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The art of ignoring
can make you
more efficient **A10**

What your bathroom scale isn't saying

Fitness, body fat as important as weight for health **B1**

Trump rivals look to Illinois primary

Need to put points
on the board

BY SARA BURNETT
The Associated Press

CHICAGO — As the race for president shifts to contests in Illinois and other big states, Donald Trump's rivals are spending millions to try to blunt his momentum, and other GOP candidates are looking to put points on the board in a state that typically favors moderate Republicans.

The largest prizes next Tuesday will be winner-take-all primaries in Ohio and Florida, where the top vote-getter will leave with 66 and 99 delegates, respectively.

Illinois awards its 69 delegates through a two-pronged vote. The statewide pick for president gets 15 delegates, and voters allot the remaining 54 by electing delegates in each congressional district who are aligned with a candidate. So, Ohio Gov. John Kasich, Florida Sen. Marco Rubio and Texas Sen. Ted Cruz could pick up delegates even if Trump, the billionaire businessman who's leading statewide polls, wins Illinois' presidential preference vote.

That's bringing a flurry of campaigning to the area as Trump tries to widen his lead and the other Republicans argue they're the strongest alternative to be the GOP nominee.

Kasich will hold two town halls today in the Chicago suburbs, part of an effort to win on his "home turf" after disappointing finishes across the South. He's also expected to pick up the endorsement of the Cook County GOP, party Chairman Aaron Del Mar said.

Cruz will speak Friday at an Illinois GOP fundraiser downtown Chicago and give the keynote speech at a party dinner in the northwest suburbs. Trump has scheduled an evening rally at the University of Illinois at Chicago, while Rubio has said he's sticking around must-win Florida.

"It's certainly more activity and attention than we usually get," said Republican U.S. Rep. Rodney Davis of Taylorville, who's backing Rubio.

On the Democratic side, both former Secretary of State Hillary Clinton and Vermont Sen. Bernie Sanders have been running TV and radio ads in Illinois. Former President Bill Clinton campaigned in Evanston Tuesday for his wife, who has held a healthy lead in Illinois polling. Sanders held events at two Illinois universities in recent weeks.

There are 182 Democratic delegates at stake in Illinois, with 102 of those awarded based on the proportion of the vote a candidate receives Tuesday in each congressional district, provided they get a minimum of 15 percent.

The most hotly contested action is in the GOP primary, however, where Illinois' establishment Republicans are largely split among the three alternatives to Trump.



Photos by Daily Journal/Tiffany Blanchette

Zayla Mitsdarffer, center, is surrounded by her parents Christy, right, and Jason, left, and her two sisters, Shelby and Maddie, on Tuesday night as they make a molded wreath of their interlocking hands.

'She's still our little girl'

Bonfield family
prepares for
unthinkable pain

BY LEE PROVOST
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815-937-3364

Zayla Mitsdarffer is 14 years old now. She's a Herscher High School freshman.

She doesn't spend much time there, however.

And it's almost certain she won't be graduating. Diagnosed with leukemia when she was 3, Zayla is dying, the victim of anaplastic astrocytoma — an inoperable brain tumor.

Doctors from the University of Chicago Comer Children's Hospital have told her parents, Jason, a Kevin Nugent Construction Co. employee, and Christy Mitsdarffer, a Riverside Medical Center nurse, there is nothing more that can be done.

Two weeks ago, the Bonfield girl was put on hospice care. Almost at that same time "Prayers for Zayla" signs began sprouting along roads throughout the area.

"The brain cancer has advanced," Christy said in a quiet voice on Tuesday. "There are no other treatment options."

The family has not stopped living, and they will do everything in the time remaining

How to help a grieving parent

Mary Seibert, chapter leader of the Kankakee Area Compassionate Friends support group, here since 2001, said dealing with the loss of a child is the worst thing a parent can go through. Seibert speaks from experience. She lost her 16-year-old daughter in a December 1996 car accident.

"It's something a parent never gets over. It is something that a parent learns to live with," she said. "It's their new normal."

In the natural order of life, children are expected to outlive their parents. When that doesn't happen, the grief is immense.

"At first, your pain is so raw. You have your highs and your lows. And the feelings of grief come in waves," she said.

"Many parents have sleep problems. They might forget things, but they have to know they are not going crazy. This is just part of the process," she said.

And there is no timetable.



Zayla Mitsdarffer, shown here surrounded by her family, was diagnosed with leukemia at age 3 and is on hospice care in her home.

The grieving process is unique to everyone.

Eventually, parents learn to put their late child in a special place in their heart.

"I tell people it's not about getting through the next day or the next hour. It's getting through the next minute."

Seibert's best advice for

family and friends is to simply lend a sympathetic ear.

"Let them tell their story. We never want people to forget your child. Your children are such a part of you. It's so important that these parents know people still care, that we are still thinking about them."

— Lee Provost

•The Kankakee Area Compassionate Friends support group meets at 7 p.m. on the second Thursday of each month. Meetings are held at 1485 Butterfield Trail in the Riverside Assisted Living and Memory Care building. The nonprofit organization can be contacted at 815-295-0291.

with their youngest daughter to make lasting memories.

On Tuesday night, the family of five, including Zayla's older sisters, Shelby, 22, and Maddie, 17, gathered around a table to make a plaster

sculpture of their interconnected hands. An artist in Texas will cast in the sculpture in bronze.

They completed the messy task Tuesday night with the help of a Chicago police

detective, Ed Beazley, and his wife, Nadia, who did the same last year before losing their 12-year-old daughter to cancer.

See **ZAYLA**, page **A3**

Chuck Norris to stump for Cruz

Ding, ding, ding! It seems we have a winner — the coveted Chuck Norris endorsement goes to Sen. Ted Cruz, of Texas.

Norris is the roundhouse-kicking action star who inspired the now-classic Internet meme Chuck Norris Facts (a sample: "Chuck Norris doesn't sleep; he waits"). His backing of Mike Huckabee gave the former Arkansas governor's 2008 presidential bid a real boost.

He'll be appearing at a March 13 rally in Concord, N.C., according to Cruz's campaign site, alongside Glenn Beck.

Is this a sign of the growing strength of the senator's bid? Could be. As Huckabee once said, "Chuck Norris doesn't endorse. He tells America how it's going to be."

— The Washington Post

GOP STATE'S ATTORNEY PRIMARY

Racism, recidivism and mandatory prison

Issues at the
forefront of
Tuesday's debate

BY JON KRENEK
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Ed Glazar made it onto Chicago television news when defending a 2010 Halloween photo of himself dressed as a battered Tiger Woods, complete with black face polish. Kankakee County's former top public defender is running for state's attorney in the upcoming March 15 primary.

But not a peep of the incident surfaced at the Kankakee County branch of the NAACP debate held Tuesday as he debated off with his Republican primary opponent, Emile Capriotti. His opponent didn't bring it up, a panel of experts didn't mention it and no



Daily Journal/Tiffany Blanchette

State's Attorney candidates Emile Capriotti, left, and Ed Glazar answer questions Tuesday during the NAACP Candidates Forum in the Kankakee Library.

one from the crowd of 85 people asked about the costume — which was criticized as being racially insensitive.

Still, Glazar appeared contrite in

his closing statements.

"I am not a perfect man, but I am an honest man and I will be a great state's attorney," Glazar said. Theodis Pace, NAACP presi-

dent and moderator, told the Daily Journal he doesn't expect the matter to be a factor in a Republican primary race.

"I think it will probably be more of an overtone in the general election," Pace said.

Instead, the debate focused on the recruitment of minority lawyers, the unequal number of African-Americans who are incarcerated and reestablishing good relationships with local police departments.

Capriotti said he would attempt to recruit minority prosecutors by sending his assistants to law schools to recruit promising candidates. Glazar said he has an established record hiring and promoting African-American lawyers as the county's top public defender. He said his office often received more than 200 applications when advertising for jobs — which didn't

See **PRIMARY**, page **A3**



OBITUARIES A5

Carroll Adams, Watseka
 Edward "Booby-Doo" Black III, Danforth
 Willard "Willie" Burger, Martinton
 Michael "Big Mike" Euell, Park Forest
 Donald Heidenreich, St. Anne
 Marilyn Ingalls, Quincy
 Lula Jones, Kankakee
 Gwendolyn Mattox, Kankakee
 Adeline Orwig, Kankakee
 Robert "Bob" Rebholz Sr., Parkland, Fla.
 M. Carla Rouse, Mattoon
 Brian "Butch" Sadler, Bradley
 Delmer Short, Gilman
 Virginia Springer, Kankakee
 Hope Zelhart, Bonfield

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LOTTERY

Jackpots

Illinois Lotto \$26.25 million
 Hoosier Lotto \$1.7 million
 Mega Millions \$15 million
 Powerball \$50 million

Numbers drawn Tuesday, March 8:

Illinois
 Pick 3 Midday 9-4-8 2
 Pick 3 Evening 7-4-8 5
 Pick 4 Midday 0-9-0-0 2
 Pick 4 Evening 8-1-9-7 2
 Lucky Day Lotto
 Midday 13-16-22-23-28
 Evening 8-12-14-23-43

Indiana
 Daily 3 Midday 5-0-4
 Daily 3 Evening 1-8-6
 Daily 4 Midday 8-6-3-6
 Daily 4 Evening 8-9-7-0
 Cash 5 2-6-16-30-39
 Quick Draw
 Midday 1-3-7-13-15-17-18-27-32-34-35-36-58-59-63-68-73-74-76-78
 Evening 5-15-21-23-28-29-31-32-34-35-48-50-51-52-59-64-74-76-79-80

Multistate
 Mega Millions 27-37-54-66-69 5

CORRECTIONS

The Daily Journal makes every effort to publish accurate and fair information. If you see an error, please call Managing Editor Dimitrios Kalantzis at 815-802-5144

THE BIG PICTURE: IN MEMORY



The Associated Press/Evan Vucci

A reminder of his fallen father

U.S. Army Brig. Gen. Xavier Brunson, right, presents a flag to 6-month-old Declan McClintock during a funeral for his father, Sgt. First Class Matthew McClintock, on Monday at Arlington National Cemetery in Arlington, Va. McClintock was killed on Jan. 5, near Marjah, Afghanistan.

5 things about thumbs up



Politicians love it. Facebook users can't live without it. But what do you really know about the thumbs-up gesture?

Is that good or bad?

Historians record the use of the gesture as the fans of gladiator battles decided the fate of the warriors. But was a thumbs-up sign good or bad. The experts say ignore the Russell Crowe movie and go with the negative connotation. The thumbs-up gesture meant: "Get him out of here," or put the gladiator to death.

Going farther back

Researchers studying the Barbary Apes in Gibraltar noted these primates also use the gesture. But there was no definitive meaning assigned to it.

Happy Days

Yes, Arthur Fonzairelli, "The Fonz," is credited

with re-establishing the gestures popularity with his trademark "aaaaay" attached, when "Happy Days" premiered in 1974.

Not universal

The thumbs-up gesture is considered crude and, sometimes, even obscene in other parts of the world. Don't use it in the Middle East, some South American countries, Greece or many parts of Africa.

Going up

The thumbs-up gesture was brought into common usage when Allied pilots used the motion as a sign to ground crew and passengers that they were ready to take the plane up. It's positive image was quickly adapted by ground forces.

