. 6, 2 p.m.: "Visual Acoustics," a documentary that celebrates the life and career of architectural photographer Julius Shulman. **Political Come-**

**dies series** - Feb. 11: "The Discreet Charm of the Bourgeoisie." Feb. 25: "The Firemen's Ball." **The Teen Screen series** - Feb. 12: "Afterschool." Feb. 19: "The Cool World." Feb. 26: "I'm Gonna Explode." **Bloomington on Film series** - Feb. 13, 2 p.m.: "Maurice." Feb. 20, 2 p.m.: "Love Letters and Live Wires: Highlights from the GPO Film Unit." **The Reeltime Independent Film and Video Forum** presents award-winning independent feature, documentary and short subject films and videos. Each screening is followed by discussions with the audience. All Reeltime screenings are free. Feb. 18, 7 p.m.: "Radical Disciple: The Story of Father Pflieger. A discussion with Evanston filmmaker Bob Hercules will follow the screening. Irish American Heritage Center, 4626 N. Knox Ave., Chicago. (773) 282-7035.

**www.irish-american.org**, Friday Night Film Series - Feb. 5, 8 p.m.: Screening of "Jackie: Behind the Myth," a documentary on the life of Jacqueline Bouvier Kennedy Onassis. The film's co-writer, Karen Kelleher, will introduce the movie and present a post-film discussion. \$10.

### ORGANIZATIONS

Des Plaines Art Guild meets at 7 p.m. on the second Tuesday of the month at the Prairie Lakes Community Center, 515 Thacker St., Des Plaines. New members are welcome. For information, call Margaret Newman. (847) 924-8952, or visit www.dpag.org.  
Park Ridge Art League meets at 7:30 p.m. the third Friday of the month in the South Park Fieldhouse, 833 Talcott

Road, Park Ridge. Guest fee is \$3. Call Dorothy DuSod. (847) 825-3505.  
Skokie Photographic Society meets at 7:30 p.m. the third Thursday of each month at Skokie Village Hall, 5127 W. Oakton St. All levels of photographers welcome. Call (847) 677-8324.

### SINGLES

Love Bowl Speed Bowling Super Bash, 6 p.m. Feb. 14 at the Brunswick Zone Bowling Center, 7333 Milwaukee Ave., Niles. Men take turns bowling two frames with women, then move on to the next lane until everyone meets. \$20 includes Speed Bowling, social mixer, snacks, raffles and more. Call (847) 604-3518 or visit www.speed-bowlingchicago.com.  
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ballroom dancing for all ages. Semi-dressy to dressy attire for women; jackets for men. No jeans or gym shoes. All dances are from 8:30-11:30 p.m. Admission is \$7 for members; \$9 for guests. Call (847) 678-7068. Feb. 5: Dance at the American Legion Hall, 9757 Pacific, Franklin Park, with music by Ken Jandes.

### ET CETERA

Intergalactic Bead and Jewelry Show, 10 a.m.-5 p.m. Feb. 20-21 at the Skokie Banquet and Conference Center, Holiday Inn Chicago North Shore, 5300 W. Touhy Ave., Skokie. Admission: \$5 on Saturday; \$4 on Sunday. To register for classes or for more information, visit www.beadshows.com.  
Irish American Heritage Center, 4626 N. Knox Ave., Chicago. (773) 282-7035. www.irish-american.org. Feb. 14, 5-9 p.m.: Valentine's Day Hooley, featuring dancing, singing, refreshments and live music by Joe Cullen and Kathleen Keane. \$12 includes light food and a cash bar.  
Skokie Theatre Music Foundation presents concerts in the Skokie Theatre, 7924 Lincoln Ave., Skokie. (847) 677-7761 or www.skokietheatre.com. Feb. 12, 8 p.m.: Vaudezilla presents "Shtick With Us: A Vaudeville Burlesque." Tickets: \$15-\$20.

### MUSEUMS

Illinois Holocaust Museum & Education Center, 9603 Woods Drive, Skokie. (847) 967-4889. www.ilholocaustmuseum.org. Hours: 10 a.m.-5 p.m. Mondays, Tuesdays, Wednesdays, Fridays; 10 a.m.-8 p.m. Thursdays; 11 a.m.-4 p.m. Saturdays and Sundays. Admission: \$8; \$5 for children ages 5-12; \$6 for students ages 12-22 and senior citizens. Special exhibitions are free with museum admission. Through Feb. 28: "Anne Frank: A History for Today," a traveling exhibition sponsored by the New York-based Anne Frank Center USA, Inc. The story of Anne Frank and her family is juxtaposed against world events before, during and after Adolf Hitler and the Nazi party's rise to power. The exhibition includes photographs of the Frank family and other occupants of the Secret Annex. Feb. 18, 6:30 p.m.: "Born in Mauthausen: Eva Clarke's Story," a Holocaust survivor discussion. \$10 for museum members; \$20 non-



Frank Sinatra, Jr. will perform at 8 p.m. Saturday, Feb. 13, at the North Shore Center for the Performing Arts, 9501 Skokie Blvd., Skokie. The son of Ol' Blue Eyes will be backed by an eight-piece orchestra in a show honoring his father and his legendary hits. Tickets cost \$65-\$80. Price includes a free post-show dessert reception in the lobby. Call (847) 673-6300 or visit www.northshorecenter.org.

members. Reservations required. Feb. 21, 1:30 p.m.: "The Arts Meets Social Services." Bernard Beck, ensemble member of Piven Theatre, will become Leo Gold, a Holocaust survivor grappling with memory loss, as he performs and discusses excerpts from the production "Number of People," by Emilie Beck, which will premiere at Piven Theatre Workshop in Evanston, March 6-April 11. David Chack, president of the Association for Jewish Theatre, and David Bier, consultant to Holocaust Community Services, will discuss the arts and social services as a central theme in the production. Free with museum admission. Program attendees will receive vouchers for complimentary admission to "Number of People" at Piven Theatre. Feb. 28, 1:30 p.m.: Screening of Kartemquin Films' new documentary, "Prisoner of Her Past," the story of Holocaust survivor Sonia Reich. A panel discussion and book signing with Howard Reich will follow the screening. \$15 for members; \$20 nonmembers. Reservations required.

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Today Cupid is the mascot of Valentine's Day. His mischievous or devious nature is downplayed, and he is best known as an adorable matchmaker with heart-tipped arrows. You can evoke Cupid this Valentine's Day by drawing arrow-pierced hearts on steamed-up mirrors in the bathroom for your mate to discover. Or send Valentines with hearts and arrows as the theme. TFI02061

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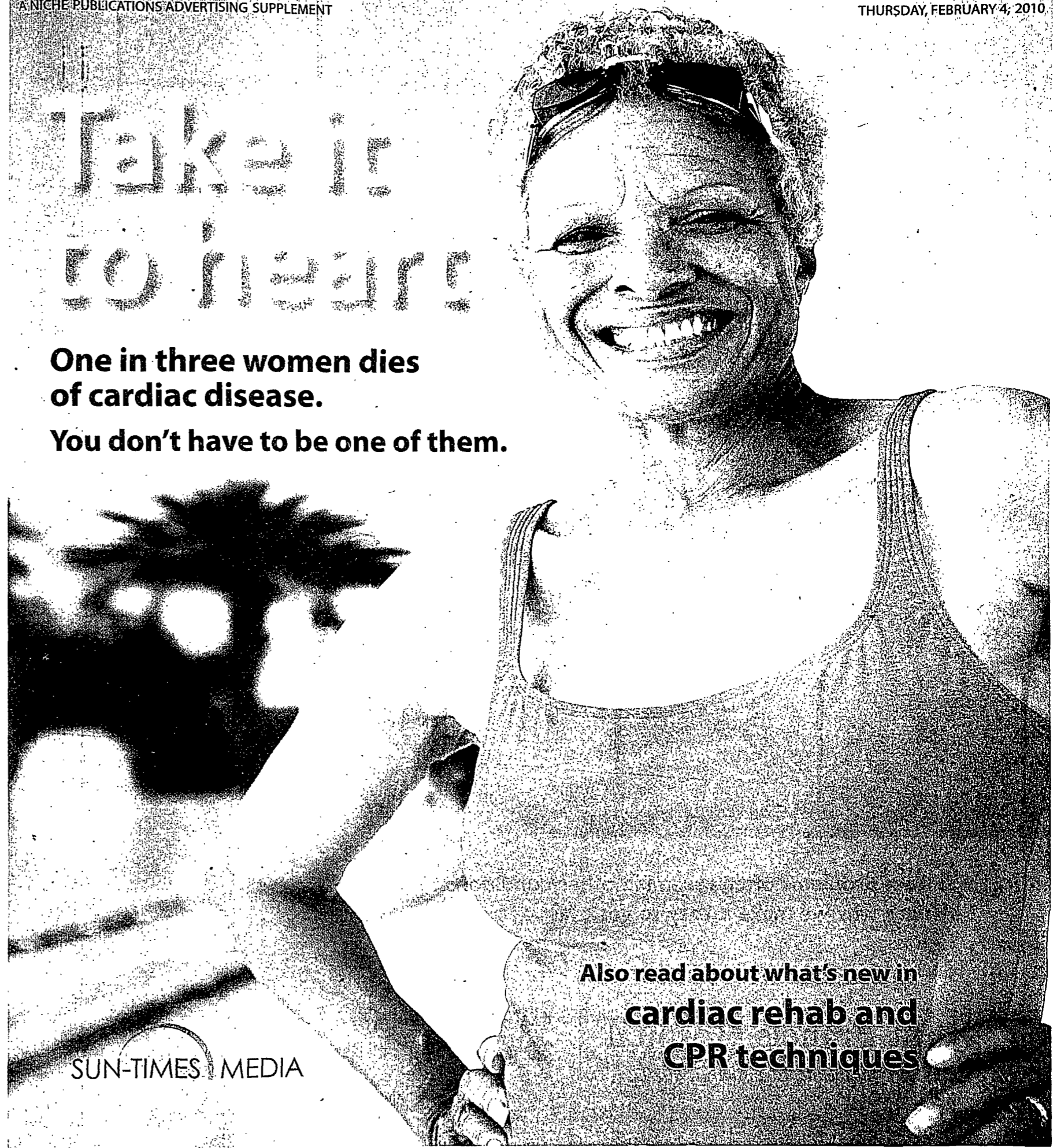
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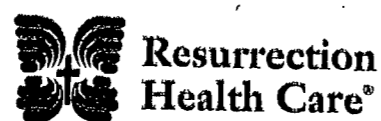
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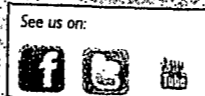
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## Keep the beat: Listen to your body



Americans are being urged to pay attention to how they feel and not ignore suspicious symptoms, no matter how busy they are.

By Kay Severinsen

It's easy to think that "we all go sometime." But no one should have to die of heart disease in the prime of life – or before. Yet due to obesity, lifestyle, diet and other very changeable issues, the disease has reached "pandemic" levels, health professionals say.

During February, the American Heart Association heralds American Heart Month with an education campaign that in recent years has added the "Go Red for Women" component to raise awareness that heart disease is the number one killer of women.

Better awareness might have helped Helen Pate, a vice president of wealth management at PNC in Chicago,

who, in her 30s, suffered two years of poor health, going from doctor to doctor without finding relief from fatigue, sleeplessness, back pain and stomach aches. Nor one of her seven doctors ever rested her heart, even though she had a family history of heart problems.

It never occurred to her, either, to consider heart disease. She was fit, active and took care of her health. It still didn't occur to her one night in 2005 when she woke up at 3 a.m. with searing pain in her back, so intense she could barely get out of bed. She tried to walk it off, then struggled into her clothes. Somehow she was able to get into her car and drive herself a mile to the nearest hospital, Rush Medical Center. It never occurred to her to call 911.

And while her situation is relatively rare, Americans are being urged to pay attention to how they feel and not ignore suspicious symptoms, no matter how busy they are.

"Women present differently than men," she said. It might not be a "crushing elephant pain on your chest. It might be back pain, lower back or upper back, fatigue and sleeplessness. I had all the symptoms. The aneurism had been growing over time."

And while she was persistent in seeking medical help, the fact that no one considered heart trouble nearly cost her her life.

She is also fortunate that she didn't keep trying to "walk it off."

No one should feel embarrassed about going to the emergency room or to a doctor for unusual symptoms,

After several hours and numerous tests, the doctors told her she had a leaking aortic aneurism that was about to rupture. She was, they said, probably just hours from death.

However, Rush had a pioneering technique of feeding a stent up through her femoral artery into her heart. It worked and she was home recovering within three days. Today she is a volunteer spokesperson for Go Red for Women, urging people to be aware of their bodies and to find a strong doctor who will be a health partner.

"I'm extremely fortunate my life was saved," she says. "The difference in my life now from five years ago is like night and day. Nor everyone is as in tune with their bodies."

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No one should feel embarrassed about going to the emergency room or to a doctor for unusual symptoms,

said Dr. Ann Davis, a cardiologist with Edward Hearr Hospital in Naperville.

"We will never say, 'What are you doing here?'" she said. "You should never feel silly. And if you aren't having a heart attack, we are glad."

For Dr. Davis, advocating a heart healthy lifestyle has become a passion. Just a few years ago, she weighed 250 pounds. Suddenly it seemed as though other doctors, only in

Now she eats three small, low-fat meals and three snacks a day. She added monounsaturated fats and eliminated partially hydrogenated and saturated fats. She learned to order healthy food in a restaurant. She discovered the grain quinoa, which is cooked like rice. And she learned to use exercise, not food, to reduce stress.

The result – in two years she dropped 50 percent of

*It still didn't occur to her one night when she woke up at 3 a.m. with searing pain in her back, so intense she could barely get out of bed.*

her 50s, were dropping dead all around her. She was only in her late 30s. She worked long hours and is the mother of two young boys.

"That was the moment I said, 'I'm done.'" She knew her own life had to change dramatically. She began looking for answers, and started with a personal trainer who got her to start working out and lifting weights.

She gave up her bad eating habits – skipping breakfast and snacking on candy or anything that was handy during her busy day.

her body weight. She lost 125 pounds and now weighs 125 pounds.

One day she asked her son if he had noticed anything different about Mommy, wondering if he might have noticed that she was half her former size.

"He said, 'Mommy is healthy and strong,'" she recalls with real pride. "My energy is better. My mood is better. I run 5K races with my husband now. I went down a slide with my son at the Winter WonderFest at Navy Pier. I never would have done that two years ago."