WEDNESDAY, MARCH 9

Events in history

- In 1862, during the Civil War, the ironclads USS Monitor and CSS Virginia (formerly USS Merrimac) clashed for five hours to a draw at Hampton Roads, Va.
- In 1916, more than 400 Mexican raiders led by Pancho Villa attacked Columbus, N.M., killing 18 Americans. During the First World War, Germany declared war on Portugal.
- In 1933, Congress, called into special session by President Franklin D. Roosevelt, began its "hundred days" of enacting New Deal legislation.
- In 1945, during World War II, U.S. B-29 bombers began launching incendiary bomb attacks against Tokyo, resulting in an estimated 100,000 deaths.
- In 1964, the U.S. Supreme Court, in New York Times Co. v. Sullivan, raised the standard for public officials to prove they'd been libeled in their official capacity by news organizations.
- In 1990, Dr. Antonia Novello was sworn in as surgeon general, becoming the first woman and the first Hispanic to hold the job.

Happy birthday!

- Singer Lloyd Price is 83.
- Actress Trish Van Devere is 75.
- Former ABC anchorman Charles Gibson is 73.
- Singer Jeffrey Osborne is 68.
- Actor Tom Amandes is 57.
- Actor Emmanuel Lewis is 45.
- Actress Jean Louisa Kelly is 44.
- Actor Oscar Isaac is 37.
- Actress Brittany Snow is 30.
- Rapper Bow Wow is 29.
- Actress Cierra Ramirez is 21.

DAILY JOURNAL

162nd Year— No. 159

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Cloonen says CPS bailout will hurt our schools

BY JOHN DYKSTRA
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815-937-3330

State Rep. Kate Cloonen, D-Kankakee, said she won't vote for legislation backed by Republican Gov. Bruce Rauner to bail out Chicago Public Schools.

At a Tuesday news conference at Steuben Elementary School in Kankakee, Cloonen attacked what she called a "bailout plan" that would allow CPS to declare bankruptcy and give the Illinois State Board of Education control of the district until it's financially stable.

"Our local schools come first," Cloonen said. "This bill would ultimately divert resources and needed funding from our region and funnel it to Chicago. Those of us downstate would be on the hook for Chicago's failures."

Chicago media reports CPS is \$500 million in the hole. Those financial tensions have the Chicago Teachers Union threatening to go on strike over pension payments.

If the legislation passes, filing bankruptcy would void all of CPS' union contracts and open them up for renegotiation. That would add fuel to Rauner's battle with unions.

Meanwhile, nine of Kankakee County's 12 public school districts are operating on deficit budgets this fiscal year. All blame their

financial woes on lowered state aid, including Kankakee School District 111, which has lost \$13 million in state funding since 2010.

"We have districts right here that are in trouble," Cloonen said. "I don't see the state coming in and saying, 'Listen, I'll help you out.' Yet, they're saying that to Chicago."

Kankakee school officials have been cutting away at a \$3.5 million deficit since last year to prevent state intervention. The fact that lawmakers are looking into bailing out CPS concerns Kankakee Superintendent Geneva Walters that the state won't resolve its school funding issues.

"One one hand, I want every child in Illinois to have a strong, quality education," Walters said. "On the other hand, we're struggling financially. We're cutting our deficit. We're trying to maintain some type of fund balance while Illinois figures out the school finance issue."

Cloonen said she doesn't believe the Republican-crafted CPS bailout plan will go far. Chicago Mayor Rahm Emanuel and Democratic lawmakers have tossed back the governor's "lifeline."

"I would think that every downstate school district would be against it," Cloonen said. "I don't think there will be enough votes to pass it, but that doesn't mean it won't come and get its due day."



Rep. Kate Cloonen talks with Steuben Elementary School students during a press conference Tuesday at the Kankakee school. Cloonen announced her opposition to Gov. Bruce Rauner's proposed bailout of the Chicago Public School system.

Daily Journal/Tiffany Blanchette

GOP candidates for judge spar, but agree on race

BY JON KRENEK
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815-937-3370

There were plenty of questions about the relationship between minorities and the criminal justice system at a debate sponsored by the the Kankakee County branch of the NAACP on Tuesday. But it was apparent to both the candidates and the organizers how few minorities could be found in the crowd of about 85 people.

"Does it bother me that there are a limited number of people of color in the room? Yes," said Jamie Boyd, incumbent Kankakee County State's Attorney and candidate for circuit court judge. "It doesn't look like that in the courthouse. Race does play a significant role in the criminal justice system. You have to take that into account."

Boyd is running in the Republican primary on March 15 against Associate Judge Mike Kramer. They faced questions from an expert panel and the crowd about the relationships between African-Americans and the police, the justice system and, of course, the candidates' qualifications for the job.

Both agreed the low number of minority attorneys in Kankakee County is behind a lack of diversity in the judiciary. They said the courts have worked hard to diversify jury pools. They also believe the public has confidence in the justice system here.

"We don't have the situation we have in Ferguson or Baltimore,"



"It's not a job you take if your goal is to make friends."

JAMIE BOYD

Kramer said. "It's not a huge problem in this area. The problem is most African-Americans are reluctant to be witnesses because they're afraid of retaliation."

Boyd agreed, offering a couple of recent examples. He said about 40 people witnessed a recent shooting in Kankakee and none have cooperated with police.

"Nobody saw anything," said Boyd. But the story was much different in another incident involving an innocent victim.

"If a young girl is shot on Court Street, everyone saw it," Boyd said. "If it involves criminals attacking criminals the community is afraid of retaliation. The community is very reticent to help the police unless there are great assurances that it is important, and that they will be protected."

What the candidates disagreed on were their qualifications for the



"It is rare someone is not recommended."

MIKE KRAMER

job and their interpretations of an ethics rule issued by the Illinois Supreme Court. The crowd asked questions about both topics.

Kramer said he believes Boyd's campaign signs are in violation of the rule because they read "Elect Judge Jamie Boyd." An interpretation of the rule published by the Illinois Judges Association states, "a candidate who is not a judge may not use 'judge' in advertising in a way that would make people think he or she already was a judge."

"Our state's attorney is not a judge. The signs are misleading," Kramer said. "The ethical line has been crossed."

Boyd countered that the signs are not misleading because anyone voting in a Republican primary should already know he's a state's attorney seeking a spot on the bench.

"I don't believe in any way I am in violation of these rules," Boyd said. He said he's qualified for the job because of his broad legal experience in many areas of the law as both a public and private attorney. Those experiences qualify him to reside over a wide variety of cases, he said.

Boyd also was asked why he received a "not recommended" rating in an Illinois State Bar Association poll of local attorneys on his qualities and qualifications for the bench. He received a score of 34 out of 100 on the key question of whether he meets the requirements for being a judge. Kramer got a score of 96 and was soundly recommended for the judicial seat.

He attributed the low rating to making tough decisions as state's attorney which lawyers and other public officials don't always like.

"It's not a job you take if your goal is to make friends," Boyd said. "There is very little I can do about it."

Kramer countered that Chief Judge Mike Kick and Circuit Court Judge Clark Erickson both served as state's attorneys and received recommended ratings before being elevated to the bench. Kramer said he's been recommended numerous times in past bar polls.

"It is rare someone is not recommended," Kramer said. "I am the only candidate in the race with judicial experience. I'm also the only candidate to receive a recommended rating. Those two facts put me miles ahead."

When it rains, it increasingly downpours

BLOOMBERG NEWS

As the climate heats up, the forecast also is calling for more rain. Think downpours. Cats and dogs. Or just "extreme rain," as the scientists call it.

The overall rain and snowfall average is increasing only moderately. But observations since 1951 show the wettest days every year have increased their intensity by 1 percent to 2 percent per decade, according to a study published this week in the journal Nature Climate Change. The heavy precipitation is increasing over both wet and dry land areas, a surprising conclusion drawn from the research.

A mantra among climate scientists for years has held that, as humanity continues to pump out carbon pollution, regions with lots of rainfall will receive more, and relatively arid places will get even less. That's a global projection, however, and most of the globe's surface consists of ocean. More recently, scientists have wondered if that will hold true over land as well.

The Australian and U.S. scientists who conducted the new study conclude it may not hold true. The skies are dumping more and more water on land, regardless of traditional, local climatic conditions.

The basics of the earth's water cycle are pretty straightforward. When it's warmer, water not only evaporates faster, but the air can hold more moisture. So when storms come, there's more water vapor to tap, and down it comes.

State lawmakers seek to expand concealed carry law

THE ASSOCIATED PRESS

SPRINGFIELD — Illinois legislators from both parties are continuing to fine-tune the state's concealed carry law nearly three years after it was passed.

Legislators have proposed including public transportation, courthouses, interstate highway rest areas, public parks and athletic facilities as areas in which permit holders are allowed to carry a concealed weapon, the State Journal-Register reported.

In July 2013, Illinois became the last state to pass a concealed carry law. Since then, there have been some changes to the law, but none regarding the areas where concealed carry is allowed.

"It's a work in progress in terms of making sure our Second Amendment rights are protected in Illinois," said Democratic state Rep. John Bradley, of Marion, who co-sponsored the original bill. "When you have something that big of a landmark and that important, you want to make sure you get it right."

The House bill that would allow for concealed carry on public transportation is sponsored by Democratic state Rep. Jerry Costello, of Smithton.

"There are many individuals throughout the state of Illinois who rely on public transit as their primary mode of transportation," he said. "I do not believe their Second Amendment rights should be infringed upon simply because



fox32chicago.com

In July 2013, Illinois became the last state to pass a concealed carry law. Since then, there have been some changes to the law, but none regarding the areas where concealed carry is allowed.

they take a train or bus rather than driving their own vehicle."

But the Chicago Transit Authority, the nation's second largest public transportation system, is worried the proposal would "bring an increased and significant safety risk to both customers and employees," said spokesman Jeff Tolman.

Another House bill would allow a circuit or associate judge, state's attorney or assistant state's attorney to carry a weapon within the courthouse but not inside the courtroom.

Anti-gun groups, including the Illinois Council against Handgun Violence, have spoken out against all proposed expansions to the concealed carry law.

Zayla

From page A1

Silliness and laughter filled the house on this night as a vessally liquid formed rubber that eventually led to the blueprint for the plaster form of the family's interlocked hands. But nights like this are likely the exception, rather than the

rule these days.

The family's long, painful fight with cancer is coming to an end.

"She has an idea of what's happening," Christy said. "I've asked her if she's scared. She sometimes cries."

Christy said Zayla is starting to have seizures. The pain her daughter feels in her head was described as extreme pressure, similar to a massive headache. She can no lon-

ger speak.

"She's still our little girl," Christy said.

Until recently, the tumor had been managed by radiation treatments. The family knew from the beginning it was inoperable. But in recent months, the tumor started to finger its way into other regions of the brain.

The hands that were crafted Tuesday will need 24 hours to hard-

en. They will then be shipped to Texas. The hope is the table-top piece will be back in time for every member of the family to see it, to touch it.

Ed Beazley said this is much more than a family art project. He said he touches his daughter's hand every night before he goes to bed.

"I talk to her every night. In a way it makes it feel like she's still here."

COMMUNITY CALENDAR

Thursday, March 10 - Saturday, March 12

Giant Indoor Yard Sale, 1280 Armour Road, Bourbonnais. 815-933-9400. Thursday and Friday 9 a.m. to 5 p.m., and Saturday 9 a.m. to noon.

Thursday, March 10

Corned Beef and Cabbage Dinner, Aroma Park American Legion, 739 S. Sandbar Road, Kankakee, 4:30 p.m. until sold out. \$9, corned beef, cabbage, potatoes, carrots, roll, dessert. Hosted by Sons of American Legion.

Adult Spring Craft Thursday, Limestone Township Library District, 2701 W. Tower Road, Kankakee. 6:30 p.m. Create a decoration for the upcoming garden season. All supplies provided. Free. Register at 815-939-1696.