Helen Pate, a vice president of wealth management at PNC.

### Warning signs

If you experience these symptoms, or notice them in someone else, call 911 right away.

#### Heart attack

**Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

**Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

**Shortness of breath.** This feeling may occur with or without chest discomfort.

#### Other signs of discomfort.

These may include breaking out in a cold sweat, nausea or lightheadedness.

The most common heart attack symptom in men and women is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

#### Stroke

Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.

Sudden confusion, trouble speaking or understanding.

Sudden trouble seeing in one or both eyes.

Sudden trouble walking, dizziness, loss of balance or coordination.

Sudden, severe headache with no known cause.

Source: Go Red for Women®

### What is Go Red for Women?

The American Heart Association started the Go Red for Women® program in 2004 to raise awareness of the deadly effects of women's heart disease. Even though medical advancements and



American Heart Association

raised consciousness has helped many Americans improve their health, some still regard heart disease as primarily a men's issue. In fact, heart disease is the number one killer of women. One in 30 women will die of breast cancer, but one in three will die of cardiovascular disease.

Go Red for Women uses a red dress symbol as its logo, and has picked Feb. 5 as its national Go Red day and encourages every woman to wear red on that day. However, the movement encourages women to participate in

Go Red on any day in February.

#### Some of the events and opportunities include:

- Participating cities light up buildings or dye fountains red to remind people of women's heart disease.
- Many U.S. companies have sponsored employee events that raise money for research.
- Individuals are encouraged to become Go Red members and sign up for a free online 12-week program called the Better U Makeover.

- Speakers, luncheons and other events starting in February and continuing through spring raise awareness and cash.
- Mothers of some of the National Football League's most prominent players will make appearances and give interviews starting Super Bowl week.
- Female members of the 2010 Olympic team will be wearing red and speaking up about heart disease.

For more information about the program, visit [www.goredforwomen.org](http://www.goredforwomen.org).

## Latest CPR method and defibrillators offer shot at saving lives



Hands-Only CPR has emerged as the preferred alternative in scenarios in which respondents have witnessed a teen or adult collapse. BUZZ ORR/SUN-TIMES MEDIA

By Daniel P. Smith

Dr. Stephen Archer sees a hefty task rising before him, yet he remains encouraged, optimistic, and confident.

For the last 20-plus years, Archer, chief cardiologist at the University of Chicago Medical Center, and many of his health care colleagues have promoted conventional cardiopulmonary resuscitation (CPR). The administration of breaths and chest compressions used for emergency cardiac arrest situations has become a first aid staple. A decades-long public education program, executed in schools, workplaces, and seminars, has been so successful that upwards of 9 million Americans received CPR training annually throughout the last decade.

Now, Archer and his colleagues face a new challenge: spreading the message about Hands-Only CPR™, the latest evolution in cardiac arrest response that eliminates the delivery of breaths.

"Now, we've got to reprogram the population," Archer said. "Another public education program awaits."

While conventional CPR retains its merits and value—specifically in situations involving children under 8 years old, adult victims found unconscious and breathing-

related emergencies such as drowning or drug overdose—Hands-Only CPR has emerged as the preferred alternative in scenarios in which respondents have witnessed a teen or adult collapse.

Hands-Only CPR requires a series of 100 deep, vigorous chest compressions per minute. By eliminating the breaths as directed in conventional CPR, Hands-Only CPR erases the biggest objection many had to



Cook County Sheriff's Deputy Lorraine McConnell displays an Automated External Defibrillator at the Markham Courthouse. McConnell and a citizen saved a man's life by performing CPR on him after he collapsed from a massive heart attack in a Homewood courtroom. JOSEPH P. MEIER/SUN-TIMES MEDIA

the traditional response. "We all want to be the hero, but there were some real social barriers to doing conventional CPR," Archer said. "Hands-Only CPR is a method that eliminates that social barrier, the

giving of breaths, and proves helpful in restoring blood circulation and potentially saving a life." The Hands-Only CPR movement began with a group of Arizona paramedics in 2004. Frustrated and discouraged with the number of successful rescues they encountered in cardiac arrest situations, the paramedics wanted alternatives. "The essence of this discovery is that the existing results were bad

and the paramedics thought the results could be better," Archer said. "The paramedics get real credit for challenging the status quo and believing better results could be had." Teaming with physicians, a

two-year medical trial examined the results of a Hands-Only CPR response in cardiac arrest patients in two Arizona cities. The trial showed that three times as many cardiac arrest patients eventually were discharged from the hospital once the new CPR method was in use. A similar study in rural Wisconsin produced similar results, providing real weight to the Hands-Only CPR movement and its place as a valued response in emergency situations. "What we've learned is that the quick use of CPR, whether conventional CPR or Hands-Only CPR, is central to a positive ending," Archer said. According to the American Heart Association (AHA), fewer than one-third of those who experience a cardiac arrest at

an unfounded concern," said Mark Hermes, a certified AED specialist with Cardiac Science Corporation, a Chicago-based company that develops and manufactures AEDs. AEDs, Hermes assures, are simplistic machines that, when put on a cardiac arrest victim, can only do positive. "You can't do harm once those pads are on," Hermes said. A computer-based technology, today's AEDs work in tandem with CPR. The AED offers voice prompts—and, in some cases, text prompts—to guide a user through the entire process of putting on the pads and using the AED. The AED will analyze heart rate and heart rhythm to determine if a shock is needed. Meanwhile the latest AEDs often provide instructions on

*"What we've learned is that the quick use of CPR, whether conventional CPR or Hands-Only CPR, is central to a positive ending."*

— Dr. Stephen Archer

home or in a public location receive immediate help, such as CPR or a defibrillator. In most cases, bystanders are fearful of doing something wrong or worsening the situation. In simplifying its recommendations with Hands-Only CPR, the AHA offers a comforting alternative for those untrained or unwilling to perform conventional CPR.

"We want people to know that they can be helpful," Archer said.

The same assurances and confidence carry over to the use of automated external defibrillators (AED). Required in such public places as health clubs, schools, and outdoor fitness facilities, AEDs have also filtered into private spaces, including workplaces and homes. A growing public familiarity with AEDs, however, has only slightly improved the public's comfort level with using the devices.

"The number one concern people have is that they're worried about unnecessarily shocking someone and doing more damage. These days, that's

administering Hands-Only CPR to an unconscious, unresponsive person.

"It's as simple as turning on the AED and listening to the instructions," Hermes said, citing a litany of research showing untrained users of AEDs perform clinically effective CPR, a key combatant to severe, if not fatal, damage in a cardiac arrest case.

With its renewed public education effort, the AHA hopes to put a serious dent in the 95 percent of sudden cardiac arrest victims who die before reaching the hospital. When effective bystander CPR is provided, a victim's chance for recovery doubles, as the brain and heart receive vital blood flow from the compressions.

"Cardiac arrest is the ultimate medical emergency, so we don't want to complicate protocol," Archer said. "With Hands-Only CPR and the simple use of AEDs, cardiac arrest victims gain a much greater shot at survival. We want to inspire confidence in all bystanders that their efforts are valuable and can help save a life."

## Want to learn CPR? There's an app for that.

By Daniel P. Smith

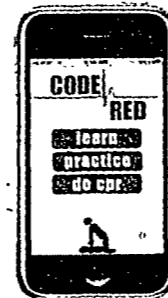
Alongside Apple iPhone apps for tracking flight information and birthdays, a new app has made its appearance in the iPhone world—CPR instruction.

Developed last summer and released in October by Chicago-based Code Red, the new iPhone app offers users the chance to learn, practice, and receive real-time instruction on CPR for adults, children, and infants. "We wanted to figure out a way to make CPR more accessible. It's important, but too often low on the totem pole," Code Red CEO Brian Leonard said.

In addition to watching CPR instructional videos, users can also practice CPR by either tapping the phone to get the pacing of compressions or by holding the phone on both ends and pushing down, thereby mimicking a com-

pression. The app also allows users to breathe into the receiver to assess the breathing rhythm practiced in conventional CPR.

In the event of a real-world emergency, the app can also provide step-by-step verbal prompts to deliver CPR. Code Red's CPR iPhone app can be downloaded at the Apple store or by visiting [cpriphoneapp.com](http://cpriphoneapp.com). Though currently limited to the iPhone and iPod Touch, Code Red plans to have the app compatible with other smartphones by the end of 2010.



Code Red's CPR iPhone app offers users the chance to learn, practice, and receive real-time instruction on CPR.

## At last - a livable diet program

Right about now, the guilt may be setting in. The holidays are one long season of over-indulgence for many of us. More than one holiday binge has led to an extra five or 10 pounds - and a pledge to get healthier in the New Year. Sadly for most Americans, such resolutions are often broken and forgotten by the time Valentine's Day rolls around.

It's never too late, however, to get back on track with a healthier lifestyle. You can lose the holiday weight - and guilt - and you just might improve your health and quality of life for the long haul.

Mayo Clinic, a leading authority on health and nutrition, offers some sensible, livable advice for managing your health and weight in 2010 and beyond.

For the first time in its history, Mayo Clinic has developed and published a diet. Recommending simple lifestyle changes and requiring

no special foods, calculators, or food scales, the New York Times No. 1 best-seller "The Mayo Clinic Diet" is based on a common-sense approach to losing weight.

"Many patients I see have tried several diets in an attempt to lose weight, yet the weight keeps coming back," says Dr. Donald Hensrud, a Mayo Clinic specialist in preventive and internal medicine, and medical editor-in-chief of the book. "The key to weight loss is to eat well and exercise regularly. Our goal with this book is to give people real tools for doing that."

Dietary advice in the book includes five habits to add to your lifestyle, such as eating unlimited servings of fruits and vegetables each day; five habits to break, like revising the kinds of snacks you eat; and for those who are especially motivated, five "bonus" habits to adopt such as keeping a journal of everything you eat.

As one of the foundations

of the diet, Mayo Clinic also advocates using The Mayo Clinic Healthy Weight Pyramid that differs from the official USDA pyramid. The Mayo Clinic Healthy Weight Pyramid focuses on vegetables and fruits as the basis of a healthy diet, followed by progressively lesser amounts of whole grains, small portions of lean protein (the size of a deck of cards) and dairy foods, healthy fats and, finally, sweets.

Exercise also plays an important role in weight loss. While working out is beneficial, so is virtually any elevated level of physical activity, like walking more often, cleaning the house, mowing the lawn or gardening. Whatever moderately intense physical activity you choose, aim to do it 30 to 60 minutes per day most days of the week. To learn more about "The Mayo Clinic Diet", log on to [www.mayoclinic.com/diet](http://www.mayoclinic.com/diet).

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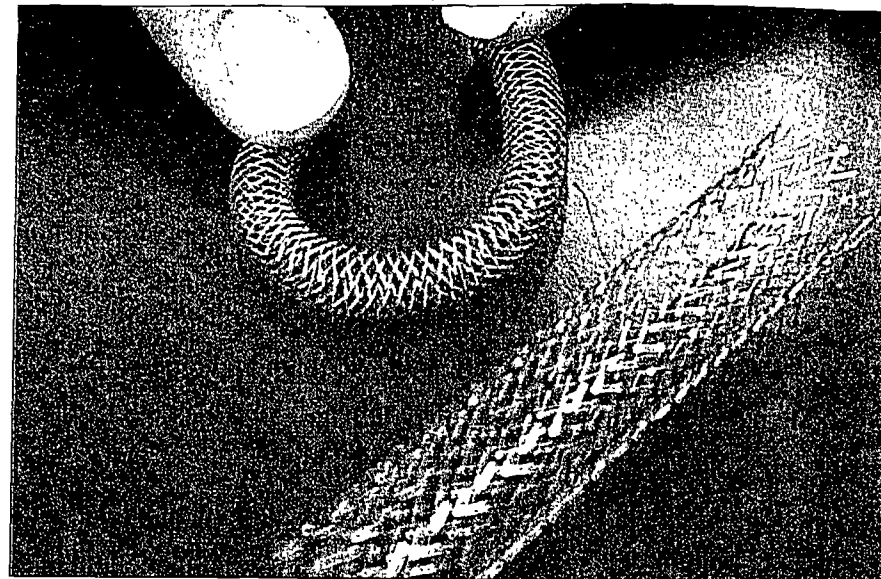
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A flexible stent is placed in arteries to help blood flow. TERRY KETRON/AP PHOTO

## Woman's heart attacks include symptoms both classic, rare

By Deborah Leigh Wood

This should have been me," my husband said, as I lay in the ICU after having a heart attack. I agreed. Not that I wished bad things on my spouse of 20-plus years. It's just that I was the one who obsessed over health — eating the right food (vegan, no less), drinking only an occasional glass of wine and exercising four to five times a week. Plus, I've never smoked, have normal cholesterol and am average weight.

I quickly lost those bragging rights after my newly assigned cardiologist listed all the risk factors that precipitated my heart attack, or, as it's technically called, a myocardial infarction (M.I.). My biggest risk factor was having rheumatoid arthritis, an inflammatory disease that doubled my risk of heart disease. Then there was my family heart history: my dad had two consecutive heart attacks in his early 40s (nearly 90, he's been swimming every day since then). And let's not forget the enormous stress I was under due to family circumstances.

Put them all together and you have a 53-year-old woman whose life was saved by a stent to keep open my LAD (left anterior descending artery, more colorfully known as "the widomaker").

Whenever my heart attack comes up in conversation, the first question women ask me is, "What were your symptoms?" (We've all read that women often have different symptoms from men.)

"Which time?" I ask. The truth is, the 2006 heart attack was my second. One year earlier, I had suffered one at home. But I didn't tell a soul until I had the second one. The first one was your classic "Hollywood heart attack": nausea, pain in the left arm and shoulders, crushing pressure in the chest and a feeling of doom.

While it was happening, I glanced at the list of heart attack symptoms taped to the back of our bedroom door and mumbled, "Hmm... this must be like a heart attack." In about 15 minutes, the symptoms subsided and I went my merry way.

The second time, the symptoms weren't as classic, which is partly why I walked around for four days trying to decide what to do about the recurring episodes of fierce sweating, throbbing shoulder aches and

the worst reflux I'd ever had. This reflux, unlike the kind I was used to, was especially harsh and didn't subside with medication.

But again, I neatly parked my fears in some convenient part of my brain and did nothing... until the fifth day, when I woke up screaming in pain at around 5 a.m.