Teen Zone Cinema, Kankakee Public Library, 201 E. Merchant St. 815-939-4564. 6:30 p.m. Teens choose between two movies each month. The movie with the most votes will be the feature presentation for the month.

Friday, March 11 - Sunday, March 13

Annual Mission Rummage Sale, Wesley United Methodist Church, 500 N. Cleveland Ave., Bradley. 815-939-4999. 8:30 a.m. to 2 p.m. Friday, 9 a.m. to noon Saturday. Variety including children's clothing, tools, furniture and craft items.

Friday, March 11

KVYSO Musicians Showcase 2016, Asbury United Methodist Church, 196 S. Harrison Ave., Kankakee. 815-939-4347. 6:30 p.m. \$15 adults, \$8 children 14 and younger. Features solos and ensembles. Event also includes desserts and beverages before performances, silent auction. Reservations requested by calling 815-334-7773.

Family Fun Day, Pembroke Public Library District, 13130 E. Central Ave., Pembroke Township. 815-944-8609. All day, beginning when the library opens at 10 a.m. For children and parents or guardians. Enjoy a story, gaming and an interesting project.

NARFE meeting, noon lunch, 1 p.m. meeting, National Active and Retired Federal Employees meet at Homestead Restaurant, 1230 S. East Ave., Kankakee, 815-929-3724.

Saturday, March 12

Aebelskiver Supper, Zion Lutheran Church, 101 N. Maple St., Clifton. 815-507-4884. Lutheran Youth Organization of the church hosting all-you-can eat Aebelskiver (Danish pancakes) 4 to 7 p.m., \$8 adults, \$4 children 3-12, children younger than 3 eat free.

Momence Lions Club Pancake Breakfast, 7 to 11 a.m., Memorial Building of First United Methodist Church in Momence. All-you-can-eat pancakes and sausage. Scrambled eggs in a limited quantity, served on request. Split-the-pot drawing. Questions, call 217-621-3746.

Fourth annual Tea Fundraiser, First United Methodist Church, 401 E. Kahler

Road, Wilmington. 815-476-5474. Hosted by Work Trip Mission Team to support its summer trip to the Red Bird Mission in Beverly, Ky. 1:30 to 4 p.m. Silent and live auctions, talent show, refreshments. Advance tickets from mission team members or at door for \$7 adults, \$5 children 10 and younger.

Ichi Anime Worx, Pembroke Public Library District, 13130 E. Central Ave., Pembroke Township. 815-278-0269. 2 p.m. Gathering for individuals interested in animation. View animated features, along with light snacks.

American Mangaka, Pembroke Public Library District, 13130 E. Central Ave., Pembroke Township. 815-944-8609. 2 p.m. Learn to draw using a Japanese style.

Children's Clothing Resale, St. George School, 5200 E. Center St. 8 a.m. to 1 p.m. Clothing, shoes, toys, sports equipment, baby furniture and supplies. Email questions to stgeorge.pto@gmail.com. Visit facebook.com/SGSresale.

St. Baldrick's Foundation Head Shaving Event for Pediatric Cancer Research, all proceeds benefit children with cancer, 2 p.m., Manteno Sportsmen's Club, raffles, DJ, Irish food for purchase. You do not need to go bald to take part.

Build and Grow Clinic, Limestone Township Library District, 2701 W. Tower Road, Kankakee. 1 p.m. Representatives of Lowe's help conduct a building clinic for kids in kindergarten and older. Parents must stay with their child. All supplies included. Space limited, register at 815-939-1696.

Monday, March 14

Using Word Program — Adult Computer Class, Limestone Township Library District, 2701 W. Tower Road, Kankakee. 6 p.m. Learn basics of this popular word processing program. Class meets Monday, March 14, and Wednesday, March 16. Register at 815-939-1696.

Tuesday, March 15

Kankakee Area Jaycees meeting, Legends Sportsplex, 70 Ken Hayes Drive, Bourbonnais. 815-780-2582. Monthly meeting starts at 7:30 p.m. The Jaycees are an internationally renowned leadership and management training organization geared toward equipping young adults to produce positive change. Open to the public.

Chic Chats, Kankakee Public Library, 201 E. Merchant St., Kankakee. 815-939-4564. 6 p.m. Discussion group for teen females on real-life issues.

Wednesday, March 16

Deadline to preregister for the Saturday, March 19, Beecher Chamber of Commerce Easter Egg Hunt. Forms available at Midland States Bank (Beecher Branch), 951 Dixie Highway, Beecher, or Beecher Village Hall. Hunt is for children ages 10 and younger and begins at 11 a.m. Saturday, March 19, at Firemen's Park in Beecher. The Easter Bunny will be present, so bring

the camera. Those who preregister will be eligible to win one of 24 large Easter baskets.

Overeaters Anonymous, Riverside Medical Center, 350 N. Wall St., Room C, Kankakee. 815-932-9209. Meets Wednesdays at 7 p.m. A 12-step support group to abstain from compulsive overeating and food behaviors. Free.

Home At Your Library, Kankakee Public Library, 201 East Merchant St. 815-939-4564. 10:30 a.m. A fun-filled educational program designed for homeschoolers of all ages.

Thursday, March 17

Ashkum Chargers 4-H Club Pancake and Sausage Supper, 5 to 7:30 p.m., Ashkum Coliseum, \$6 adults, \$4 for children 11 and younger.

Friday, March 18

Trivia Challenge Fundraiser, 6 p.m., Kankakee Community College Workforce Development Center, 100 College Drive. 815-935-2750. \$10 per person, \$50 per team. Teams may have a maximum of six members. Cash prizes, family-friendly. Eight rounds of challenging, thought-provoking trivia. Proceeds benefit various free Prairie State Legal Services programs.

Family Fun Day, Pembroke Public Library District, 13130 E. Central Ave., Pembroke Township. 815-944-8609. All day, beginning when the library opens at 10 a.m. For children and parents or guardians. Enjoy a story, gaming and an interesting project.

A Smooth Showcase, Kankakee Public Library, 201 E. Merchant St. 815-939-4564. 6 p.m. A showcase featuring spoken word, dance, rap and more. Bring some friends to witness a new wave of lyrical and powerful forms of expression.

Saturday, March 19

Reddick Community Easter Egg Hunt, sponsored by the Reddick Lioness Club. 10 a.m. on the Reddick Fire Protection District grounds (previously Reddick Grade School). Participating children need to bring a basket or bag for collecting eggs. 815-365-4489.

St. Patrick's Day Salute to Three Governors, Civic Auditorium, 803 S. Eighth Ave., Kankakee. 815-715-8405. 5 p.m. dinner and drinks, entertainment, silent auction, proceeds go to woman's club project to honor our three former governors from this area. \$50 per person. Advance tickets at Bird Park, Speckman Realty or call 815-715-8405.

Ichi Anime Worx, Pembroke Public Library District, 13130 E. Central Ave. 815-278-0269. 2 p.m. Gathering for individuals interested in animation. View animated features and enjoy light snacks.

Book Discussion Meet and Greet, Pembroke Public Library District, 13130 E. Central Ave., Pembroke Township. 815-944-8609. Noon. Book clubs and school administrators invited to meet and discuss required reading programs in order to see how the library can help make events great. Sign up at the library.

Fire and Police Swap Meet, Will County Fairgrounds Atrium, 710 West St., Peotone. 815-482-8454. Kankakee County (MABAS 7) Fire Investigators Team is holding its annual swap meet. 8 a.m. to 2 p.m. Many indoor and outdoor displays of fire and police collectibles, toys, antiques and other memorabilia items. Admission \$5 at the door or for \$10 be included in various raffles including a Sony 40-inch TV.

Monday, March 21

Healthy Eating for Diabetes and Beyond, Bradley Public Library, 296 N. Fulton Ave. 7 p.m. Registered dietician and certified diabetes educator for the past 16 years, Heather Perdue-Smith teaches how to make healthy, balanced and nutritious eating choices. Demonstration and sampling of smoothie and salad. RSVP requested by calling library at 815-932-6245.

Bradley Lions Club, Denny's Restaurant day, 10 a.m. to 7 p.m. By eating at the restaurant on March 21, 10 percent of your bill will be donated to the Bradley Lions Club for its building fund. 815-509-8713.

Using Word Program — Computer Class for High School Students, Limestone Township Library District, 2701 W. Tower Road, Kankakee. 6 p.m. Learn basics of this popular word processing program. Class meets Monday, March 21, and Wednesday, March 23. Register at 815-939-1696.

Spring Craft for Kids, Limestone Township Library District, 2701 W. Tower Road, Kankakee. 11 a.m. Spring break week craft session for kids in kindergarten through third grade. Free. All supplies are provided. Register at 815-939-1696.

Treasure Chest Craft, Limestone Township, 2701 W. Tower Road, Kankakee. 1 p.m. Activity for kids in fourth-grade and older. Free. All supplies provided. Register at 815-939-1696.

Tuesday, March 22

Glass Design with Art, Merchant Street Art Gallery of Artists with Autism, 356 E. Merchant St., Kankakee. Glass Design with Art for families with a member who has autism. 3:50 to 6 p.m. Includes snack, music and the sun catchers. Additional sun catchers can be made for \$15 and they ask that those be donated to the gift shop. Free activity available for other family members. Register by March 18 at 815-685-9057.

Finger Puppets, Limestone Township Library District, 2701 W. Tower Road, Kankakee. 11 a.m. Kids in kindergarten through third grade can make bunny finger puppets. Free. All supplies provided. Register at 815-939-1696.

Women of the Moose Spring Madness, Moose Family Center, Illinois Route 50, Bradley. 815-933-2520. 9 a.m. to 4 p.m. Features holiday crafts, food, a white elephant table and raffles. The Taste of the Moose, featuring foods prepared from their cookbook, "Our Best Home Cooking," is from 11 a.m. to 3 p.m.

Wednesday, March 23

Overeaters Anonymous, Riverside Medical Center, 350 N. Wall St., Room C, Kankakee. 815-932-9209. Meets Wednesdays at 7 p.m. A 12-step support group to abstain from compulsive overeating and food behaviors. Free.

Vintage Squadron Breakfast, Coyote Canyon, 1359 N. Locke Drive, Bradley. 815-953-6666. 7:30 a.m. \$6.50 plus tip. A breakfast buffet with fellow veterans. All veterans are welcome.

Affordable Vaccines and Pet Wellness in Wilmington, 960 S. Water St., Wilmington. 4 to 7 p.m. Spay Illinois offers core vaccinations, one-year dog wellness package \$69, one-year cat wellness package \$30. Both include state required, one-year rabies. Make appointment or learn more at 630-961-8000 or spayillinois.org. Discounts to pet owners on LINK or SSDI; mention when making appointment.

Friday, March 25

Easter Food Drive, sponsored by Salvage Yard Biker Church. 815-693-2818, 615-830-9000. Drop canned food items at College Church of the Nazarene, 200 University Ave., Bourbonnais. 8 a.m. to 4 p.m. Specific food items being collected are corn, green beans and cranberries in 15-ounce cans, and canned yams in 29- or 30-ounce cans. If you know of a family that needs food, call 815-953-7390 or email kkithines@aol.com.

Family Fun Day, Pembroke Public Library District, 13130 E. Central Ave., Pembroke Township. 815-944-8609. All day, beginning when the library opens at 10 a.m. For children and parents or guardians. Enjoy a story, gaming and an interesting project.

Herscher Fire Dept. Fish Fry, 4:30 to 7:30 p.m., Herscher Legion, \$9 adults, \$5 children 5-12. Raffle drawings. All-you-can-eat fish.

Saturday, March 26

Ichi Anime Worx, Pembroke Public Library District, 13130 E. Central Ave. 815-278-0269. 2 p.m. Gathering for individuals interested in animation. View animated features and enjoy snacks.

Pen Pal Party, Pembroke Public Library District, 13130 E. Central Ave., Pembroke Township. 815-944-8609. Noon. Sign up for the Pen Pal Program. Write letters to our military members and enjoy edible S.T.E.A.M. projects.

Sunday, March 27

Kankakee Valley Park District's 5K Run/Walk, River Road Park, 1895 River Road, Kankakee. 815-929-1885, ext. 304. 8 a.m. registration, 9 a.m. run. \$20 by March 5, \$23 race day. Preregistered receive T-shirt. Overall male and female run winners receive trophies, and medals will be awarded to top two run finishers per age group. Top five walkers receive medals. Kankakee Running Club members receive \$2 off registration.

Nonprofits may submit events free of charge to the Community Calendar through daily-journal.com.

Your 'bromance' might be keeping you cool, calm and collected

Sticking to the bro code might help buffer men against stress

BY ARIANA EUNJUNG CHA
The Washington Post

Scientists have long believed women are more adept at bonding with other women, and men can be more competitive and aggressive with other men. But a new study suggests the differences may not be as large as that.

The research, published

in the journal *Neuropsychopharmacology*, involved experiments with rats. Rats, it turns out, are a lot like humans in their social lives. They groom each other, sleep together and have even shown empathy by helping distressed rats.

Elizabeth Kirby, a postdoc at Stanford who began the work while a doctoral student at the University of California at Berkeley, studies the effect of stress on the brain. She exposed some male rats to a mild stress — by immobilizing them in a tube for a few hours — and then put them back in a cage with each other.

The change was dramatic. They were less aggressive, hung out closer to each other and shared their water bottle more without any fighting.

Kirby explained in an interview that this is akin to male friendships or bromances in the first year of college that help students deal with stress. "You take a bunch of 18-year-old males and put them in a new place away from home, and they form really strong friendships," she said.

Next, the researchers exposed the rats to a more life-threatening stress — the odor of a predator — and other negative changes. But

after those experiences, there was no bonding, and the rats began to stay away from each other.

Kirby said what happened is similar to how a human might react to being in a car wreck and have post-traumatic stress disorder and withdraw from social networks.

She said the study should give us pause about how we think about stress.

"Stress is not universally bad. Every time we feel stressed, we don't need to be de-stressed and have negative emotions associated," Kirby said. "It can also be beneficial to psychological health."



news.berkeley.edu

Scientists have published a new study that suggests "bromances" similar to that between Jason Segel and Paul Rudd in the movie "I Love You, Man," can help men deal with stress.

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Obituaries

Contact: Rochelle Simpson | 815-937-3367 | obituary@daily-journal.com

Adeline Orwig KANKAKEE

Adeline Orwig, 92, of Kankakee, passed away Saturday (March 5, 2016) at Merkle-Knipprath Nursing Home in Clifton.

She was born May 6, 1923, in Kankakee, the daughter of William and Della Randles Olsen. Adeline married Laverne "Ernie" L. Orwig on Feb. 8, 1947, in Kankakee. He preceded her in death on Dec. 24, 2015.

Adeline worked for Florence Stove Company and was a homemaker. She was a graduate of Kankakee High School. Adeline was a member of Asbury United Methodist Church in Kankakee, and a member of Limestone Circle. She was an avid bowler.

Surviving are several nieces and nephews, including Gary and Cindy Orwig, of Kankakee, and Susan Burrows, of Chebanse, Dave and Cindy Orwig, of Champaign, Dick and Sarah Orwig, of Pennsylvania, Lyle and Karma Orwig, of Wisconsin, Randy and Marsha Siuda, of Georgia, Wayne Orwig, of Bradley, Lonna Orwig, of Illinois, Karen Bartdorf, of Illi-

nois, Donna and Mitchell Cardosi, of Illinois, Lauri Orwig, of Elgin, Cindy and Terry Conlon, of Champaign, Janet Orwig, of Oregon, David Lee Swinke, of Humble, Texas, and Robert Swinke, of League City, Texas; brother-in-law, Len and Valda Orwig, of Kankakee; and sister-in-law, Carol Corner, of Salem,

Or. In addition to her husband, preceding her in death were her parents; and two sisters, Joan Olson and Lorene Olsen Swinke.

Visitation will be from 5 p.m. to 8 p.m. Thursday at Clancy-Gernon-Hertz Funeral Home in Kankakee. Funeral services will be at 10 a.m. Friday, also at the funeral home, with the Rev. Scott Henley officiating. Interment will follow in Kankakee Memorial Gardens Cemetery in Aroma Township.

Memorials may be made to Asbury United Methodist Church or Hospice of Kankakee Valley.

Please sign her online guestbook at clancygernon.com. (Pd)



Virginia Springer KANKAKEE

Virginia Springer, 91, of Kankakee, passed away Sunday (March 6, 2016) at her home.

She was born June 3, 1941, in Chicago, the daughter of Fred Emma Dap Lucas. Virginia married Lee Springer on Feb. 10, 1946. He preceded her in death on Feb. 12, 1992.

Virginia was a retired employee of Olivet Nazarene University, where she spent her happiest working years. She was a member of St. Paul Episcopal Church, Kankakee, where she was church treasurer for many years, and a member of the vestry and choir. Virginia also was a member of the VFW Auxiliary.

Surviving are her son and daughter-in-law, James and Sarah Springer; of Kankakee; daughter and son-in-

law, Barbara and Garret Portinga, of Bourbonnais; and three grandchildren, Virginia Lee Portinga, of Forest Park, Elizabeth Rae Springer, of Kankakee, and James C. Springer, of Kankakee.

Preceding her in death were her parents; husband; and one grandson, John Garrett Portinga.

Memorial visitation will be from 9 a.m. Saturday until the 11 a.m. funeral services at St. Paul Episcopal Church, Kankakee, with the Rev. Frank Warthen officiating. Inurnment will be in St. Casimer Cemetery, Chicago.

Memorials may be made to St. Paul Episcopal Church Music Fund.

Please sign her online guestbook at clancygernon.com. (Pd)



Brian 'Butch' Sadler BRADLEY

Brian E. "Butch" Sadler, 48, of Bradley, passed away Sunday (March 6, 2016) at his home.

He was born July 20, 1967, in Kankakee, the son of Michael Sadler and Linda Divit. Brian married Gina Raymond on Aug. 11, 2007, in Shelbyville.

Brian worked for Comcast for more than 20 years. He enjoyed golfing, fishing, grilling and boating in Missouri. He loved spending time with his family and friends and was an avid Chicago White Sox and Chicago Bears fan.

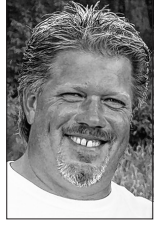
Surviving are his wife, Gina Sadler, of Bradley; one son, Dustyn Sadler, of Manteno; two daughters, Sabrina Sadler, of Bradley, and Kayla Fausett, of Utah; his father,

Michael (Kathryn) Sadler, of Kimberling City, Mo.; his mother, Linda (Gary) LaGesse, of Bradley; three

sisters, Michelle Sadler, of Bradley, Tara (Adam Laxton) Sadler, of Chebanse, and Alison (Daniel) Connolly, of Tinley Park; one granddaughter, AnnaMae Fausett; and several nieces, nephews and friends.

Visitation will be from 3 p.m. Thursday until the 7 p.m. funeral service at Schreffler Funeral Homes, Kankakee Chapel. Cremation rites will be accorded after the service. Memorials may be made to the wishes of the family.

Please sign his online guestbook at schrefflerfuneralhomes.com. (Pd)



Michael Euell PARK FOREST

Michael "Big Mike" Euell, 47, of Park Forest, and formerly of Kankakee, passed away Friday (March 4, 2016) at St. James Hospital, Chicago Heights.

Visitation will be from 5 p.m. to 8 p.m. Friday at Lax Mortuary, Kankakee, and again from 10 a.m. Saturday until the 11 a.m. funeral services at Morning Star Missionary Baptist Church, Kankakee. Dr. Charee Baker will officiate and Dr. Charles Baker will deliver the eulogy. Burial will be in Mound Grove Gardens of Memory, Kankakee.

Michael "Big Mike" Euell was born Dec. 26, 1968, in Kankakee, the son of Labron "LB" and Angelisa Nelson Boykin. He married Angie L. Johnson on June 13, 2015.

He recently was employed at BASF Chemical and CSL Behring.

Surviving are his wife, of Park Forest; two stepsons, Malcolm (Jasmina) and Julian Bridges, both

of Louisville, Ky.; his mother, Angelisa Boykin, of Kankakee; his stepfather, Hubert Euell, of Kankakee;

two brothers, Mark (Veryl) Boykin Sr., of Joliet, and Bryan Euell, of Kankakee; two sisters, Brenda Euell, of Kankakee, and Marilyn (Patie Stewart) Boykin, of Columbus, Ohio; his mother-in-law, Dr. Essie Baker, and his father-in-law, Dr. Charles W. Baker, of Flossmoor; and Walter Pritchard, of Louisville, Ky.; brother-in-law, Dr. Charee (Kim) Baker, of Flossmoor; three nephews, two nieces, three aunts and a host of relatives and friends.

Preceding him in death were his father, Labron "LB" Boykin; his uncle, Jobie Nelson III; his maternal grandparents, Jobie Jr. and Mary Nelson; his paternal grandparents, Lester and Maudie Boykin; and a niece, Ciera Boykin.

Please go to laxmortuary.com to send condolences. (Pd)



Hope Zelhart BONFIELD

Hope M. Zelhart, 75, of Bonfield, passed away Sunday (March 6, 2016) at her home.

She was born Aug. 8, 1940, in Chicago, the daughter of Fred and Ethel Smith Davis. Hope married Roy D. Zelhart on Sept. 1, 1955, in Kankakee. He preceded her in death on Sept. 30, 2006.

Hope was a homemaker. Surviving are her sons, Laurence (Roxanne) Zelhart, of Bourbonnais, and Roy E. (Georgie Collins) Zelhart, of Bonfield; daughters, Patricia (Dale) Gray, of Clifton, Marjorie (James Elliott) Fear, of Fort Wayne, Ind., Pamela (David) Wolford, of west Kankakee, and Anna (Donn) Kane, of Bourbon-

nais; 12 grandchildren; two step-grandchildren; many great-grandchildren; sister, Carol Owens, of Kankakee; and sister-in-law, Jean Klutz, of Buckingham.

In addition to her husband, she was preceded in death by her parents; and sister, Georgia Cremer.

Visitation will be from 10 a.m. Friday until the noon funeral services at Clancy-Gernon-Hertz Funeral Home in Kankakee, with deacon Patrick Skelly officiating. Burial will be in Limestone Cemetery, Kankakee. Memorials may be made to Hospice of Kankakee Valley.

Please sign her online guestbook at clancygernon.com. (Pd)



Carroll Adams WATSEKA

Carroll Adams, 96, of Watseka, passed away Thursday (March 3, 2016) in Watseka.

She was born May 27, 1919, in Rantoul, the daughter of Mari-on and Lucy (Collins) Webster. Carroll married Robert Adams on March 25, 1944, in Chicago. He preceded in her death on Nov. 4, 1986. Carroll worked at the Iroquois County Treasurer's Office. She was a member of the American Legion and the Ladies Auxiliary. She enjoyed knitting, sewing, camping, jokes and playing music, especially the mandolin.