My husband and I jumped in the car, never thinking to call 911. Ten minutes later I walked into the ER complaining of severe heartburn. Thank goodness the staff immediately ordered an EKG, which told them I was at that moment having an M.I. Then, "E.R." style, I was rushed down to the cath lab.

The whole experience felt like it was happening to someone else. It still feels that way most of the time. I guess it's just how my mind chooses to cope. The upside

is I didn't get depressed, as many heart attack patients do after their "event." The downside is my heart figuratively does a tiny two-step whenever something feels abnormal. And my crowded pill dispenser makes me feel like I'm 90.

Make that a grateful 90.

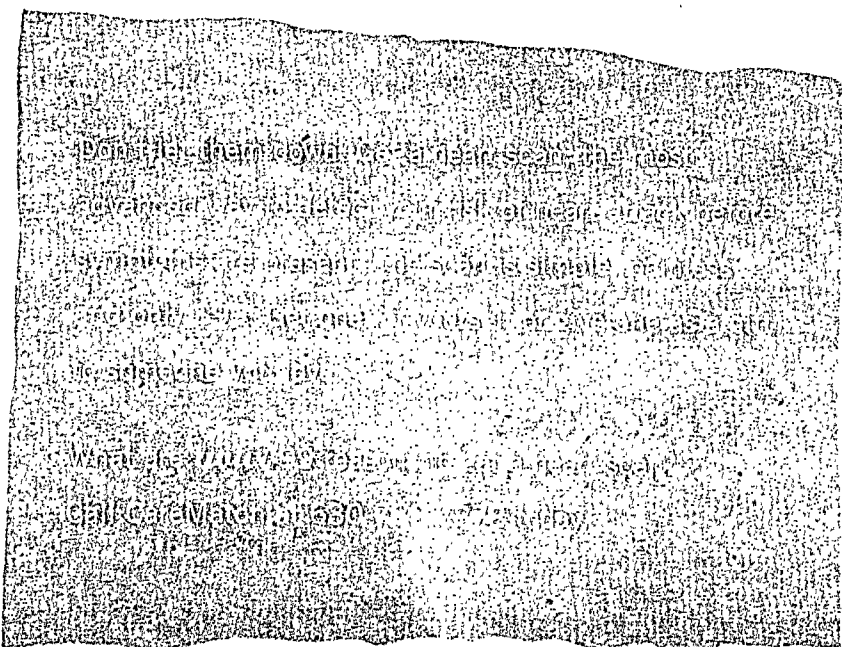


Deborah Leigh Wood, a health-conscious vegan, is also a heart attack survivor.



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# How to eat what you preach

By Kay Severinsen

"Too bad we can't [chat] over lunch where I would totally embarrass you with my ordering!" wrote Dr. Ann Davis in an e-mail.

There was only one answer to that. You're on.

This would be a great chance to see a cardiologist, who practices at Edward Hospital in Naperville, really practice what she preaches. We agreed to meet at a restaurant known for its steaks, homemade potato chips, and bacon and cheese hamburgers. This oughta be good, I figured.

When the waiter arrived, Dr. Davis asked for a bison filet.

No butter. Without butter, she explained, the hefty filet has 190 calories;

as it is normally served, it has 300 more calories from butter. Then she warned him she had a lot of questions, and explained she was trying to eat healthfully. "I'd like a salad with extra vegetables. Anything fresh that you have, maybe a little onion. No cheese, no croutons. And balsamic vinegar on the side."

Did she mean balsamic vinaigrette? No. Balsamic vinegar. No oil.

Because she told him ahead of time that she would be very particular, he was patient.

While she was giving him all her special instructions, she smiled and explained, "I'm not trying to be a pain... I'm just trying to eat healthy."

He took it all in stride. No potato. Vegetables on the side. Fresh asparagus, no butter, no

lemon butter. Fresh broccoli, no butter, no salt.

"If you are friendly and nice, and explain what you are doing, usually they will be very helpful," she said. "You don't have to feel bad about eating right."

I've never tried bison, and had never eaten a naked salad. But when the waiter turned to me, I said, "I'll have what she's having."

When the salad came out, I was game to try it with vinegar and no oil. The salt shaker was calling me but I ignored it.

Even with just balsamic vinegar, the salad was great, because the vegetables were so fresh. The vinegar brought out the individual flavors of each kind of lettuce.

The bison steak was juicy and flavorful, and I couldn't imagine how 300 calories of butter could have improved it. The asparagus was perfectly done, so was the broccoli. I squeezed lemon juice on both, but in a moment of weakness,

added a little salt. The waiter explained that biscuits come with the meal, so he brought them to the table.

Rather than put them on our plates, he put them on a separate plate at the corner of the table. Where they stayed.

How could one eat a buttery biscuit while hearing about the pandemic of obesity in our nation? About the 30-year-old she treats for heart attacks or the slew of doctors who had dropped dead in their 50s. How could you even look at a biscuit after hearing that she lost 125 pounds in a year and a half?

At the end of the lunch, we had both had about 250 calories apiece instead of 1,200 or more. And we got a personal visit from the restaurant manager, who shared that he had changed his habits since having a heart attack seven years ago. He showed us two of the reasons why - photos of his little children. It was a teary moment.



Grass-fed bison does not taste gamy. Leaner than beef, it has 50 calories/ounce and is 15 percent fat. LARRY CROWE/AP PHOTO

In one restaurant, Dr. Davis said, the owner came out after she placed her order and thanked her for ordering the way she had. "She told me she never ate anything in her own restaurant, unless she had it specially prepared for her by their chef."

You can find many calorie and fat counts on restaurant

web sites, she said. One popular restaurant has almost no entrees under 1,000 calories, and some top 2,000, she said.

"If people knew," she said, "they wouldn't want that. But you can find out. Look it up ahead of time, and explain how you want your meal."

And you don't have to be one little bit embarrassed.



# WORLD-CLASS

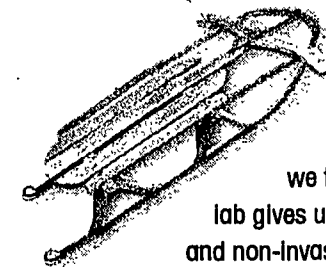
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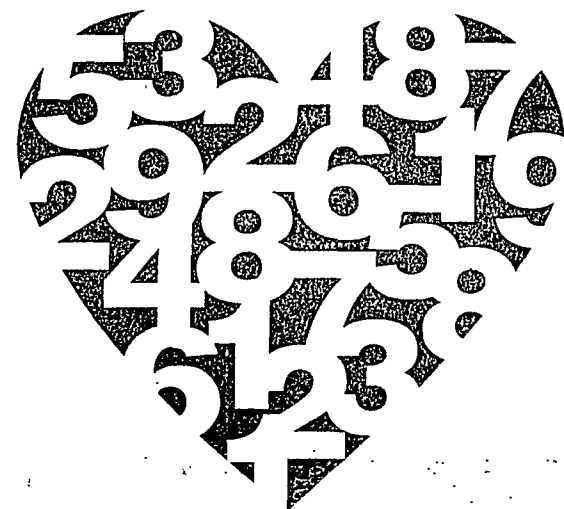
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**Cardiac rehab is all about moving**

By Joe McElroy

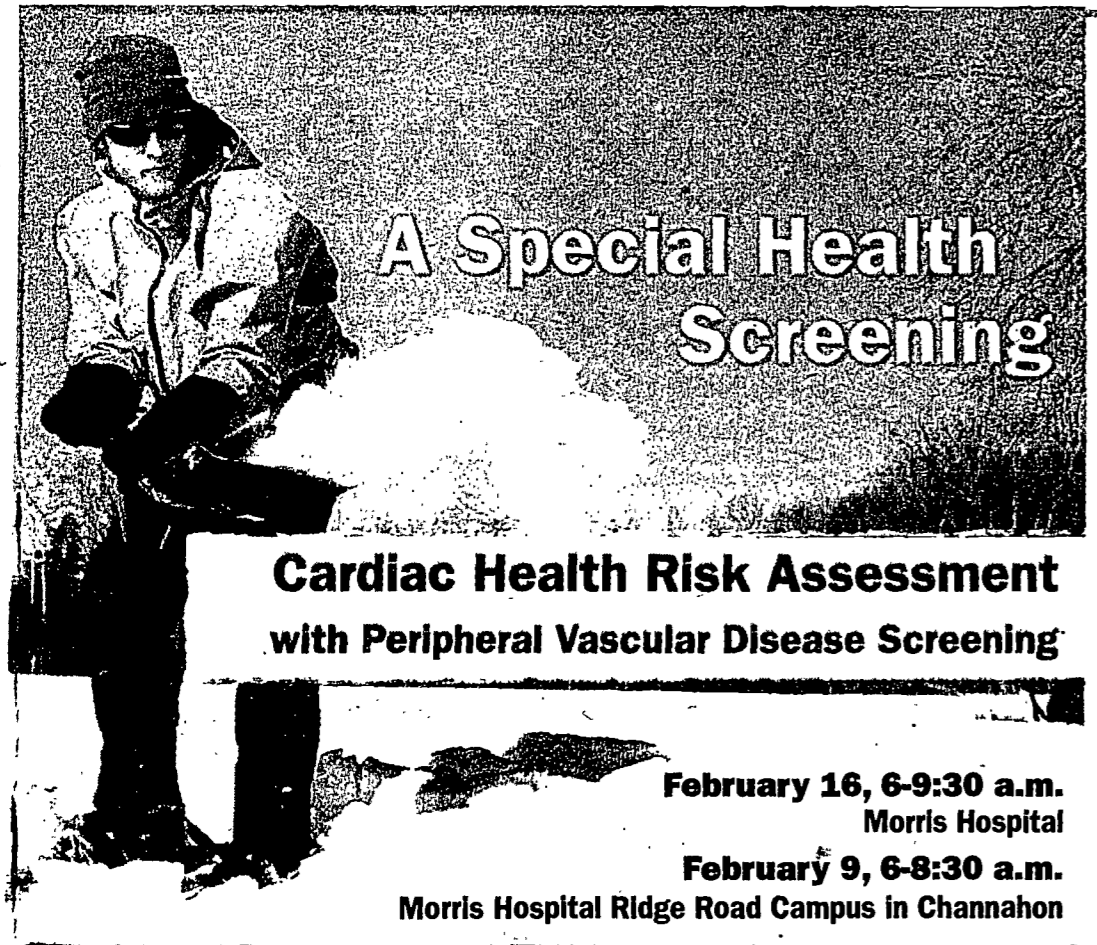
This is not your father's heart attack. Back in the day, recovering cardiac patients were told to lay low, rest, do as little as possible. Maybe walk around the block. But times have changed. "Heart attack patients used to pretty much be told, 'don't move,' but now it's the opposite, much more aggressive," said Alison Monken, supervisor of cardio pulmonary rehabilitation services at Sherman Health Regional Heart Center in Elgin. "More aggressive" does not mean boot camp, but it's no walk in the park, either. Many hospitals now have cardiac rehabilitation centers, staffed with highly trained professionals who are part coach, part nurse, part dietitian and part personal trainer. They are not there to hold your hand. Rather, they aim to get patients back up to speed ASAP through customized, supervised exercise programs, typically three times weekly for 12 weeks.

This level of personal attention is not usually found elsewhere in the health care system. "After surgery, your physician probably is not going to spend an hour a day with you three times a week," said Gino Gentile, manager of cardio diagnostics & cardiopulmonary rehab at Advocate Christ Medical Center in southwest suburban Oak Lawn. Typical of today's rehab specialists, Gentile and Monken have master's degrees exercise physiology; Gentile is also a registered nurse, and Monken studied dietetics in college. Staff members can include nutrition experts and psychologists.

"It used to be that people thought of rehab as just an exercise program," Gentile said. "But it's disease management," which includes continuous monitoring of vital signs while exercising, education and behavior modification. Onsite rehab work usually begins approximately a month after surgery. A typical session could include:

- Warm up;
- Weight lifting, free weights or machines;
- Cardio work on a stationary bicycle, treadmill or elliptical machine, while hooked up to an EKG machine and other monitoring devices to make sure the patient isn't overdoing it;
- Balance exercises, especially important for seniors to reduce risk of falling;
- Ten minutes of stretching;
- Discussion with staff about patients' progress, including how they are responding to medications. If there is an issue, the rehab center notifies the prescribing physician.

The stakes are high. According to research cited by Edward Hospital in west suburban Naperville, 25 percent of men and 38 percent of women die within one year after having a heart attack, **REHAB cont. pg. 12**



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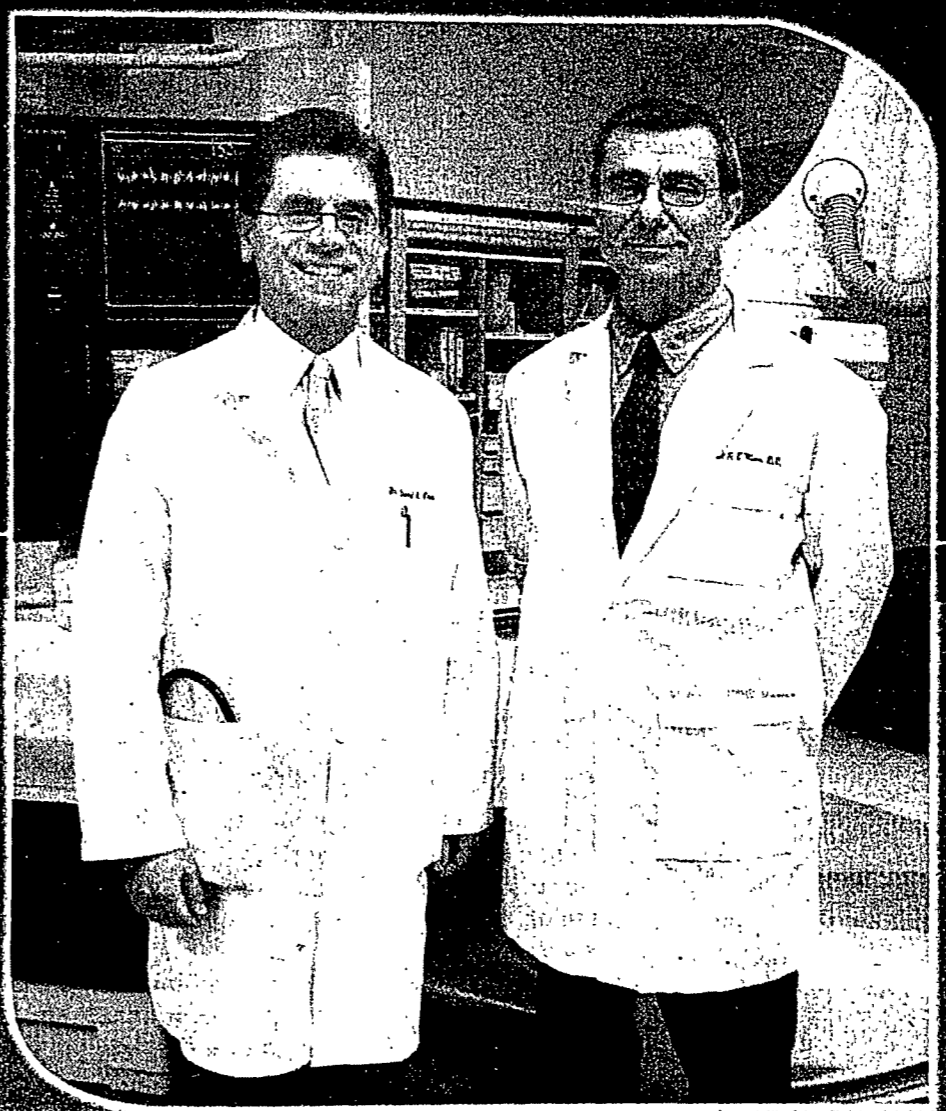


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REHAB cont. from pg. 10

primarily because they did not modify their diet, begin an exercise program or quit smoking.