Surviving are her son and daughter-in-law, Daniel and Marcia Adams, of Watseka; sister, Lorene Whitman, of Watseka; sisters-in-law, Carolyn Webster, of Arkansas, and Retha Webster, of Watseka; grandchildren, Luci and Randy DeFauw, of Watseka, Daniel Adams II, of Dallas, Texas, and Alex and Jessica Adams, of Donovan;

great-grandchildren, Jacob DeFauw, Dylan DeFauw, Adrienne Adams, Hunter Adams, Sawyer Adams; and many nieces and nephews.

In addition to her husband, preceding her in death were her parents; two brothers, Melvin and Daniel Webster; and three sisters and brothers-in-law, Connie (Kenny) Bierger, Jean (Harold) Ahlen and Doris (Wes) Kissack.

Visitation will be from 11 a.m. Saturday until the 1 p.m. funeral service at Baier Funeral Home in Watseka, with the Rev. Joseph Hughes officiating. Burial will be in Iroquois Memorial Park Cemetery in Watseka. Memorials may be made to the American Legion, Ladies Auxiliary, or to the charity of the donor's choice.

Please sign her online guestbook at baierfuneralhome.com. (Pd)



Robert Rebholz Sr. PARKLAND, FLA.

Robert "Bob" Joseph Rebholz Sr., 88, of Parkland, Fla., and a former resident of Bourbonnais, passed away Friday (March 4, 2016) in Coral Springs, Fla.

He was born March 12, 1927, in Chatsworth, the son of Joseph and Mary Margaret Ortman Rebholz. Bob married Theresa "Terry" Africano on April 4, 1948.

Bob worked as a salesman at Mobil Chemical for 38 years. He was an avid golfer and enjoyed playing bridge. He and his wife enjoyed world traveling as well. Bob was a member of The Elks.

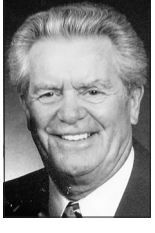
Surviving are his wife, of Parkland, Fla.; son, Robert Joseph Rebholz Jr. and partner, Michael Faulkner, of Plantation, Fla.; daughter, Cynthia Rebholz Booi and husband, Daryl Booi, of Greensboro, N.C.; four grandchildren, Caroline

Booi Nystrom, of Santa Clara, Calif., Douglas Booi, of Hawthorn Woods; Rebecca Booi Lococo, of San Francisco, Calif., and Amy Booi, of Las Vegas, Nev.; six great-grandchildren, Matthew, James, Luke and Peter Nystrom, and Samantha and Abigail Booi; and brother, William Rebholz, of Chatsworth.

Preceding him in death was a sister, Mary Ann Davis.

Visitation will be from 4 p.m. to 8 p.m. Thursday at Clancy-Gernon Funeral Home, Bourbonnais. Funeral services will be at 11 a.m. Friday at Maternity BVM Catholic Church, Bourbonnais. Entombment will be in All Saints Cemetery, Bourbonnais.

Please sign his online guestbook at clancygernon.com. (Pd)



M. Carla Rouse MATTOON

M. Carla Rouse, 44, of Mattoon, passed away three days before her birthday, at 10:50 a.m., on Feb. 29, 2016, at Sarah Bush Lincoln Health Center, Mattoon.

There will be no services. Carla selflessly chose to be a donor to help further research of Huntington's Disease, a highly-complex disorder that causes untold suffering for thousands of families. Mitchell-Jerdan Funeral Home in Mattoon is assisting the family with arrangements.

Born March 3, 1971, in Kankakee, Carla was the daughter of Robert L. and Mary M. (Stapleton) White. They survive and reside in Reddick.

Also surviving are her three children, Michael Rouse, of Sparta, Justin

White, of Joliet, and Jennifer Andell, of Creve Coeur; three brothers, William White and wife, Chong, of Reddick, Jeff White, of Chadron, Neb., and David White, of Odell; and two sisters, Marilee Harris and husband, Mark, of Manassas, Va., and Melinda Crider and husband, Jeff, of Englewood, Fla.

Carla graduated from Reddick High School, in Reddick, where she was a track and long distance runner. She was a member of the Reddick United Methodist Church. She had been employed in various positions.

In lieu of flowers, memorials in her honor may be made to the Harvard Brain Research Center, 115 Mill St., Belmont, MA 02478-9106. (Pd)

Gwendolyn Mattox KANKAKEE

Gwendolyn Mattox, 85, of Kankakee, passed away Sunday (March 6, 2016) at Riverside Medical Center in Kankakee.

She was born April 29, 1930, in Cabery, the daughter of Donald and Zelda Barham Benson. Gwendolyn married Richard Mattox in October of 1983. He preceded her in death on Feb. 9, 2016.

Mrs. Mattox was a bookkeeper for Schnell's Dairy and a payroll clerk for Kankakee School District 111.

Surviving are her son, Russ Moutrey, of Bradley; daughter, Sharon (Pat) Bearrows, of Sycamore; stepchildren, Bill Mattox, of Kankakee, Connie Mattox, of Santa Fe, N.M., Terri Mattox, of Park Forest, Diane (Anthony) Vilato, of

Arizona, and Diane Mattox; several grandchildren; and several great-grandchildren.

In addition to her husband, preceding her in death were two brothers, Charles and Thomas Benson; and one stepson, Rick Mattox.

Visitation will be from 4 p.m. to 7 p.m. Wednesday at Clancy-Gernon Funeral Home, Bourbonnais. An additional time for visitation will be from 10 a.m. Thursday until the 11 a.m. funeral services, also at the funeral home. Cremation rites will be accorded after services.

Memorials may be made to Trinity United Methodist Church in Kankakee.

Please sign her online guestbook at clancygernon.com. (Pd)



Willard Burger MARTINTON

Willard "Willie" Burger, 82, of Martinton, passed away Friday (March 4, 2016) at his home.

Cremation rites have been accorded. Memorials may be

made to the charity of the donor's choice.

Please sign his online guestbook at baierfuneralhome.com. (Pd)

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DEATH NOTICES

Donald Heidenreich, 51, of St. Anne, passed away Monday (March 7, 2016) at his home. Funeral arrangements are pending at Clancy-Gernon-Hertz Funeral Home in Kankakee.

Lula Jones, 86, of Kankakee, passed away Friday (March 4, 2016) at Riverside Medical Center in Kankakee. Funeral arrangements are pending at Jones Funeral Home in Kankakee.

David Morgan, 58, of Bourbonnais, passed away Wednesday (March 9, 2016) at Citadel Care Center in Kankakee. Funeral arrangements are pending at Clancy-Gernon Funeral Home in Bourbonnais.

COMING SERVICES

THURSDAY, MARCH 10

Jean Seitz, 11 a.m. Zion Lutheran Church in Grant Park.

Edward Black III

DANFORTH

Edward Herman "Boo-by-Doo" Black III, 25, of Danforth, passed away unexpectedly on Saturday (March 5, 2016) due to injuries sustained in an automobile accident.

Visitation will be from 9 a.m. Friday until the noon funeral service at Reeves Funeral Home, 75 North Broadway (one block north of Illinois Route 113) in Coal City. Burial will follow in Mt. Olivet Cemetery in Wilmington. Memorials may be made to the wishes of the family.

Please sign his online guestbook at reevesfuneral.com.

Delmer Short

GILMAN

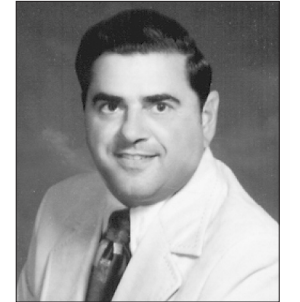
Delmer Ellsworth Short, 99, of Gilman, passed away Monday (March 7, 2016).

Cremation rites have been accorded. A memorial service will be held at a later date. Memorials may be made to the charity of the donor's choice.

Please sign his online guestbook at baierfuneralhome.com.

JOHN F. AZZARELLI

March 9, 1930 - March 9, 2016



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National news

Double mastectomies might not be a good idea

For women with cancer in one breast

BY LAURIE MCGINLEY
The Washington Post

For years, doctors and researchers have been concerned about a surprising trend: More and more women with early-stage cancer in one breast were choosing to have double mastectomies to reduce the risk of cancer in the other.

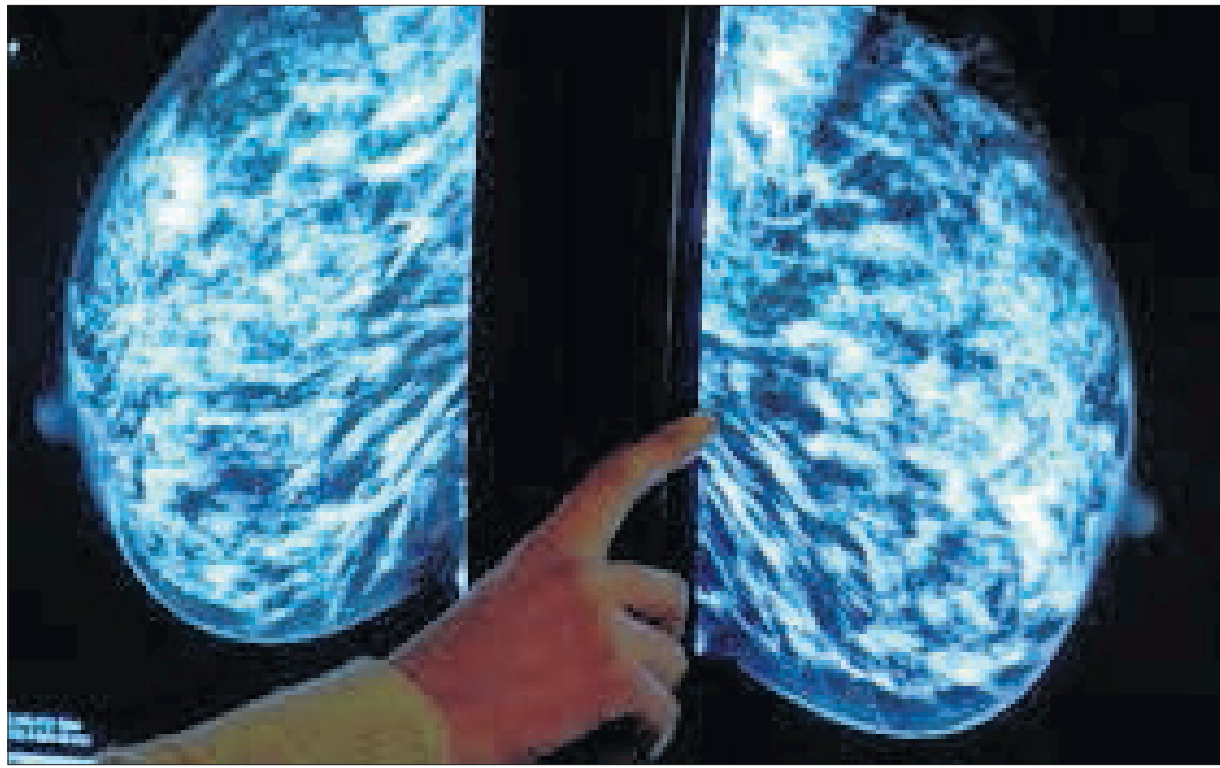
Many of the patients said they thought an aggressive approach would help their quality of life by lessening their worries about future cancer and making them more comfortable with their bodies.

But new evidence released on Monday shows the surgery doesn't improve peace of mind or quality of life very much.

Researchers at the Duke Cancer Institute surveyed thousands of women who had cancer in a single breast and underwent single and double mastectomies. They wanted to see whether the double-mastectomy patients were less anxious, more satisfied with their physical appearance and more confident in their sexuality. They found the double-mastectomy group only has a slight edge — primarily among women who had undergone breast reconstruction.

"What this shows is removing a healthy organ doesn't improve quality of life as much as women think that it might," said senior author Shelley Hwang, the institute's chief of breast surgery. She said women continued to have anxiety about cancer, regardless of which surgery they had.

Studies throughout the past decade have shown a sharp increase in the use of double mastectomies — contralateral prophylactic mastectomies, or CPMs — to treat breast cancer in a single breast not caused by an inherited gene mutation. More than 11 percent of women had such surgeries in 2011, compared to just



More and more women with early-stage cancer in one breast are choosing to have double mastectomies to reduce the risk of cancer in the other; however, evidence released Monday shows that the surgery doesn't improve peace of mind or quality of life, suggesting doctors need to explain and educate patients more.

1.9 percent in 1998, according to a 2014 study.

But "unless a woman has a gene mutation that places her at significantly increased risk of a new cancer in the other breast, CPM doesn't prolong life, and our study shows that it doesn't make for a notably better quality of life," Hwang said.

"Breast surgeons as a community are very worried about women using this kind of surgery to alleviate anxiety," she added. "Surgery is meant to cure a biological problem, not make people feel less anxious."

Many women with cancer in one breast overestimate their risk of developing cancer in the other breast, which is actually low. Some doctors aren't adequately explaining the risks involved, she said.

"Maybe we need to educate women better," she said, adding that double mastectomies carry their own risks, including possible numbness across the chest wall, chronic pain and repeated infections.

To conduct the study, Hwang and other researchers surveyed 4,000 women who participate in the Army of Women, an organization that provides volunteers to researchers conducting breast-cancer research. All had undergone single or double mastectomies, and the researchers measured their physical and sexual well-being, as well as satisfaction in their appearance.

The Duke study, which was published online Monday in the Journal of Clinical Oncology, showed that women who had CPMs tended to be

younger, with higher incomes and earlier-stage disease. The study also found that having breast reconstruction was the single most important factor in a better quality of life.

Hwang stressed that the research excluded women with a much higher cancer risk because of the presence of a genetic mutation, such as BRAC1 or 2. "That's a totally different situation," she said.

The Duke study echoes the findings of a study presented last year at a conference of the American College of Surgeons. That study found that for younger women with early-stage, non-inherited cancer in one breast, a single mastectomy leads to a slightly higher quality of life and lower costs throughout the two decades, compared with CPMs.

LOCAL BRIEF

EDUCATION

Former Lafayette students sought

The committee of the Avis Huff Foundation is seeking contact with all former students and faculty from Lafayette Primary School, Kankakee, under the leadership of Huff from 1971-92.

Also, the committee is seeking students and faculty from Aroma Park Primary School, Kankakee, under the leadership of Willa White from 1972-93.

Students and faculty are asked to contact Rebecca Winquest at 815-549-8262 by April 4.

DAILY JOURNAL

Community Calendar guidelines

Community Calendar is for community, civic, charitable, informational or educational events in The Daily Journal circulation area. Except for fundraisers, events should be free or have a minimal cost. The calendar runs on Wednesday and in the Weekend Edition, with as many items as space allows. For Wednesday calendar, please submit items by the Friday prior. For Weekend calendar, submit items by the Tuesday prior. Listings are free. Items can be mailed to Community Calendar, The Daily Journal, 8 Dearborn Square, Kankakee, IL 60901; faxed to 815-937-3876; or submitted online at daily-journal.com.

Legal pot is cutting into Mexican drug cartels' profits

Buyers prefer a domestic product

BY CHRISTOPHER INGRAHAM
The Washington Post

Legal marijuana may be doing at least one thing a decades-long drug war couldn't: taking a bite out of Mexican drug cartels' profits.

The latest data from the U.S. Border Patrol shows that last year marijuana seizures along the southwest border tumbled to their lowest level in at least a decade. Agents snagged about 1.5 million pounds of marijuana at the border, down from about 4 million pounds in 2009.

The data supports the many stories about the difficulties marijuana growers in Mexico face in light of increased competition from the north. As domestic marijuana production has ramped up in places such as California, Colorado and Washington, marijuana prices have fallen, especially at the bulk level.

"Two or three years ago, a kilogram [2.2 pounds] of marijuana was worth \$60 to \$90," a Mexican marijuana grower told NPR news in December 2014. "But now, they're paying us \$30 to \$40 a kilo. It's a big difference. If the U.S. continues to legalize pot, they'll run us into the ground."

And it's not just price — Mexican growers are facing pressure on quality, too. "The quality of marijuana produced in Mexico and the Caribbean is thought to be inferior to the marijuana produced domestically in the United States, or in Canada," the DEA wrote last year in its 2015 National Drug Threat Assessment. "Law enforcement reporting indicates Mexican cartels are attempting to produce higher-quality marijuana to keep up with U.S. demand."

If the decline in border seizures is any indication, however, it appears Mexican growers are having difficulty competing with domestic production. Some federal authori-

ties are beginning to believe this is the case. Noting the decline in border seizures, Michael Botticelli, director of the Office of National Drug Control Policy, told a Senate committee last year that "given the increase in marijuana use among the American population, this suggests people using marijuana in the United States may be increasingly obtaining marijuana from domestic sources."

Experts caution, however, the recreational marijuana market in places, such as Colorado and Washington, likely is having a smaller impact than the much larger and older medical marijuana market in many states, primarily California.

"Those trying to understand what has happened with U.S. cannabis consumption and imports over the past decade need to pay close attention to licensed and unlicensed production in medical states, especially California," Beau Kilmer of the RAND Corporation said in an email.

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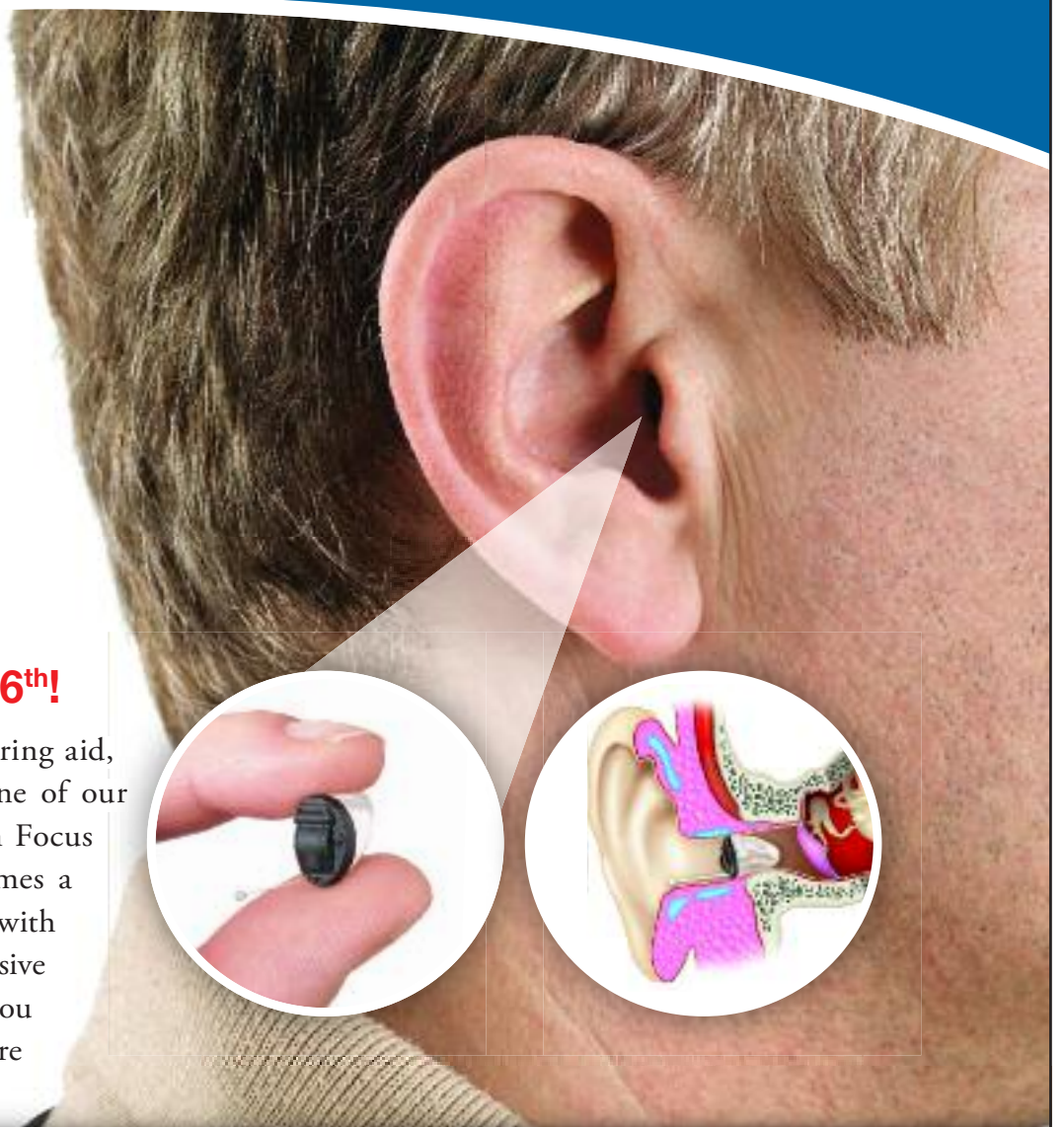
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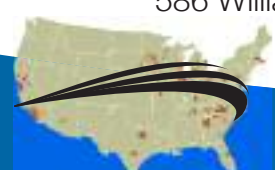
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Dr. Keri Maas, Au.D.
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I Hate Annuities... and So Should You!

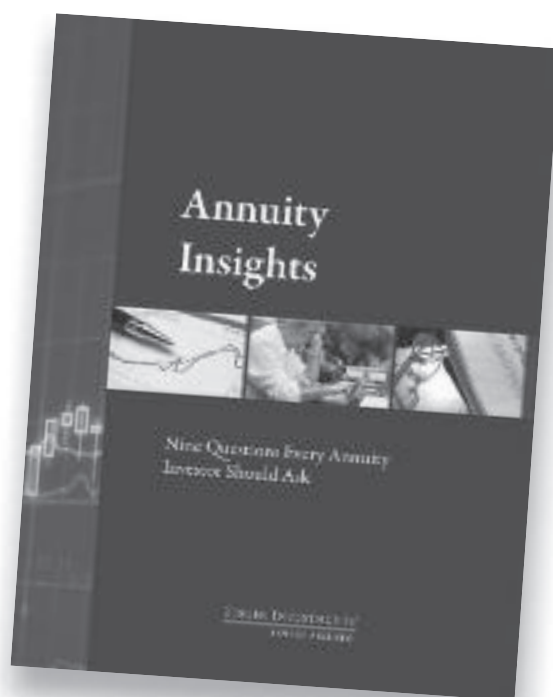
The Soothing Sound of Guaranteed Income

Many investors, including those with significant portfolios, either currently own or are seriously considering annuities. After all, they are sold as safe investments, offering dependable and predictable returns, no matter what the market does. And that sounds very appealing, especially after suffering through the worst bear market since the Great Depression, a real estate crash and a long and difficult recession, not to mention the daily fear-mongering and sensationalism of the financial press and cable news. So what's the problem with annuities?