Formal cardiac rehab is fairly new. Now 25 years old, Sherman's cardiac rehab program was one of the first in metro Chicago. One problem: the programs are optional, and many patients don't want to participate. "But once they get into it they really enjoy it," said Kevin Callison, manager of cardiovascular and pulmonary rehab at Edward. "If they will give us a few weeks, they find we can really make a difference in how they feel."

One high-profile former Edward patient agrees. "I could really feel the difference," said Naperville Mayor George Pradel, who had open heart surgery in 1993; more recently a less serious heart problem led to him having stents inserted.

The mayor appreciates the monitoring by the staff members who make sure their patients don't try to do too much too soon. "The nurses told me to slow down, to build up over time and really get the muscles in your heart in better shape."

As one might expect from somebody known as the police department's "Officer Friendly," Pradel also appreciates the social side of rehab work. "We talk and learn from each other," he said. "There is a real sense of camaraderie."

Not all heart patients are as upbeat as Naperville's mayor, so rehab programs now monitor for depression, a common side effect of heart surgery. Edward now works more closely with Linden Oaks, a mental health facility on the hospital's campus originally built to serve young people. Depression is especially prevalent among women who have had heart surgery.

Most cardiac rehab programs are divided into three or four phases: • After surgery, but before patients leave the hospital, they often do light, supervised exercise and receive recovery

care of the themselves at home; • In the second phase, patients interact on an individual basis with rehab staff, coming in three times a week for exercise, testing, monitoring and education;

• The third phase, also on site, promotes continued cardiac improvement and lifestyle modification. Patients are evaluated for effectiveness of their exercise program. At this stage there is more emphasis on how to avoid becoming a repeat customer;

• The last phase is an ongoing fitness program, such as the twice-a-week aerobics program offered by Sherman Hospital.



Thomas Hushek, of Naperville, is monitored on the treadmill by Edward Heart Hospital nurse Rosemary Nykiel. Hushek had two stents inserted in his heart in 2007. PHOTO COURTESY EDWARD HOSPITAL

ADVERTORIAL

## Resurrection facilities earn distinctions

Resurrection Health Care obtained two important distinctions in 2009, making the health care system one of the leading providers for stroke and heart disease in Chicagoland.

First, all seven of the Resurrection acute care hospitals earned accreditation by the Society of Chest Pain Centers (SCPC). With accredited Chest Pain Centers throughout the Chicago area, Resurrection physicians deliver specialized care during the critical early stages of a heart attack, when treatments are most effective, and educate and monitor patients to ensure that a patient is neither sent home too early nor needlessly admitted.

Second, all Resurrection hospitals have earned the Gold Seal of Approval™ from The Joint Commission for Advanced Disease-Specific Certification as Primary Stroke Centers.

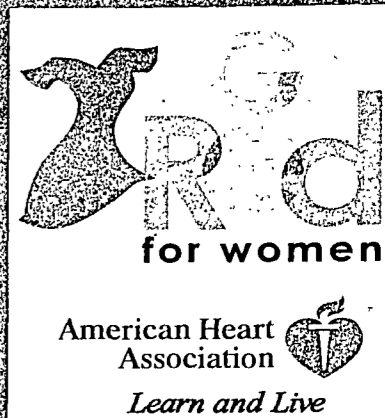
This certification is particularly significant with the new Stroke Law in Illinois, which took effect Jan. 1, 2010.

With each of Resurrection's acute care hospitals earning this achievement, Chicagoland residents now have access to consistent, high-quality stroke care nearby. In addition, Resurrection patients have access to comprehensive stroke services offered through the system's neurointerventional suite.

To learn more, visit [stroke.reshealth.org](http://stroke.reshealth.org) or [chestpain.reshealth.org](http://chestpain.reshealth.org).

Resurrection Health Care is a family of health care services providing advanced medical care and exceptional customer service with compassion and hope. Its hospitals, nursing homes, retirement communities, home health services, behavioral health programs and other services are conveniently located in many Chicagoland neighborhoods. Resurrection Health Care is a not-for-profit Catholic organization sponsored by the Sisters of the Holy Family of Nazareth and the Sisters of the Resurrection.

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<b>Our Heart beats in Chicago:</b> Lifeway Kefir Vety Berry Smoothie www.lifewaykefir.com	<b>KIRKLAND &amp; ELLIS LLP</b> GO RED GO!	<b>OP</b> ANYTHING IS POSSIBLE EVENTS WITH HEART, ANYTHING'S POSSIBLE.	Celebrate special occasions with some sparkling wine! Women should limit their wine intake to 5 oz a day, so make it count and indulge in the finest! <b>RUSH UNIVERSITY MEDICAL CENTER</b>	<b>Schneider Electric</b> PROUD TO BE A SPONSOR OF GO RED FOR WOMEN	<b>AZTECA</b> AZTECA FOODS, INC. FULLY SUPPORTS THE EFFORTS OF GO RED FOR WOMEN.
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# Jewel-Osco

Good things are just around the corner.

# American Heart Association offers tips for snow shoveling

## Studies show a link between snowstorms and heart attacks



The American Heart Association warns that shoveling slushy, wet snow can increase your chance of a heart attack. THOMAS DELANY JR./SUN-TIMES MEDIA

With the calendar showing plenty of winter weather ahead, area residents will once again be breaking out their snow shovels and salt to clear out driveways and sidewalks. So the American Heart Association warns that the risk of a heart attack can increase during snow shoveling.

Heart attack risk increases for those who are middle-aged or older, people who lead a sedentary lifestyle and people

who have been diagnosed with a heart condition. The American Heart Association encourages these people to take extra precautions when snow shoveling.

One of the reasons heart attacks can occur during snow shoveling is the combination of colder temperatures and physical exertion.

Researchers have found that the heart rate and blood pressure responses to shoveling heavy, wet snow often

approached and exceeded the same responses during maximum exercise testing. Within two minutes, many subjects can exceed their upper heart rate limit for aerobic exercise training.

"Snow shoveling is akin to resistance exercise, such as lifting weights, which people often perform while holding their breath. This can greatly increase blood pressure and the workload of the heart," said

Lynne T. Braun, nurse practitioner and professor at Rush University Medical Center.

tioner and professor at Rush University Medical Center. "People who have coronary artery disease are at increased risk for having symptoms, such as chest pain or shortness of breath, or even having an acute coronary event during snow shoveling, especially heavy snow."

the snowstorms, the number of fatal heart attacks climbed to 22. In the weeks after the snowstorm, there were 13 fatal heart attacks.

The American Heart Association offers the following tips for safer snow shoveling:

• **Consult a doctor.** If you

them to underestimate the extra strain their body is under in the cold.

• **Be aware of the dangers of hypothermia.** Heart failure causes most deaths in hypothermia. To prevent hypothermia, dress in layers of warm clothing, which traps

*"Snow shoveling is akin to resistance exercise, such as lifting weights, which people often perform while holding their breath. This can greatly increase blood pressure and the workload of the heart."*

— Lynne T. Braun, nurse practitioner and professor at Rush University Medical Center

Research studies have shown a link between snow shoveling and heart attack. One study estimated that as many as 1,200 people nationwide die annually of coronary artery disease during and after major snowstorms. Another study, which was conducted at William Beaumont Hospital in Royal Oak, Mich., showed a dramatic rise in heart attacks during and after major snowstorms. The researchers reviewed medical examiner records in three counties in the Detroit area and found that in the weeks prior to a snowstorm, there was only one fatal heart attack related to snow shoveling. In the weeks dur-

ing, the number of fatal heart attacks climbed to 22. In the weeks after the snowstorm, there were 13 fatal heart attacks.

• **Give yourself a break.** Take frequent rest breaks during shoveling so you don't over-stress your heart. Pay attention to how your body feels during those breaks.

• **Don't eat a heavy meal prior to shoveling.** Eating a large meal can put an extra load on your heart.

• **Don't drink alcoholic beverages before shoveling.** Alcohol may increase a person's sensation of warmth and may cause

air between layers forming a protective insulation. Wear a hat because much of your body's heat can be lost through your head.

• **Use a small shovel.** The act of lifting heavy snow can raise blood pressure acutely during the lift. It is safer to lift smaller amounts more times, than to lift a few huge shovelfuls of snow.

• **Listen to your body.** If you feel the warning signs for heart attack, stop what you're doing immediately and call 9-1-1.

Courtesy: American Heart Association

## Embrace Our Cause

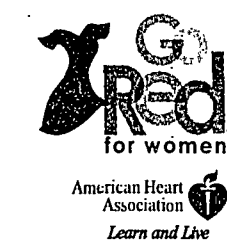
The American Heart Association is committed to fighting heart disease and stroke and raising awareness of these diseases. As part of our mission, we focus on specific causes designed to help people achieve a heart-healthy lifestyle. Each of our cause initiatives reaches out to the public with resources and information to help them take positive action.

**Power To End Stroke** is an exciting national campaign that raises awareness about stroke — while embracing and celebrating the culture, creativity and energy of African Americans. The campaign mobilizes opinion leaders to become Ambassadors and inspire African Americans to reduce stroke in their community. Power to End Stroke is for African Americans ages 30 to 64. Besides involving opinion leaders, we're mobilizing media and healthcare professionals and forming strategic alliances with



American Heart Association | American Stroke Association  
Learn and Live.

corporations and foundations. [www.StrokeAssociation.org/power](http://www.StrokeAssociation.org/power)



**Go Red For Women** is the American Heart Association's nationwide movement that celebrates the energy, passion and power we have as women to band together and wipe out heart disease. Thanks to the participation of millions of people across the country, the color red and the red dress have become linked with the ability all women have to improve their heart health and live stronger, longer lives. The movement gives women tips and information on healthy eating, exercise and risk factor reduction, such as smoking cessation, weight maintenance, blood pressure control, and blood cholesterol management. [www.goredforwomen.org](http://www.goredforwomen.org)

The Alliance for a Healthier Generation is a partnership between the American Heart Association and the William J. Clinton Foundation. We have come together to fight one of our nation's leading health threats — childhood obesity. Along with our partner Governor Mike Huckabee of Arkansas, the Alliance will work nationally to create awareness and real solutions for the childhood obesity epidemic.



The goal of the Alliance is to stop the nationwide increase in childhood obesity by 2010 and to empower kids nationwide to make healthy lifestyle choices. The Alliance will positively affect the places that can make a difference to a child's health: homes, schools, restaurants, doctor's offices, and the community. [www.healthiergeneration.org](http://www.healthiergeneration.org)

**Start!** is the American Heart Association's groundbreaking new national campaign that calls on all Americans and their employers to create a culture of health and physical activity to live longer, heart-healthy lives. It's a call-to-action that evokes active, year-round participation in walking and the prevention of heart disease and stroke through support of the American Heart Association. [www.americanheart.org/start](http://www.americanheart.org/start)

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## Audi S4 beats BMW 335ix in this face-off

BY REX ROY  
 SearchChicago-Autos Correspondent

It seems that since the dawn of time — automotively speaking — BMW has had a lock on the cool sports sedan market. The company's reputation and performance is so strong that competitive manufacturers have targeted the BMW 3-Series for decades.

The 2010 Audi S4 is yet another run at the BMW 3-Series, specifically the 335ix. The S4 and 335ix share these basic attributes: four doors, all-wheel drive and powerful six-cylinder engines.

In past Audi versus BMW face-offs, the Munich team bested the group from Ingolstadt. The 3-Series felt lighter and more responsive while offering nearly identical interior room and accommodations.

What keeps the car business so exciting is that things are always changing.

Based on the Audi A4 (all new as a 2008 model), the S4 is the company's higher-performance compact sedan. The standard engine is Audi's new supercharged 3.0-liter V-6 with direct injection. Direct injection is a more efficient type of fuel injection that improves both power and economy.

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**AS TESTED:** not available

**WEB SITE:** www.audiusa.com

continued on page 4

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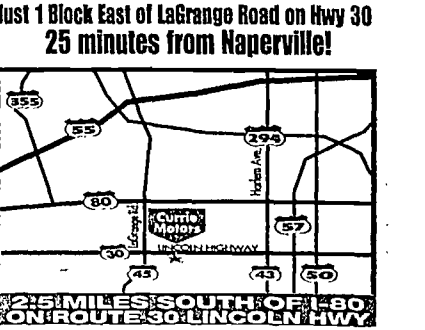
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## Audi overpowers BMW with this sedan

continued from page 1

the engine makes 90 percent of its torque from 2,100 rpm (with a peak torque of 325 pound-feet), around-town drivability is good — you're never left waiting for power.

Two transmissions are available: the standard six-speed manual and optional S tronic dual-clutch transmission. Even though I love driving sporting cars with manual transmissions, I'm a fan of recommending what works best. The seven-gear S tronic automatic is far superior.

While there's nothing wrong with the manual, it's unexceptional in nearly every regard. The throws are light but the action lacks the feeling of mechanical satisfaction. Ditto for the clutch. Neither encourages much involvement.

The S tronic, on the other hand, feels wonderful and works perfectly. Keep in mind that these are not sports cars, but sporting cars. The automated manual transmission — that can be operated by the shift lever or paddles on the steering wheel — matches the S4's mission in life. In automatic mode, the gearbox moves up and down through its seven ratios seamlessly. In manual mode, the S tronic snaps off shifts faster than any human could ever manage.

Pedal buried in the S4's plush carpet, the power comes on in a linear fashion. There are no flat spots or peaks. In fact, the delivery is so smooth that it leaves the more

aggressive driver wishing for more power.

The suspension is likewise wholly competent. Audi engineers must have had Goldilocks on their mind when coming up with the S4's blend of handling and comfort. Biased toward day-to-day driving, the compromise delivers a ride that is controlled but never harsh.

Given some time on a racetrack, I was totally shocked to realize how little of the suspension travel was used when on public roads. The increased demands of track driving and the tossable nature of S4 showed the vast reserve of suspension travel laying in wait for the spirited driver.

Unlike many cars that go flaccid and floppy when pushed hard, the S4 took what might have been construed as abuse and played along. The big 18-inch wheels and tires begrudgingly gave up their grip only after a long fight and always jumped right back in the game in time to slow for the next corner. Brakes stayed strong and fade refused to be an issue.

One option on the S4 is the torque-vectoring rear-differential. Oversimplified, this new technology counters the systemic understeer thanks to the added traction of quattro all-wheel drive. So when in a corner with the power on, the outside-rear wheel gets spun up to an ever-so-slightly higher speed than the opposite rear wheel. It pushes that side of the car around the corner, aiding rotation (yaw) through the corner.

This is what should worry BMW. On the track, BMWs have traditionally driven with more alacrity than Audis. This truth is no longer universal. Because Audi biases 60 percent of the engine's torque to the rear wheels, this AWD sedan handles more like a rear-wheel-drive sports car.

Inside, the S4 boasts excellent detailing from the stitched seats to the S-trim-only red lines around the gauge pods. Ample room awaits front- and rear-seat passengers. There's also room for fancy, liter-size bottles of water.

Audi recently updated its MMI interface and the newer systems works more intuitively and simply. Drivers use the MMI to complete simple functions like changing the radio station or temperature, inputting navigation system destinations or changing the car's performance characteristics. The S4 features adjustable suspension, steering and throttle settings. A large knob is surrounded by a quartet of buttons that help users move through selections. Speed builds with familiarity.

Audi made an important change to the instrument panel for 2010. A digital panel between the speedometer and tachometer used to read in red, a bad color for men who are color blind. The shift to a white readout makes the center display easier to read.

The styling of the new A4 is more grown-up than the softly rounded model it replaces. Distinctive S4 elements include the large Audi grille flanked by one-piece headlight assemblies with LED daytime running lamps. The full LED taillamps add more accent to a handsome but otherwise modest exterior design.

The 2010 Audi S4 is a head-on attack directed at the BMW 335ix. With prices of both vehicles solidly in the mid-\$40,000 range, buyers will decide who offers the more attractive product.

Rex Roy is a Detroit-based automotive journalist and author. He can be reached at [www.RexRoy.net](http://www.RexRoy.net).

## Berman Auto Group and fans get behind Meals on Wheels

BY JENNIFER BURKLOW  
SearchChicago-Autos Contributor

A chance meeting at a Macy's celebrity chef event is behind a successful fund-raising collaboration between the Berman Auto Group and Meals on Wheels Chicago.

Owner Mike Berman met some folks from MOWC at the event and the partnership evolved from that.

"I thought it was a good fit [for our company] and something our employees could get behind, and our customer base, too," Berman said. "It's apolitical. Who has a problem delivering meals to people with disabilities? It's nice, not controversial."

In an effort to try something new, Berman issued a challenge to MOWC, his employees and the public to increase the Berman Auto Group fan base on Facebook.

"We had just started getting involved in social media marketing and wanted to grow our fan base," he said.

The challenge was answered; Berman's fan base increased to more than 1,000 and MOWC received a check for \$2,500.

"This will go a long way, providing needed funds for the meal delivery program for isolated and homebound seniors," said Kimberly Siske, executive director of MOWC. The program allows seniors and disabled people to be self-sufficient in the comfort of their homes and provides daily

human contact, she added.

Good works are nothing new to Berman, whose dealerships include Star Nissan, Mid City Nissan, Mid City Subaru and Infiniti of Chicago. When amputee Wensdae Williams' specially outfitted van was stolen in 2008, Berman rode to the rescue with the offer of a Jeep as a replacement. Williams accepted.

The auto group also has a charitable relationship with the Anti-Cruelty Society of Chicago, holding a dog adoption day at the Subaru dealership and prominently certifying pre-owned cars on its Web site and in its newsletter. Berman said he also just donated \$1,000 for Haitian relief through the Ocean Reef Foundation of south Florida. Some 150 Haitian families will "get every single cent" of the money, he said.

He also is working to become a corporate sponsor for the Make a Wish Foundation, which is one of his neighbors at his new Infiniti store at 640 N. La Salle.

That dealership, which opened in November 2009, is doing great, Berman said. "In our first month of business we were No. 3 in the region."

As a special incentive during the upcoming Chicago Auto Show, Berman will be mailing \$500 coupons to previous customers or customers who have expressed interest in buying a Nissan. For more information about Berman Auto Group, visit [www.nissanchicago.com](http://www.nissanchicago.com).



Mike Berman, owner of Berman Auto Group, presents a check for \$2,500 to Kimberly Siske, executive director of Meals on Wheels Chicago.

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# today's homes

A SPECIAL ADVERTISING SECTION | NORTH / CITY EDITION | FEBRUARY 4, 2010

## Fireplaces in homes heat up more than values

From setting a romantic mood to establishing an architectural focal point, nothing warms a home quite like the old-fashioned fireplace.

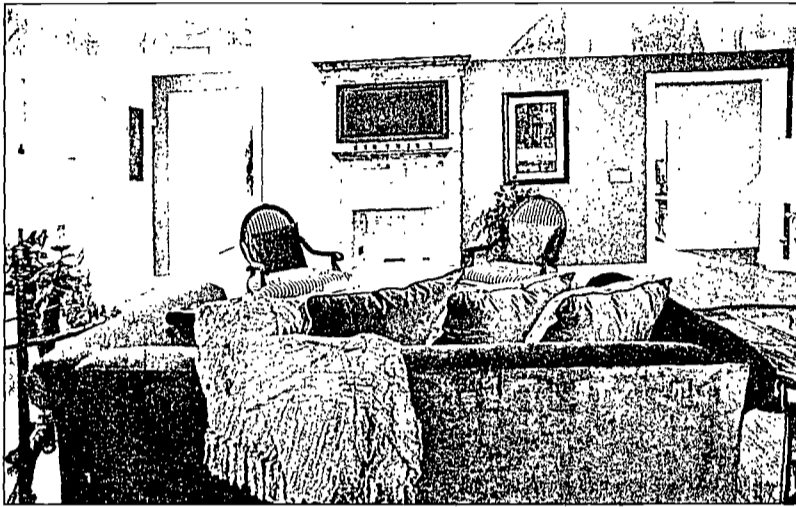
Originally used for cooking and heat in single-family homes, the fireplace became somewhat obsolete with the advent of mechanized stoves and heaters. Still visually appealing, fireplaces remained in many American homes as a romantic artifact.

The fireplace has become so popular with today's buyers that Gerstad Builders and Rock Creek Builders at Henning Estates offer a wide variety of fireplaces in each of its customizable single-family residences.

"The majority of our homebuyers express a desire to have at least one fireplace somewhere in their new residence," said Roger Gerstad, president of Gerstad Builders.

Roger says the fireplace also plays an important role in a home's design, inside and out.

"The fireplace enhances a room's appearance by creating a central focal point and accentuating various features," Roger said. "For instance, stone or brick running from floor to ceiling can emphasize the room's height and volume space, while on



Rock Creek customers can choose between a natural wood-burning or gas-burning fireplace.

the outside, tall chimney chases give a home additional depth and character."

Gerstad homebuyers may select

the look of their fireplace to satisfy their individual tastes. Options such as brick, stone, ceramic, marble, slate facings, and drywall detailing

allow buyers to choose a design that complements the decorative theme

Turn to FIREPLACES, 7

## Your new neighbors

Local real estate transactions start on PAGE 3

### INSIDE

## Featured home

South Elgin residence offers a sophisticated choice to home buyers.

PAGE 8

Much of the Chicago market is made up of foreclosures and short sales,

so buyers must perform due diligence.



DON DEBAT, PAGE 7

Old House New House Home Show kicks off Feb. 12 in St. Charles with fresh ideas for your home.

PAGE 2

### ONLINE

For market news, expert advice, neighborhood profiles and more, visit:

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To find out more about this community online, visit [www.henningestates.com](http://www.henningestates.com)

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RE/MAX Harlow

<p><b>NEW PRICE!</b></p> <p>Largest model in Kingsport Villas, featuring the first floor den, 3 bedrooms, 1 1/2 baths, 2 car, pet-friendly, fenced yard with paved Spacious deck. Backs to open farmland. No association fees. (Spring 2 Kingsport S2 Timber) \$189,900</p>	<p><b>NEW PRICE!</b></p> <p>Sold back ranch! 1/2 acre, 2 1/2 car garage with side apron 3 full baths, including one in the finished lower level (with full 2nd kitchen), FR, bonus room &amp; fireplace. Hardwood floors (Brazil) 2 Boxes. W to Longcommon (N of Hickman) \$219,900</p>	<p><b>Finished Basement!</b></p> <p>2 bedrooms, 1 1/2 baths, 1 car garage. Hardwood flooring in living room and dining room. Ceramic tile in kitchen. Concrete counter with back splash. Full finished basement with wet bar. New softener. Nice! (Met east to Sandhurst) \$169,900</p>	<p><b>NEW PRICE!</b></p> <p>Newly reduced and priced at a true bargain, this 2 bedroom, 1 1/2 bath has an attached one car garage and full basement. Near shopping &amp; 190. Perfectly located in back, viewing single family homes. Won't last at this \$! (Royal 2 Colorado) \$114,900</p>
<p><b>NEW PRICE!</b></p> <p>Located in school district 303, this 3 bedroom raised ranch has a fenced yard, family room, 3 bedrooms, 2 fireplaces, vaulted ceilings, open floor plan. Hardwood in living room &amp; DR. Quick close. (McLean in S Lancaster in Longbow) \$249,900</p>	<p><b>Custom Ranch!</b></p> <p>Willamshurg Community is a great place to live! 3 BR, 2 bath custom ranch. Full basement. Beautifully remodeled kitchen with maple floor. Decorated with times. Paved/waterfall. Extra insulation saves \$\$\$ (Sunset Lyle/Highland) \$289,900</p>	<p><b>3.5 ACRES!</b></p> <p>15.8 acre lot in South Elgin. Wooded 2.3 acre setting! Hillside ranch with 4 bedrooms, 2 fireplaces, 2 garages (1 1/2 car and 2 1/2 car) with circle driveway. Heavily wooded lot. 25x10 enclosed porch off the back. Hardwood floors. (Near Kenyon Woods school) \$219,900</p>	<p><b>NEW PRICE!</b></p> <p>3 Hr half duplex with no association fees. Cul-de-sac location. Backs up to single family homes. Beautiful wood laminate flooring throughout. 2 brick patios. Original owners have taken beautiful care here. (Spring 2 Kingsport S2 N Pembroke) \$179,900</p>
<p><b>2 Car Garage!</b></p> <p>6900 Judd Road, E. A., South Elgin. Heartland Meadows is a great place to live! This spacious unit has 2 car attached garage. Newly painted. New light fixtures. 1 1/2 baths. Tile &amp; hardwood flooring. Vaulting. Ample parking. (McLean in Jenna. W to Iredale in 690) \$149,900</p>	<p><b>3 CAR!</b></p> <p>Perfect for the car buff! The 3rd car garage is separated by a wall (with floor) to make sure that vintage car in special sport's car is free from ruts and scratches. This sharp home is fabulous with (McLean in Lanark. W to Harvard in 191) \$249,900</p>	<p><b>Just 1 hour!</b></p> <p>4 BRs, 2 baths in our family for 70 years (Last Grandma, then my Aunt Jennie). Beautiful hardwood floors. In-law freshly painted. Bay windows. 25x14 living room. Wood railing, 2 car, basement (Up the street from the Howard House) \$119,900</p>	<p><b>50% HOME!</b></p> <p>Chain throughout! This 1950 3 BR has curved archway, woodwork that is simply gorgeous. Dual car and tons of storage. 1 car garage. In the alley. Country kitchen. 2K family room. Spacious yard. (Rt. 25 in Jay. E to Lavinie. N to home) \$129,900</p>
<p><b>5 BR! 3 CAR!</b></p> <p>5 BR w/ 3 car garage! Huge lot 11 acres. Great kitchen w/ island 2 furnaces. 2 CA. Master suite w/ 3 closets &amp; oversized whirlpool. 1st fl laundry. 1st fl. BR w/ full bath. Stunning! (McDonald 2 Robin Glen 1, w/ 1st fl. Paved 2 Traces) \$199,900</p>	<p><b>Summer Yard!</b></p> <p>Perfect for outdoor entertaining! 19x36 in ground pool. Deck, hot tub, fenced yard, 2 ponds. Remodeled kitchen. New driveway. New furnace &amp; CA. 50 gallon HWH. Quick close. (McLean in Spring E in Renee. N to Gerald. W) \$289,900</p>	<p><b>St. Charles school!</b></p> <p>School District 303. Quiet street. New roof 2006. 3 bedrooms, 1 1/2 baths, 2 car garage. Large 22x16 lower level family room with outside access. Ready for immediate closing. (Rt. 25 in Gilbert in Center in North in Linda in Williams) \$179,900</p>	<p><b>3 Bedroom!</b></p> <p>3 BR home, home with newer 3 season room (24") ideal for enjoying the wooded half acre lot. Indian Knoll school area. 25' master bedroom. Wood burning fireplace. Sold "as is". (Rt. 59 in 64 E in Prince. C to Spring. S to High Lake) \$199,900</p>
<p><b>LOW TAXES!</b></p> <p>4 bedroom (16x13 1st floor bedroom) w/ full bath (Great for guests or in-law arrangement). Gorgeous flooring, new roof, siding and newly painted interior. Wood laminate flooring. Fenced yard, paved 2 car. (Shiloh 2, Road W 2 Langford N) \$229,900</p>	<p><b>W-91 or BUY!</b></p> <p>Heated garage! Who doesn't like that! 3 bedrooms, 1 1/2 baths, fenced yard with deck. Spacious half duplex. No fees to pay. New stove, refrigerator, dishwasher. (Spring 2 Kingsport S 2 Tracet Lane) \$149,900</p>	<p><b>SALE PRICE!</b></p> <p>2 bedrooms, 1 1/2 bath garden condo with assigned parking. Association fee includes heat, water and gas. Carpets recently cleaned. Freshly painted. Storage unit. Garden level. (Rt. 72 in 31 to Village Quarter in Cavalier Ct.) \$129,900</p>	