What You Might Not Know about Annuities Could Come Back to Haunt You

Before you put your hard-earned and carefully saved money into an annuity, or if you already own an annuity, please call 1-877-711-5985 for a special report, *Annuity Insights: Nine Questions Every Annuity Investor Should Ask*. Written by a team of Fisher Investments financial professionals, this publication could help save you hundreds of thousands of dollars and untold financial heartache.

You see, the vast majority of annuities are really complicated insurance policies with lots of small print, conditions and riders that make it very difficult to fully understand the implications and unintended consequences. And once you buy into an annuity, it can be a very difficult and potentially very costly investment decision to reverse. So if you are considering an annuity, it is vital you "look before you leap" and ensure that you have "your eyes wide open" before you purchase an annuity. And if you already own an annuity, this free report is just as valuable as it can help you sort out the good, the bad and the ugly aspects of annuities.



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Ken Fisher

Ken Fisher

- Founder, CEO and Co-Chief Investment Officer
- *Forbes* "Portfolio Strategy" columnist for 30 years
- Author of more than 10 financial books, including 4 *New York Times* bestsellers

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OPINION

Editor: Mike Frey | 815-937-3343 | mfrey@daily-journal.com

EDITORIAL

Farmers: Let your feelings be known

Speaking up critical to success

Like few other professions, farmers are hostages to fortune.

Their success in growing an abundant annual crop is dependent on a number of factors out of their control, most notably weather.

As reported by veteran agricultural reporter Robert Themer in the Feb. 27 edition of the Daily Journal, a record wet June 2015 made last year's corn yield abysmally low throughout the area. Kankakee County's

corn crop averaged 92.5 bushels per acre, the lowest among the state's 102 counties. Iroquois County had the second worst yield with an average of 123.3 bushels per acre.

"Agriculture is 17 percent of the Kankakee County economy," said Chad Miller at the 104th annual meeting of the Kankakee County Farm Bureau last week. "If there's a bad year, the whole county feels it."

Miller is the local farm bureau manager, and he was in Washington, D.C., last fall. At the same time, the federal budget was being pieced

together, and the first draft included the removal of \$3 billion from the federal crop insurance program.

As the proposed cut became public, Miller and other ag advocates took action and impressed upon federal legislators the importance of crop insurance as a risk management tool.

The message took hold and the funding was restored. Miller marveled at how his and similar voices made a profound difference, and had this message for the crowd of 140 gathered at the farm bureau meeting:

"When the elected official

hears from a farmer, it has a direct impact."

He then surveyed the audience, asking how many had contacted a state or federal politician about a farm issue. A smattering of hands rose.

"I thank you for contacting them," he said. "I wish there were more of you."

The lesson is this: You can't be heard if you don't lift your voice, and in a pursuit where there are a number of factors that can't be controlled, it's even more essential to speak out on the factors where you can have some influence.

The federal crop insurance program will remain in jeopardy in the coming years. If you're a farmer and don't want to lose it, let it be known. Follow the same principle on other matters as they arise.

QUOTE OF THE DAY

"The farmer has to be an optimist or he wouldn't still be a farmer."

WILL ROGERS

VOICE OF THE PEOPLE

Praise for city, mayor, Williams

During this year's Black History events, I attended several during the month of February, but none better than the Black History celebration held at the Kankakee Public Library given by the city of Kankakee and Mayor Nina Epstein.

The event was billed as the "Main Event" at the library during February, and lived up to its billing. The event speaker was none other than Dr. Preston Williams, and the topic was education. Dr. Williams, a great friend of mine, did a fantastic job of encouraging the crowd and the scholarship recipients who plan to attend college on the importance of a solid education and doing the right things in your home environment.

Both Dr. Williams and Epstein are graduates of [Kankakee] Eastridge High School. Even though [Westview] Kayhawks are better, they did an outstanding job.

The city of Kankakee and citizens of Kankakee are put in the forefront when things go wrong, but we have to learn to uplift and let it be known when the citizens and city government are doing great things. I know I've been a critic, but I have to say this was an awesome event held by our mayor, and it was an exciting event from one of our very own community citizens.

Preston, or should we say Dr. Preston Williams, has been honored by the city of Champaign with an educational school named after him. He continues to be a positive example. Congrats to Mayor Epstein and Dr. Williams.

Alonzo Cephus
Kankakee, Westview Class of 1979

Trump presidency a terrible prospect

Far too many people are ignoring the fact that what Donald J. Trump is attempting to sell to the American people is fascism.

They ignore the truth in favor of his carnival sideshow antics. Recently, top-ranking military and intelligence agency officials have stated they would refuse to follow Trump's unlawful orders if he is elected.

As Americans, it is our duty to ensure a man best known for being a reality television star does not become president of the United States. Countless reasons why exist:

1. Trump announced he was running by playing upon fear and racism. His plan to deport 20-plus million people and build a

wall between the U.S. and Mexico would be laughable if he wasn't serious about it. When asked about the massive cost, his answer is he'll force Mexico to pay. His ill-informed supporters clap when he says this, but fail to grasp Trump cannot follow through on it. It's a fantasy.

2. Trump has been gaining the support of white power extremists. This pandering to extremists is cause for concern. When Hitler came to power, he did the exact same thing. Trump's brown shirts will be draped in the Confederate flag and burning crosses.

3. Trump is ignoring the actual problems facing our nation in favor of parroting far right excuses. The main security threat isn't Islamic extremists, but homegrown ones. The majority of domestic terrorism since 9/11 has been done by far right Christian extremists. The standard response from Trump supporters is that no true Christian would ever do these types of acts. The exact same thing can be said of followers of Islam. It's extremist fundamentalists who commit terrorism. The only difference between a suicide bomber and someone blowing up an abortion clinic is their religion.

4. Trump's complete lack of understanding of how our nation's government operates is another cause for concern. Based on his statements, he plans on running our nation like he does his numerous companies. Based on the response of his supporters, it becomes obvious they flunked high school civics. The United States is not a corporation and any attempt to run it like one is doomed to fail.

There are numerous other reasons why Trump is not suitable for the job. Hopefully, the majority will never allow our nation to become a cesspool of hate and incompetence, which is what President Trump offers.

Chad Baker
Cabery

We love to get letters

Send your letters to Voice of the People, the Daily Journal, 8 Dearborn Square, Kankakee, IL 60901. Letters can be faxed to 815-937-3876 or emailed to mfrey@daily-journal.com.

All letters must be signed, with a hometown listed. Anonymous letters are never printed. All letters will be edited for length and content. Longer letters will occasionally run as Guest viewpoints.

YORK'S VIEW



COMMENTARY

Stop by the Daily Journal store

You might just see a familiar face

Daily Journal: The Store.

Yes, you read that correctly. The Daily Journal has a store. A lot of people are unaware the store has been in Northfield Square mall, located around the corner from Paul Mitchell, since mid-November.



KIERA ALLEN
COLUMNIST

Some people are under the misconception the Daily Journal only produces a newspaper, but that's not true. The Daily Journal also publishes Thrive Magazine, YES! Magazine and Fronteras — a free Spanish-language newspaper that's published monthly and features local information, as well as national and international news.

The Daily Journal also features the Money Saver, Home Finder and the Chicago Football Magazine during football season. Hub Arkush, who's a highly respected pro football reporter, oversees that magazine and periodically contributes to the Daily Journal sports section.

You can find all of these special sections in the store, along with the day's newspaper and the papers from the days before. There's even a station for kids to enjoy while parents conduct some of the same business they could do at the Kankakee office at 8 Dearborn Square, such as bill payments or signing up for a subscription.

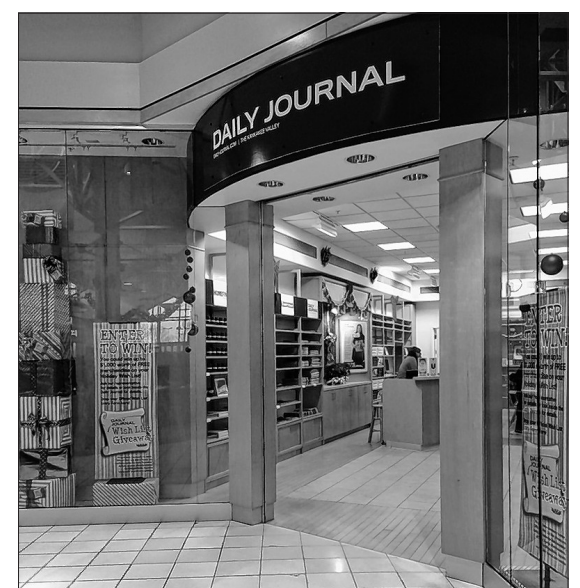
Readers and subscribers are welcome to come in to voice opinions and concerns about a story, and even offer suggestions that we'll forward to the editors. Many people come into the store and say one out of the following six things:

1. "Just curious."
2. "Just wanted to see what you guys have."
3. "Interesting little store."
4. "Can I subscribe/pay my bill/place an ad here?"
5. "The ... Daily ... Journal ... Store?"
6. "Why'd you guys move to the mall?"

Question No. 6 is a frequently asked question, but it's a good one to ask. Overall, this store/office moved to the mall to gain more exposure, and to reach out to the younger audience who might be roaming the mall on weekends and possibly school nights.

Despite having a good amount of people who come in seeming very confused about the store, there are just as many people who come in who are just plain curious. It really doesn't matter if they've been a subscriber for more than 40 years, or if they pick the paper up a couple times per week. They're naturally curious, and that piques their interest enough to make them want to stop in, ask questions and take a look around.

If you happen upon the store one day, you might see a certain columnist working there (see the photo included with this column). One customer already was in disbelief a columnist would work at



Daily Journal/Tiffany Blanchette

Don't miss a chance to visit the Daily Journal's store at Northfield Square mall, open Monday-Saturday from 10 a.m. to 9 p.m. and Sunday from 11 a.m. to 6 p.m.

the store, but anything's possible.

In addition to being able to purchase newspapers at the store, we also have a lot of other useful items you can buy. We have travel coffee mugs and ice scraper mitts because who knows how much more snow we might get this month.

And to the people who think it's "stupid" the merchandise has the Daily Journal logo on it, take this into consideration: Would you rather have something to get the ice off of your windshield, or nothing at all? The answer is as clear as your windows could be.

We also have charging accessories for your smartphones, and an emergency escape tool for that huge "just in case" moment, and "The Best of York's View" coffee mug, plus a book of editorial cartoons by the Daily Journal's own Steve York.

In the upcoming months, you'll see some changes in the store's decor, and this month, we're planning something really exciting for National Poetry Month in April, so watch for it.

Now, this store is fairly new and we all know new things don't always go over well with everyone. The things people have been saying about the store have either been very positive or kind of negative. The negative comments usually are followed by a laugh.

Nevertheless, I hope this has somehow convinced readers and subscribers to stop in and check the store out.

Kiera Allen is a 2011 graduate of Bradley-Bourbonnais Community High School and a resident of Bradley. She also is the creator of the blog interviewsovercoffee.wordpress.com. She can be reached at kallen@daily-journal.com.

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National news

How the art of ignoring makes people more efficient

Can you find something quickly when you know what it doesn't look like?

BY ANA SWANSON
The Washington Post

Fyodor Dostoevsky, the 19th-century Russian author, once famously challenged his brother to try out a strange task: Don't think about a polar bear right now. "Try to pose for yourself this task: not to think of a polar bear, and you will see that the cursed thing will come to mind every minute," Dostoevsky writes in "Winter Notes on Summer Impressions."