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REALTOR PROFILE

Cutting-edge technology combines with old-fashioned hard work



Paul (left) and Brian Knott, Realtors with RE/MAX Horizon in Elgin. KAREN NAESS/FOR SUN-TIMES MEDIA

After years of working individually in separate parts of the country, Brian and Paul Knott have joined forces as Knott's Real Estate Team with RE/MAX Horizon. Brian Knott has been selling real estate in the Fox Valley area for the past twenty years. His brother, Paul, has been living and working as a realtor in Virginia and has recently completed a coaching program designed to sharpen skills and define goals. Paul has expertise in marketing technologies and brings with him tools that will help them utilize the internet to its fullest capability. He is also an accredited staging professional which helps his clients to show their homes at their best. Both men have earned the elite designation of having certification from the Graduate Realtor Institute (GRI). Paul said after all his extensive training he learned that the secret to being a great realtor did not lie in some "magic bullet" or technique but rather by talking to people one-

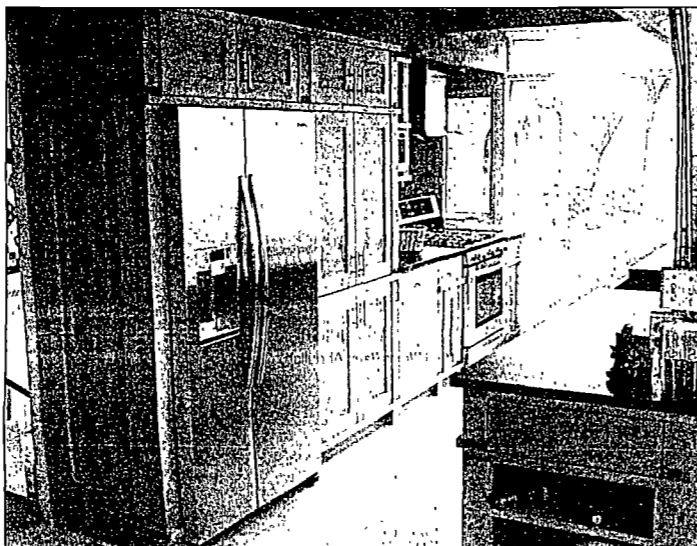
on-one and building relationships. "What I learned was, you had to be honest, have integrity and be ready to do a lot of old-fashioned hard work," Paul Knott said. "The brothers grew up in the Elgin/Sleepy Hollow area giving them a real advantage in marketing homes locally. Brian's years of experience and professional contacts in the area combined with Paul's cutting edge technology skills make them a dynamic force in real estate. "I am now in the process of making it easier for clients to get great exposure (on the internet) while their home is listed making it easier for customers to find their homes," Paul said. Brian said the pair had discussed the idea of the partnership over the years and decided the timing was right. "Family teams seem to work well. We understand each other, hold each other accountable," Brian said. You may contact the Knott's Real Estate Team by calling 847-429-4247 or 847-429-4243. They also visit them on the Web at www.knottsrealestate.com.

Renovate, remodel, revitalize

Old House New House Home Show offers fresh ideas for all

Show hours are Friday 10 a.m. to 7 p.m., Saturday 10 a.m. to 6 p.m., and Sunday 10 a.m. to 5 p.m. Adult admission is \$7, seniors (age 62 and up) are admitted for \$4 and children (under age 18) attend free. Parking is free. A portion of the ticket proceeds benefits The Habitat for Humanity of Northern Fox Valley. Explore the latest in kitchens, baths, additions, landscaping, interior design, counter tops, appliances, painting, patios, sun rooms, green building, basements, heating and air conditioning, roofing, waterproofing, windows, doors, floors and more. This best-in-class event provides constructive tools for homeowners to tackle home improvement projects with ease. Tax credits up to \$1,500 are available through 2010 with Energy Star (info at www.energy.gov) and present a great incentive for implementing energy-efficient improvements. Learn practical tips and gain-

er ideas from inspiring workshops including: The Organized Home: Simple Solutions to Streamline Living Space with Jennifer Prell of Paxem at noon each day Designing Your Dream Kitchen with Jim Fix of Jim Fix Interiors at 1 p.m. each day Rainwater Harvesting with Jack Pizzo of Pizzo and Associates at 2 p.m. each day. Homeowners can register to win the Grand prize: a \$1,000 home show gift certificate for opening projects. No purchase is necessary. Official contest rules are available at www.kennedyproductions.com. Update, customize and uncover the beauty hidden in home surroundings with help from the talented experts in The Old House New House Home Show. For a current list of exhibitors, directions to Pheasant Run or a printable \$1 off admission coupon, visit www.kennedyproductions.com or call 630-515-1160 for more information.



The Hummingbird all-in-one cabinet system is one of the many new products to be on display Feb. 12-14 at the Old House New House Home Show at Pheasant Run in St. Charles. PHOTO COURTESY KENNEDY PRODUCTIONS

Advertisement for 'The Elite Collection' featuring a large house image and text: 'The Elite Collection'.

Advertisement for 'Luxury from \$560,000' with 'VACANT LOTS FOR SALE' and contact information: (630) 424-8681.

MORTGAGE GUIDE

Table with mortgage rates and trends. Includes sections for '15-year mortgage trend', '30-year mortgage trend', and 'LENDERS TO PARTICIPATE IN THIS FEATURE CALL BANKRATE.COM SALES DEPARTMENT @ 800-509-4636'.

Real estate listings categorized by neighborhood: TRANSACTIONS, Island Lake, Lake Bluff, Lake Forest, Lake Villa, NORTH, Antioch, Barrington, Buffalo Grove, Deerfield, Grayslake, Gurnee, Hawthorn Woods, Highland Park, Libertyville, Mount Prospect, Mundelein, Oak Park, Norridge, Northbrook, Niles, and Streamwood.

Large advertisement for 'BIG HOME, SMALL PRICE!' featuring a family photo and text: 'A family-size home with 3 bedrooms plus a loft \$192,000!'. Includes 'today's homes' logo and contact information for KILBOURN WOODS.

Advertisement for 'LexingtonHomes' featuring a large price tag: '\$439,000 NOW \$389,880' and text: 'Single-Family Attached Rowhomes in Bridgeport'. Includes contact information for LexingtonSquare.







FEATURED HOME

# South Elgin residence a sophisticated choice

By Jeanie Mayer  
FOR SUN-TIMES MEDIA

Savvy buyers will love this week's feature home, with its calming green and sunny yellow interiors. The home offers a floor plan that's both sophisticated enough for urbane singles yet friendly enough for a family.

As buyers approach the home, they'll be impressed with the three-car attached garage and the welcoming side entrance to the home. Once inside the beauty of the architecture does not disappoint, with its vaulted living room ceiling, floor-to-ceiling windows and curved, open staircase.

The formal dining room is large enough to accommodate both formal dinner parties and fun family gatherings. The adjoining kitchen offers a large eating area with glass door access to the back deck and sunken patio. Pristine white

appliances, expansive cabinetry and a pass-through to the family room make this a great home for entertaining and socializing.

The family room is sure to please with its masonry hearth, floor-to-ceiling windows and plush carpeting. Kept in immaculate condition by its current owners, this home will be better than new to buyers who chose to make an offer.

Upstairs, the home features three large bedrooms and two full baths. The master suite features a vaulted ceiling, expansive windows and a large walk-in closet. The adjoining master bath includes a heated jet tub, a separate glass shower and dual pedestal sinks.

The home also features a full, partially finished, English-styled basement for recreation, storage and projects. The first floor laundry room is equipped with the appliances as well as cabinetry to help keep things organized.

About this property

Realtor: Judy LoBianco Nelson, of RE/MAX Horizon, at 847-741-JUDY (5839)

Home Address: 1191 Harvard Circle, South Elgin

Approximate Size: 7 Rooms with 3 bedrooms and 2½ baths

Living Room: 14 by 11 feet

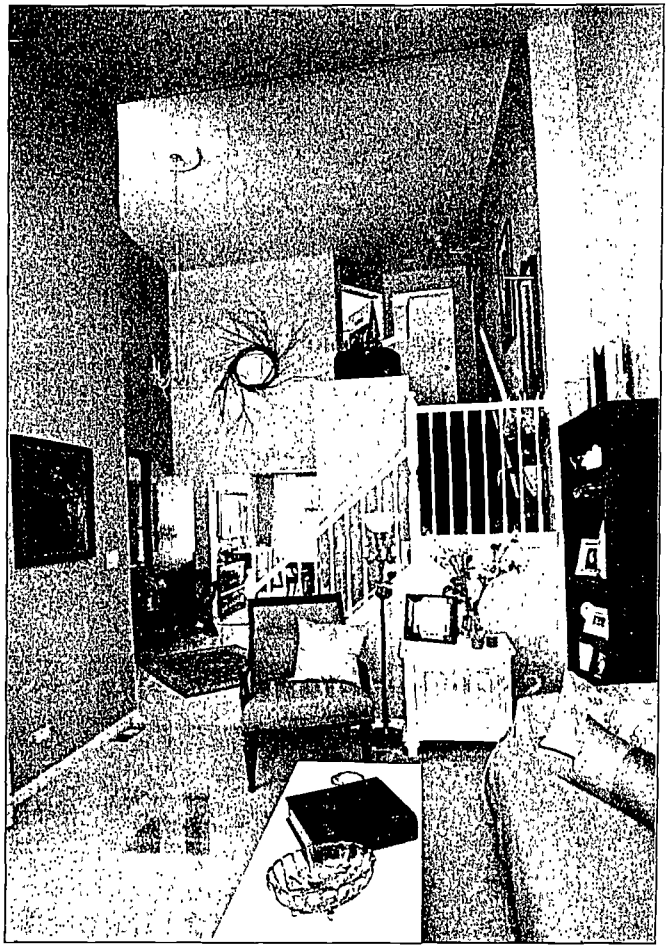
Dining Room: 13 by 10 feet

Kitchen: 16 by 12 feet

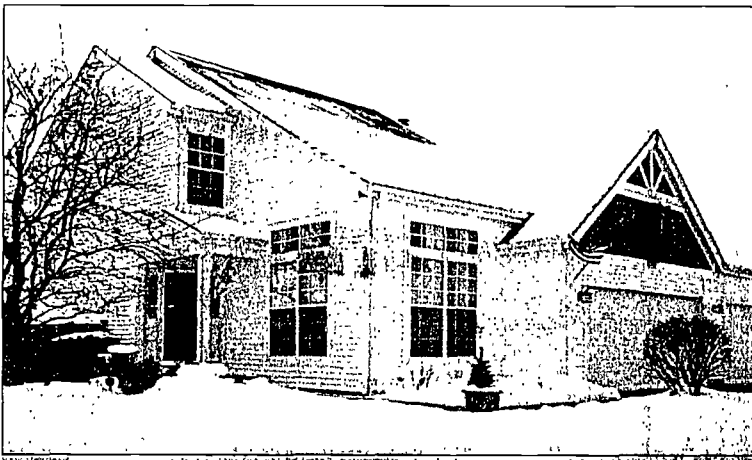
Family Room: 22 by 11 feet


Price: \$279,900

For more information about this fine home, or to arrange a private showing, contact South Elgin's favorite realtor, Judy LoBianco Nelson with RE/MAX Horizon at 847-741-JUDY (5839). You can also get more information about her listing and see photographs by logging on to [www.741JUDY.com](http://www.741JUDY.com).



A switchback staircase, lofted ceiling and open flow to the floor plan make this home at 1191 N. Harvard in South Elgin stylish inside as well as outside, where its curb appeal is enhanced by a "side" from entrance and peaked three-car garage. KAREN NAESS/FOR SUN-TIMES MEDIA





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\*First-time homebuyer is anyone (excluding non-resident alien) who has not owned a principal residence in the past three years and is purchasing new home as such. Credit subject to 3-year ownership requirement. \*\*Individuals (excluding non-resident aliens) who have owned and used a residence as their principal residence for any 3 consecutive year period during the 8-year period ending on the date of the purchase of the subsequent principal residence (i.e., the one that would qualify them for a credit) can now claim a tax credit not to exceed \$6,500. Not tax advice; homebuyers should consult tax advisor. Tax laws subject to change. Copyright © 2010 Lennar Corporation. Lennar and the Lennar logo are registered service marks of Lennar Corporation and/or its subsidiaries. 2/10

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IP90659A	2006 Chevy Impala	Power windows/locks	\$304
XIP10081AA	2004 Chevy Venture	Family Fun	\$7816
XIP10133A	1999 Dodge Durango	4x4 w/ Hemi engine	\$7501
IP10200A	2000 Chevy Cavalier	Rare Z24 package	\$6993
CP1327	1997 Olds Achieva	Fully factory equipped	\$6991
IP10113A	1998 Chevy Tracker	4x4 fun	\$5904
IP90531A	1999 Chevy Lumina	Ready to ride	\$3997
CP1267A	1992 Buick LeSabre	Power everything	\$3992
IP10396A	1994 Pontiac Grand Prix	Loaded w/everything	\$3456

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**2008 Mazda 6i**  
Automatic, air, tilt, power windows, power locks, AM/FM CD stereo, premium sound, dual front air bags, privacy glass, cruise, premium wheels.  
\$11,260 \$193/mo



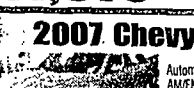
**2007 Chevy Express**  
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**2007 Dodge Caliber**  
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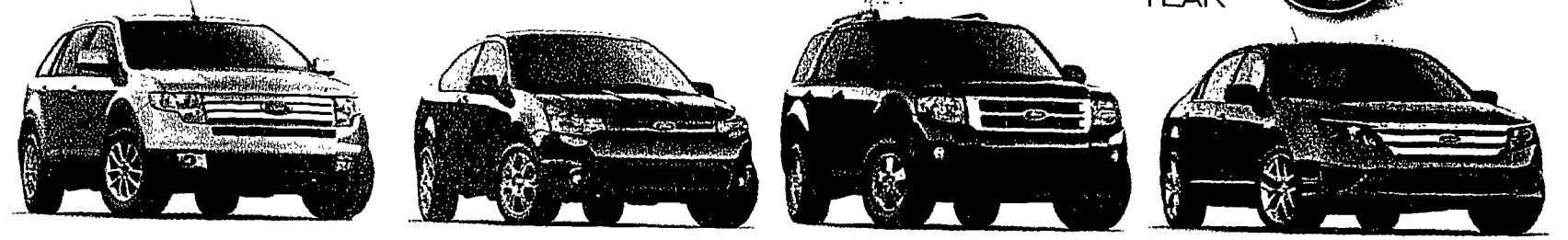
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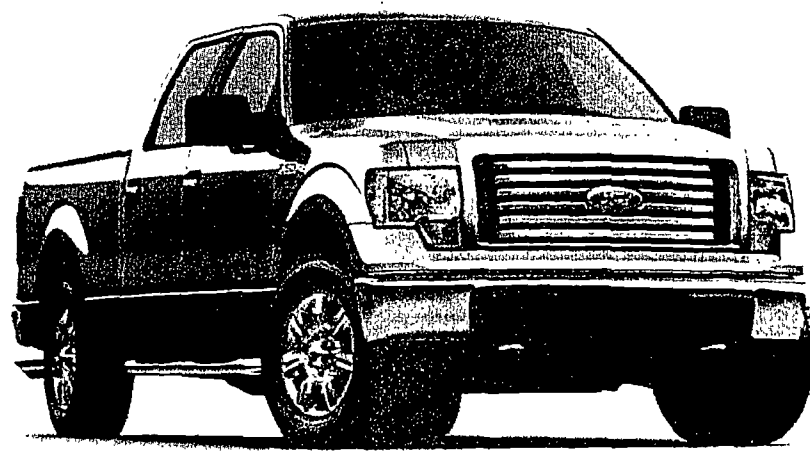
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**1,198:** Number of U.S. locations producing chocolate and cocoa products in 2005. California led the way, followed closely by Pennsylvania.

**\$411 million:** The combined wholesale value of domestically produced cut flowers in 2006 for all flower-producing operations with \$100,000 or more in sales. (Source: USDA National Agricultural Statistics Service)

**2.2 million:** The number of marriages that take place in the United States annually. That equals roughly 5,900 a day.

**120:** The number of single men in their 20s for every 100 women of the same age.

**14:** Number of U.S. places to live with "love" in their name: Loveland, Colo.; Lovejoy, Ga.; Loves Park, Ill.; Lovington, Ill.; Lovelock, Nev.; Loving, N.M.; Lovington, N.M.; Love Valley, N.C.; Loveland, Ohio; Loveland Park, Ohio; Love County, Okla.; Loveland, Okla.; Lovelady, Texas; Loving County, Texas.

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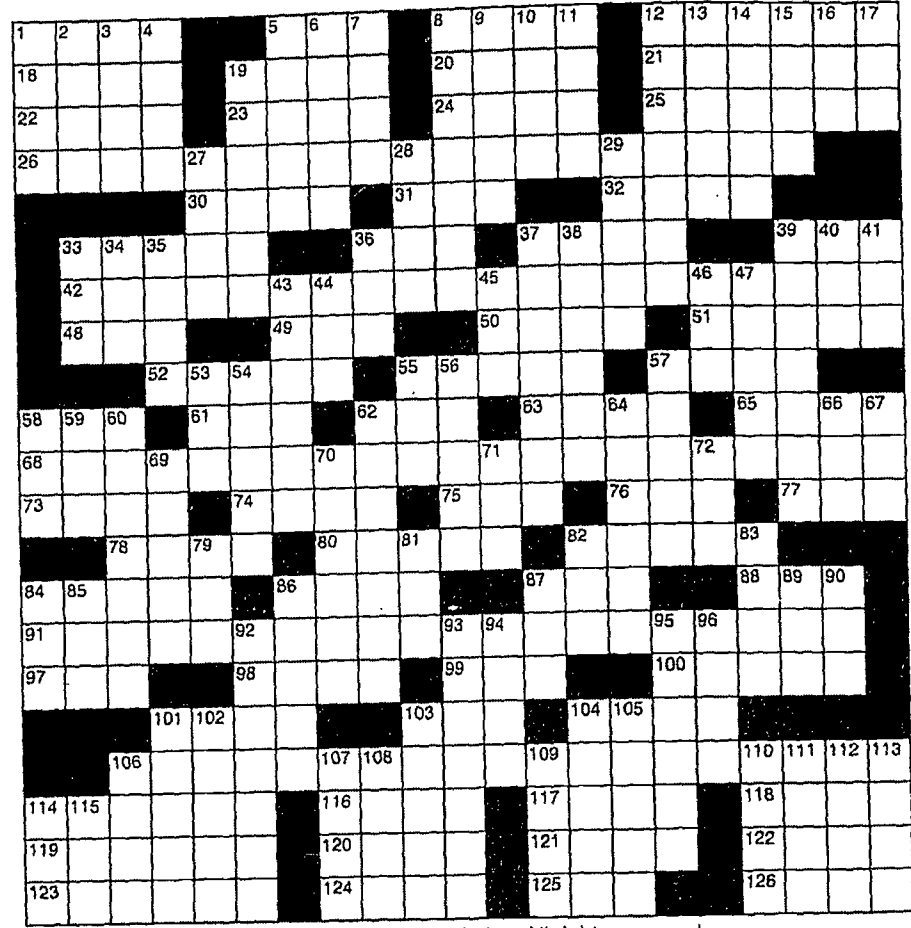
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Super Crossword

WISFUL THINKING

- ACROSS 1 Velvety burrower... 51 Stationed... 52 It's out of this world... 53 Clouds a-cad... 54 Milk measurement... 55 Arthur or Pons... 56 Cockpit fig... 57 Stephen of "The Crying Game"... 58 Bishop of Rome... 59 Summer top... 60 My mechanic told me... 61 TV's "The... of Night"... 62 Toast topper... 63 Elastic band... 64 My doctor told me... 65 Chip's chum... 66 Made one's mark... 67 Cry of disgust... 68 Salivate... 69 Slangy sib... 70 Bum set in... 71 AAA handout... 72 My dentist told me... 73 Ending for "auction"... 74 Pitch in... 75 Wrath... 76 Stationed... 77 It's out of this world... 78 Clouds a-cad... 79 Milk measurement... 80 Arthur or Pons... 81 Cockpit fig... 82 Stephen of "The Crying Game"... 83 Bishop of Rome... 84 Summer top... 85 My mechanic told me... 86 TV's "The... of Night"... 87 Toast topper... 88 Elastic band... 89 My doctor told me... 90 Chip's chum... 91 Made one's mark... 92 Cry of disgust... 93 Salivate... 94 Slangy sib... 95 Bum set in... 96 AAA handout... 97 My dentist told me... 98 Ending for "auction"... 99 Pitch in... 100 Wrath... 101 My accountant told me... 102 Switchboard abbr... 103 Kimono... 104 Smlidgen... 105 Med. test... 106 Bald bird... 107 Cold-war accord... 108 Pub order... 109 Comic Sahi... 110 My son's teacher told me... 111 Pester... 112 Dickens villain... 113 Turgenev's birthplace... 114 Screenwriter James... 115 Veral opera... 116 Ages... 117 "Good gracious!"... 118 Liberate... 119 "Children should... 120 Bump... 121 Dover's st... 122 Semester... 123 Shopping center... 124 Actor Epps... 125 Roman historian... 126 Correct a text... 127 Olympic award... 128 Harmon or Dickinson... 129 Flock hound?... 130 Claim... 131 Sniggled... 132 From the top... 133 Bow part... 134 Southwest-ern sticker... 135 "garde... 136 "Revenge of the... (84 film)... 137 Middle Earth denizens... 138 Author Grafton... 139 Dist... 140 Entertain lavishly... 141 Bouquet... 142 Geometry term... 143 Spout like Cicero... 144 Turn blue?... 145 Caviar... 146 Yours and mine... 147 Turf... 148 Food fish... 149 Urge... 150 Sandwich spread... 151 Actor Epps... 152 Roman historian... 153 Correct a text... 154 Element... 155 Speak with a forked tongue... 156 Roil... 157 Kimono closer... 158 Devilfish... 159 Good buddy... 160 High up... 161 Make a miumuu... 162 Singer Cleo... 163 Pie nut... 164 Jacket Info... 165 Letter from Athens... 166 Invites on a date... 167 Hanley... 168 Happening... 169 Model's job... 170 Din... 171 Ron of "Superfly"... 172 He's a daff... 173 "A Dandy in... (88 film)... 174 Communist council... 175 Plant disease... 176 Grab all the goodies... 177 Ms. Lupino... 178 Wahine's wreath... 179 1914-18 letters... 180 Perform in "Parsifal"... 181 Backer... 182 — popul... 183 Gravy ingredient... 184 Assoc... 185 Cubic meas... 186 Lady of the sea... 187 "Without You" singer... 188 Backslide... 189 Got by, with "out"... 190 Announce... 191 Birmingham by-bye... 192 Marshy lowland... 193 Usher's beat... 194 Winning Highway sign... 195 Ron of "Superfly"... 196 Infuriates... 197 Impatient interrogative... 198 Architect Saarinen... 199 — the line (obeyed)... 200 Huck's craft... 201 Brute... 202 —do-well... 203 Appear to be... 204 Elf... 205 Gobbled up



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Answers: Inside today's classified section

HOROSCOPES

For the week of Feb. 8 - Feb. 14

ARIES (March 21 to April 19) All that flattery and fawning shouldn't affect any decision you have to make. Keep your focus on the facts and ignore all the hyperbole, especially if it gets uncomfortably personal. TAURUS (April 20 to May 20) Your Bovine instincts are on the mark about that "favor" you're being asked to do. Agree to nothing unless you get a full explanation - which you would check out first, of course. GEMINI (May 21 to June 20) A somewhat unsettled recent period should give way to a smoother time going through the week. Use this quieter time to catch up on matters you might have had to let slide. CANCER (June 21 to July 22) Feeling a little confused is understandable with all those mixed messages. Take time to list the questions you have. Then present them and insist on answers that make sense. LEO (July 23 to August 22) Cupid can be very helpful for Lions seeking a love connection. The chubby cherub also brings warm and fuzzy feelings to paired Leos and Leonas who already share a special love line. VIRGO (August 23 to September 22) Travel is favored this week, whether you'll be globe-trotting or taking a trip to a nearby getaway. You might be surprised (or maybe not) by who wants to be your traveling companion. LIBRA (September 23 to October 22) Getting advice on your next business-related move is a good idea, but only if your advisers are trustworthy. Get references that you can check out before you make any decisions. SCORPIO (October 23 to November 21) Getting a boost in your self-esteem is one benefit that comes with a job well done. There are other plusses as well, including being noticed by all the right people. Good luck. SAGITTARIUS (November 22 to December 21) Make time to deal with family matters, especially where they concern your elderly kinfolk. Being there for them from the start can help resolve problems sooner rather than later. CAPRICORN (December 22 to January 19) Getting a project started can often be difficult. But the good news is that you won't want for lack of assistance from colleagues who would like to work with you. So, let them! AQUARIUS (January 20 to February 18) A lot of work-related issues might be raised this week, and you need to be prepared for whatever comes along. Things should be easier when it comes to matters in your private life. PISCES (February 19 to March 20) What might appear to be a very much unwanted change in your life right now could turn out to be a very welcome event after all. Give yourself a chance to see where it might take you. BORN THIS WEEK: You exercise your strong leadership qualities well, which is why people believe in you and feel reassured by you.

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Remembrances Guelzow, Leera "Lee" M. Wyn passed away January 29, 2010 in Sarasota, FL. A resident of Longboat Key, FL. Mrs. Wohlers was a former longtime Park Ridge resident. She is survived by her husband, Albert H. Wohlers; one daughter, Nancy W. (James R.) Malik of Arlington Heights, IL; grandchildren: Natalie Jane Malik, Andrew James Malik, Lt. Daniel James Malik and Molly Jane Pearson. She was preceded in death by a daughter, Susan W. (the late Benjamin E.) Pearson. Mrs. Wohlers was a graduate of the University of Illinois, Member of the Tri Delt Sorority and active in many philanthropic activities. Service and interment will be private. Arrangements were entrusted to Ryan-Parke Funeral Home, (847) 823-1171. Sign Guestbook at legacy.pioneerlocal.com

Wohlers, Jane L. Wyn passed away Monday, January 25, 2010 at Mather Nursing Center after a brief illness, she had resided at the Brookridge Assisted Living Facility for the past year. She was 74. She is survived by her four children, Marty Martello of Marquette, Lisa Hayward of Janesville, WI, Andrew Martello of Las Vegas, NV, and Matthew Martello of Pinckney, MI; she is also survived by six grandchildren; two half-sisters; and one half-brother. She was preceded in death by her husband, Donald Martello; her parents; and one half-brother. Wyn was born November 26, 1935 in New York. She graduated from College Corner, in High School and attended Miami University in Oxford, OH where she also worked as a secretary. Wyn worked in various secretarial jobs and as a church choir director over the years. She was a woman of strong opinions and was active in liberal political causes. She was a member of the Marquette Unitarian Universalist Congregation, several members of which were present at her passing. As per her wishes, there will be no memorial service. In lieu of flowers, donations may be made to the American Cancer Society in her name. Any other remembrances may be sent c/o Marty Martello, 2127 Wilkinson Avenue, Marquette, MI 49855-1737. Wyn's obituary may also be viewed at www.biorkandzulkie.com where relatives and friends may leave a note of remembrance. Sign Guestbook at legacy.pioneerlocal.com

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Ofenloch, Dennis R. Dennis R. Ofenloch, resident of Park Ridge, passed away on January 20, 2010, beloved husband of Lesley; loving father of Lauren (Matt) Edelheit and Todd (Niki) Ofenloch; cherished papa of Hannah, Connor, Henry and Isabel; dear brother of Leon (Joan) Ofenloch, Ronald (Joan) Ofenloch, the late LeRoy (Ann) Ofenloch; brother-in-law of Linda and Thomas Dorlington; and fond uncle and great-uncle to many nieces and nephews. Sign Guestbook at legacy.pioneerlocal.com

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# gumbo goes green

## Vegetable-rich stew gives Mardi Gras healthy twist

By VERONICA HINKE  
Contributor

Gumbo over potato salad might sound like some kind of culinary collision. But as Evanston resident Gaylon Emerzian explained, it's one example of how each nationality that settled in Louisiana, in this case the Germans, put its own cultural spin on the region's flavorful staple. There are as many different gumbo varieties as Fat Tuesday cocktail concoctions.

### Louisiana focus

"When you go down there, you see history on a plate," she said. "You can't help it."

Emerzian and her husband, Roger Brown, producers of the James Beard Award-winning Internet cooking show "Spatulatta.com," hope their latest documentary project, "Ma Louisianne," will heighten awareness about the environment and culture of Louisiana, the state where Brown's family has lived since the 1800s.

Emerzian and Brown let *les bon temps roulez!* well ahead of Mardi Gras season, hosting a gumbo party at their home last September to raise funds for a six-part Louisiana Public Broadcasting series.

Featured were four of Emerzian's gumbo recipes that night, including her rendition of a lesser known traditional Lenten variety, *Gumbo z'herbes*, (pronounced gumbo zab).

The meatless option has long been a part of Good Friday menus, prepared annually on Holy Thursday, in heavily Roman Catholic Louisiana. "I love *Gumbo z'herbes*," Emerzian said, "Because it involves the Creole 'holy trinity,' onion, green pepper and celery, and what Roger's Uncle Hulin calls the Cajun 'holy trinity,' black pepper, white pepper and cayenne pepper."

### Meatless option

And with its heaps of greens — her



Let *les bon temps roulez!* on Mardi Gras this year with Gumbo z'herbes. (Richard Bajjaleh/Staff Photographer)



Gaylon Emerzian preps a plethora of greens for Gumbo z'herbes. (Richard Bajjaleh/Staff Photographer)

To learn more about "Ma Louisianne," visit: [MaLouisianne.wordpress.com](http://MaLouisianne.wordpress.com).



Gaylon Emerzian stirs up a pot of Gumbo z'herbes for a Mardi Gras party in her Evanston home. (Richard Bajjaleh/Staff Photographer)

### Gaylon Emerzian's Gumbo z'herbes

- 1 bunch collard greens
- 1 bunch mustard greens
- 1 bunch turnip greens
- 1 bag of spinach
- 1 bunch flat-leaf parsley
- 1 small green cabbage
- 1 bunch green onions
- 1 qt. vegetable stock or water
- 1 T liquid smoke
- 1 tsp. salt
- 3 cloves of garlic
- 2 bay leaves
- 1 T dried thyme
- 2 T of paprika
- 2/3 C of flour
- 2/3 C of vegetable oil
- 1 large white onion, chopped
- 1 bell pepper, chopped
- 3 ribs celery, chopped
- 1/8 tsp. freshly ground black pepper
- 1/8 tsp. ground white pepper
- 1/8 tsp. cayenne pepper

1 C cooked white or brown rice per person being served

Wash greens thoroughly, covering them with water in the sink and swishing them around. Rinse them as you lift them out of the water. Remove stems and brown edges.

Chop greens coarsely. Shred cabbage, like cole slaw. Cover vegetables with stock and bring to boil. Drop heat to low. Simmer until greens are tender, about 20 minutes. Add liquid smoke, bay leaves and thyme.

Using tongs, transfer about 2 cups of greens to a food processor, and purée.

In large, heavy-bottomed skillet, make medium brown roux with flour and vegetable oil. Add salt and paprika. When it is done, add the onion, bell pepper, celery and garlic. Sauté for 10 minutes. (The addition of the vegetables to the roux stops the roux from cooking further.)

Add roux and vegetables to stock. Mix peppers and sprinkle sparingly into pot. Simmer uncovered until gumbo thickens.

Ladle gumbo around one cup of rice in individual bowls.

recipe calls for bunches of collard, mustard and turnip greens, and gobs of spinach, parsley and green cabbage — *gumbo z'herbes* is as healthy as it is tasty.

"Green leafy vegetables are fat free, cholesterol free and very low in sodium," said Toby Smithson, a registered dietitian with the Lake County Health Department and spokeswoman for the American Dietetic Association. And being low in calories, they are an excellent source of vitamins A, C, K, folate, potassium and fiber; as well as a good source of calcium.

### Protein boost

"While the *Gumbo z'herbes* recipe will be low in fat and cholesterol, it will not contain very much protein," Smithson pointed out. She recommends serving the stew with a lean protein, such as tofu, fish or skinless chicken.

"Bake or grill it, so you don't have to add any fat," she recommended. "You start out with a lean protein; you want to keep it lean," Smithson said of this meal, because it would include at least three of the five food groups, vegetables, brown rice and protein, considered a complete, healthy meal.

# your herald-spectator

Got a story or photo to submit to this page? Go to [www.pioneerlocal.com](http://www.pioneerlocal.com) and click on [Send Us Your News](#)



Kevin Neuhengen with Family: brother Eric, father Ken, mother Lila and brother Marc. (Contributed photo)

### BOY SCOUT TROOP 175

## Scout soars to EAGLE rank

Boy Scout Troop No. 175 Scoutmaster John Mazur, along with Committee Chairman David Okun are pleased to announce that another Scout of the Troop in Niles, **Kevin Neuhengen**, has achieved the highest rank in Scouting — **EAGLE Scout**.

Kevin had successfully completed his EAGLE Scout project, collect donations and host two fundraising events in 2009, which generated over \$6,000. The money was given to the special group called "Honor Flight Chicago," which flies World War II veterans to Washington, D.C., and back, allowing them to view the National World War II Memorial for the day. Kevin's funds allowed 11 veterans to take the trip.

EAGLE scout Kevin joins his fellow EAGLE scout at

Troop 175, completing 42 Merit badges on his way to becoming the 36th EAGLE Scout from Troop 175. Kevin passed the scrutiny of the specially assembled group of local folks, who formed his EAGLE Board of Review. He was to be honored at the special EAGLE Court of Honor early this year and receive his EAGLE patch, Neckerchief and slide to commemorate his great accomplishment.

Kevin's father, Ken Neuhengen, along with mother, Lila, are extremely proud of him, as he has worked very hard during his 10-year career as a Cub & Boy Scout. Kevin joins his brother, Eric, as a member of the prestigious list of EAGLE scouts from Troop 175. The Neuhengen brothers are the third set of brothers to accomplish

this feat at Troop 175. The leaders of Troop 175 are extremely proud of this very bright young man.

The sponsoring organizations, St. John Brebeuf Holy Name Men's Club and North American Martyrs Council 4338, of the Knights of Columbus, offer their heartiest congratulations to Jonathan and his entire family on the occasion of this Great Accomplishment. Charter Organization Representative Leo Weiss welcomes Kevin to the exclusive Group of individuals called EAGLE Scouts.

Troop 175 has expectations to invest the EAGLE Rank to a number of talented Young Men in the near future, upon their successful completion of all the rigid requirements for this prestigious rank.

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## Jones vows to learn during recovery

Sophomore also will miss soccer season

By MATT HARNESS  
mharness@pioneerlocal.com

**GIRLS BASKETBALL** - Angela Jones walked around on crutches and was wearing her warm-up suit Friday night. Even before the diagnosis on Jan. 27, the sophomore starter knew she was done for season after hurting herself in game against Maine West Jan. 15. But the news that Jones tore the ACL in her right knee added more insult to the injury. She will have surgery soon.

"It's really sad and devastating," Jones said. "I worked so hard in the offseason, and now it's all gone away."

Maine East could have used its starting point guard in the Demons' 47-21 defeat to Niles North. The Demons beat the Vikings 44-41 in overtime in the first meeting.

This time around, the Demons went scoreless for nine minutes and then had trouble sustaining any offensive energy. Kristen Beierwaltes, the team's top player, scored two points and fouled out 16 seconds into the fourth quarter.

"To say we were shorthanded is an understatement," said Maine East coach Karol Hanusiak, who had only seven available players Friday.

Despite the defeat — and diagnosis — Jones' spirit seemed strong. Although she also will miss the soccer season this spring and be unable to do much physical activity other than rehabilitation exercises in summer, Jones (also a cross country runner) is confident she will improve during the down time.

"I'm still in mourning mode," she said. "This stinks so bad. But I am going to come back a better leader. Right now, I am having some bad days, but I am going to learn things going through this."

Down 15-2, the Demons rallied to go into the locker room trailing by seven. That hole grew by 15 going into the fourth, then the Vikings scored the first eight points of the



Maine East sophomore point guard Angela Jones drives the lane against a Maine West defender. Jones later injured her knee in the Jan. 15 game. (Joe Cyganowski/for STM)

final quarter. Maine East committed 30 turnovers in the loss, which dropped the Demons to 6-16 overall and 1-7 in the CSL North. The Demons lost to Leyden 48-37 on Jan. 26.

On Friday, the Demons learned that they earned the No. 15 seed in the Niles North Sectional. Maine East opens the Class 4A playoffs against No. 19 seed Clemente at the Northside Regional on Feb. 16. The winner plays No. 3-seeded Glenbrook South in the semifinals.

"I'm happy," said Hanusiak, whose team was seeded 19th a year ago. "When you are building a program, you take every step forward you can get. This is an improvement from last year. If we can beat Clemente, we get a shot at Glenbrook South."

Maine East plays at Vernon Hills today and at home against Deerfield on Friday.

### REGISTRATION

• Basketball  
Event: Mike Small Fundamental and Specialty Camps  
Who: Boys and girls grades K-8  
When: July 26-July 30  
Where: Regina Dominican H.S. (701 Locust Rd., Wilmette)  
Note: instruction geared towards age and ability

Web site: www.mike-small.com  
Contact: info@mike-small.com

• Baseball  
Event: Loyola Academy 10th Annual Winter Workshop  
Who: 1st-8th grade children  
When: Sunday, Feb. 28 with different times for age groups:

1st-3rd grades, noon-2 p.m.; 4th-6th grades, 2:15-4:15 p.m.; 7th-8th grades, 4:30-6:30 p.m.  
Where: Loyola Academy West Gym  
Note: early registration: \$60 includes workshop and t-shirt; at the door registration on 2/28 is \$75 for same.  
Contact: Head Varsity Coach, Bill San Hamel at (847) 920-2523 to register

# Overview of CTA Service Changes

## Dear Valued CTA Customer:

With the support of the Mayor and the Governor, we have been able to avert fare increases and manage the current economic conditions which will result in a leaner agency.

Service reductions, however, are necessary because the revenues that help subsidize CTA service are down significantly due to the recession and our labor costs continue to be in excess of 70% of our budget, with a workforce that is more than 90% unionized.

Most customers will experience more crowded conditions and longer wait times between buses and trains. We regret the difficulty these service reductions will cause and are hopeful that as the economy improves, so will our revenues so that we may begin to restore service levels.

Sincerely,

*[Signature]*  
Terry Peterson  
Chairman  
Chicago Transit Board

*[Signature]*  
Richard L. Rodriguez  
President  
Chicago Transit Authority

**The following bus and rail service changes will become effective Sunday, February 7, 2010:**

### Rail

Red, Orange, Green, Blue, Purple, Pink and Brown lines: Hours and days of service remain unchanged, but service will operate less frequently.

### Bus

#### Eliminated Express Routes:

- |                                 |                             |
|---------------------------------|-----------------------------|
| #X3 King Drive Express          | #53AL South Pulaski Limited |
| #X4 Cottage Grove Express       | #X54 Cicero Express         |
| #X9 Ashland Express             | #X55 Garfield Express       |
| #X20 Washington/Madison Express | #X80 Irving Park Express    |
| #X49 Western Express            |                             |

Local bus routes will continue to operate where express routes are being eliminated. Please use local bus routes for alternate service.

#### Revised Service Hours (service will start later and/or end earlier):

- |     |     |      |      |      |      |      |
|-----|-----|------|------|------|------|------|
| #6  | #29 | #49B | #63W | #76  | #91  | #119 |
| #8  | #30 | #50  | #70  | #80  | #92  | #126 |
| #12 | #35 | #52  | #71  | #81W | #97  | #146 |
| #14 | #36 | #53A | #72  | #85  | #103 | #147 |
| #15 | #44 | #54  | #74  | #85A | #111 | #155 |
| #28 | #47 | #56  | #75  | #88  | #112 |      |

#### Less Frequent Service:

- |      |      |       |      |      |      |      |      |
|------|------|-------|------|------|------|------|------|
| #1   | #21  | #49B  | #57  | #72  | #86  | #106 | #136 |
| #2   | #22  | #50   | #59  | #73  | #87  | #108 | #143 |
| #3*  | #24  | #51   | #60  | #74  | #88  | #111 | #144 |
| #4*  | #26  | #52   | #62  | #75  | #90  | #112 | #145 |
| #6   | #28  | #52A  | #62H | #76  | #90N | #119 | #146 |
| #7   | #X28 | #53   | #63  | #77  | #91  | #120 | #147 |
| #8   | #29  | #53A* | #63W | #78  | #92  | #121 | #148 |
| #8A  | #30  | #54*  | #64  | #79  | #93  | #122 | #151 |
| #9*  | #34  | #54A  | #65  | #80* | #94  | #123 | #152 |
| #11  | #35  | #54B  | #66  | #81  | #95E | #124 | #155 |
| #12  | #36  | #55*  | #67  | #81W | #95W | #125 | #156 |
| #14  | #44  | #55A  | #68  | #82  | #96  | #126 | #157 |
| #15  | #47  | #55N  | #69  | #84  | #97  | #129 | #205 |
| #18  | #48  | #56   | #70  | #85  | #100 | #134 | #206 |
| #20* | #49* | #56A  | #71  | #85A | #103 | #135 |      |

\* These routes only have frequency reductions during periods when the eliminated express routes they parallel are not operating.

**For more details, please visit [transitchicago.com](http://transitchicago.com)  
Transit Information: 312-836-7000 RTA TTY: 312-836-4949**



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