Since then, people have puzzled about what happens in the brain when we try intentionally to ignore things. Can we actually succeed in ignoring certain information — and improve our focus on everything else? Or does trying to ignore something actually divert the brain toward that thing, sucking up brain space like Dostoevsky's polar bear?

In the past, psychological research has been divided. But a new paper from researchers at Johns Hopkins University reconsiders that debate, and suggests learning to ignore certain things is a powerful tool for helping people focus.

Does learning what to ignore help you speed up your search?

People obviously can find something more quickly when they know what it looks like — their car keys, a familiar person in a crowd. But this research suggests people also can find something more quickly and efficiently when they know what

it doesn't look like.

The research has implications for people who spend their careers scanning and searching through visual information, such as radiologists looking for an unusual blob in an X-ray, or airport security personnel checking scans of luggage. But it also has potential implications for people learning to ignore everyday distractions and more efficiently concentrate at work or school — or just find their car keys.

Being given information about what to ignore slowed people's responses down.

In their experiments, the Johns Hopkins researchers had people search a computer screen for specific letters in specific colors, a slightly different setup from the video above. Some

people were given information about a color or a letter they would be able to ignore while they searched for the target, and others were given no information.

Initially, being given information about what to ignore slowed people's responses down, says Corbin Cunningham, the lead author on the study. But when the color of the nontargeted letter stayed the same through several trials, people quickly learned how to use that information.

After a short time, people who were given information about a color or a letter to ignore were able to find their target letter faster than the other group.

The researchers repeated the experiment with a larger group of subjects and a much greater number of things to choose from — 12 capital letters. In some trials, half

of the letters were one color that participants were told they could ignore. The people who were taught to ignore letters completed these trials much faster than those who were not given information about what to ignore, as well as those who were told to ignore fewer letters. "The cost of ignoring goes away much more quickly when you can ignore multiple items," Cunningham says.

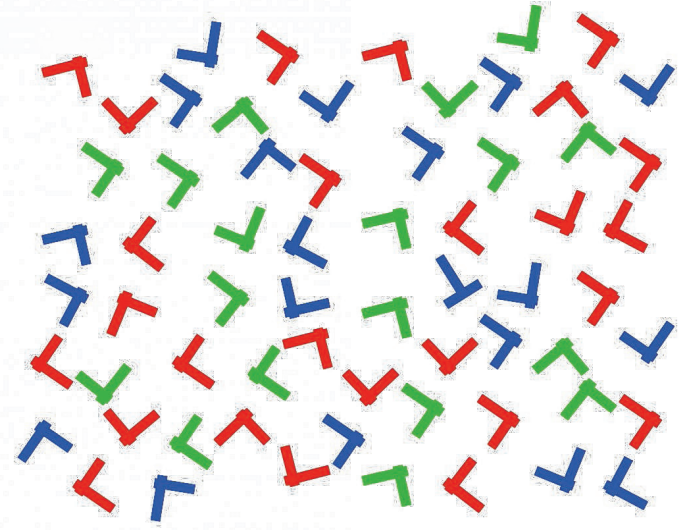
He explains the study helps show how the brain's ability to suppress distractions — what psychologists call "inhibition" — works. The study suggests the ability to pay attention to something is driven by inhibition, what Cunningham calls "the dark side of attention." It might seem counterintuitive, but the reason you're able to find or focus on a certain object is not just because of the attentive effort you're exerting on that object, but largely because of your brain's ability to block out everything else.

So what kind of implications does this have for people who are struggling to find their car keys or focus on their work at a noisy, busy coffee shop?

Although the real-world implications of the research aren't clear, Cunningham

Try it out: Find the T (It won't be red)

Does learning what to ignore help you speed up your search? People obviously can find something more quickly when they know what it looks like, but this research suggests people also can find something more quickly and efficiently when they know what it doesn't look like. Researchers found that trying to ignore information can initially slow a search, but with practice, it makes searches faster and more efficient.



Johns Hopkins University

says the general phenomenon could support a strategy of actively trying to ignore things that bother you, rather than continuing with your work while you passively ignore them. First, stop and acknowledge what's distracting you, then make a concerted effort to

block it out. That may help improve your focus. As the study suggests, this may be a process you can learn to do better over time.

Many famous and prolific people say one secret to their success has been learning to ignore the small stuff, to make space for deep

and efficient mental activity.

One example is Richard Feynman, the Nobel-winning physicist, as computer science professor Cal Newport writes in a blog entry called, "Richard Feynman Didn't Win a Nobel By Responding Promptly to emails."

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GateHouse News Service

Get beyond the scale

Fitness and body fat key for health

BY LAURAN NEERGAARD
AP Medical Writer

The bathroom scale may show a good number, but how much of that weight is fat, not muscle? New studies are adding to the evidence that the scale doesn't always tell the whole story when it comes to weight-related health risks.

Keeping body fat low is more important for healthy aging than a low overall weight, researchers reported Monday in the journal *Annals of Internal Medicine*. A separate study found young people who aren't physically fit are at greater risk of developing Type 2 diabetes later in life even if their weight is healthy.

Here are some things to know:

ISN'T BMI IMPORTANT?

Yes. Body mass index, or BMI, is a measure of a person's weight compared to their height. For many people, that's plenty of evidence to tell if they're overweight or obese and thus at increased risk of heart disease, diabetes and premature death. Generally, a BMI of 25 and above indicates overweight, while 30 and above indicates obesity. Someone who is 5 feet 9 inches would hit that obesity threshold at 203 pounds.

BUT IT'S NOT A PERFECT MEASURE

Some people have a high BMI because they're more muscular. More common are people who harbor too little muscle and too much body fat even if their BMI is in the normal range.

Body composition shifts as we age, with the proportion of muscle decreasing and the proportion of

body fat increasing. That slows metabolism, making it easier to put on pounds in middle age even if people haven't changed how they eat or how much they exercise.

FAT FINDINGS

Dr. William Leslie of the University of Manitoba wondered if poorly measured body fat might help explain the controversial "obesity paradox," where some studies have suggested that being moderately overweight later in life might be good for survival. He tracked 50,000 middle-aged and older Canadians, mostly women, who'd undergone screening for bone-thinning osteoporosis. Those screening X-rays — known as DXA for dual-energy X-ray absorptiometry — measure bone and also allow an estimation of fat.

A higher percent of body fat, independent of the person's BMI, was linked to reduced survival, Leslie reported. Risk began rising when body fat was in the range of 36 percent to 38 percent. Interestingly, being underweight also was linked to reduced survival, possibly reflecting age-related frailty.

"It's not just the amount of body you've got, but what you're actually made of," Leslie concludes.



Associated Press

New studies are adding to the evidence that the scale doesn't always tell the whole story when it comes to weight-related health risks.

AND FITNESS COUNTS

A high BMI is one of the biggest risk factors for Type 2 diabetes. But a second study reported in *Annals* Monday suggests people still can be at risk if they're skinny but not physically fit.

Researchers in Sweden and New York checked the records of about 1.5 million Swedish men who at age 18 received medical exams for mandatory military service, and tracked how many developed diabetes many years later.

Low muscle strength and low aerobic fitness each were associated with an increased diabetes risk — regardless of whether the men were normal

weight or overweight. Scoring low on both added to the risk.

WHAT DO THE FINDINGS MEAN?

For diabetes, "normal-weight persons may not receive appropriate lifestyle counseling if they are sedentary or unfit because of their lower perceived risk," wrote obesity specialist Peter Katzmarzyk of Louisiana's Pennington Biomedical Research Center, who wasn't involved in the study.

That study also suggests fitness in adolescence can have long-lasting effect.

See **BODY FAT**, page B3



Submitted photo

Eleven-year-old Mollie Mae has arthritis but still loves fetching balls.

PET OF THE WEEK

Molly Mae can put her toys away

NAME: Molly Mae

AGE: 11

BREED: Labrador retriever

HER PEOPLE AND PLACE OF RESIDENCE: Larry and Genice Bailey, of Kankakee

A LITTLE ABOUT ME: I was chosen to live with my people when I was 3 months old. I have a "sister-cat," Flo-Jo, who is 16 years old. We have always gotten along fine, but I still like to be the baby of the family.

FAVORITE PASTIME: When I was young, I used to run around my large backyard a lot, and I still like to retrieve tennis balls, but since I've gotten older, I don't do that as long or as far as I used to. I sleep a lot more now, and my joints are a little stiff, but my mom gives me pills twice each day to help with arthritis. I love when people come to the house and give me my treats.

TRICKS I CAN DO: I used to be able to sit pretty for my treats, but now, I just sit nice. I can count to five, and I put my tennis balls in my "ball drawer" when I'm done playing

EDITOR'S NOTE: Submit your pooch or cat for *Pet of the Week*. Email a photo and a short description, to life@daily-journal.com. Submissions do not guarantee publication.

with them.

IF I COULD SPEAK I WOULD SAY: "I love my mom and dad. I'm spoiled and I like it. Give me another treat."

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The Dish



Disney/Lucasfilm via AP

Daisy Ridley, as Rey, left, and John Boyega, as Finn, in a scene from "Star Wars: The Force Awakens."

'Star Wars' leads MTV Movie Awards nominations with 11

LOS ANGELES — "Star Wars: The Force Awakens" is the leading nominee at next month's MTV Movie Awards, where it will compete with "Creed," "Deadpool," "Jurassic World," "Avengers: Age of Ultron" and "Straight Outta Compton" for movie of the year.

MTV announced the nominations Tuesday for the 25th anniversary of its Movie Awards, airing April 10, via Snapchat — a first for a national awards show.

Dwayne Johnson and Kevin Hart are set to host the show, which will tape April 9 at Warner Bros. studios in Burbank, Calif.

The 11 bids for "The Force Awakens" include multiple nominations for stars Daisy Ridley and John Boyega.

The MTV Movie Awards added two new categories this year: true story and documentary. Fans can vote for their favorites in all categories online.

The full list of nominees is available at www.mvieveawards.mtv.com.

J.K. ROWLING LAUNCHING SERIES ON WEBSITE

NEW YORK — J.K. Rowling has more magic on the way.

The "Harry Potter" author is launching a series called "Magic in North America," a four-part backstory for this fall's film adaptation of the Potter prequel "Fantastic Beasts and Where to Find Them."

The series will run in installments through Friday on Rowling's website, www.pottermore.com.

According to the website, the new series will tell of the North American wizardry school Ilvermorny.

ROCKFORD UNIVERSITY TO PERFORM IN SCOTLAND

ROCKFORD — Rockford University performing-arts students will travel to Scotland in August to show off their talent at an international festival.

The Rockford Register Star reports the school is one of only four in the U.S. invited to attend the annual Edinburgh Festival Fringe.

The festival will be staged Aug. 5 to 29 at hundreds of locations around the capital city of Scotland. Last year, artists from 49 countries presented 3,300 performances of cabaret, comedy, dance, circus, musicals, opera

and more.

Schools do not audition or apply. Deborah Mogford, Rockford University's performing arts department chairwoman, says the festival called "out of the blue inviting us to perform." She says the opportunity is "really a big validation, a big endorsement of the program."

RIVERS' JEWELRY, GOWNS TO HIT AUCTION BLOCK

LOS ANGELES — Jewelry, designer gowns, paintings and other personal items from Joan Rivers' New York penthouse will be auctioned in June.

Melissa Rivers announced Tuesday that Christie's will sell more than 200 items that belonged to the late entertainer, who died in 2014, with some proceeds benefiting God's Love We Deliver and Guide Dogs for the Blind.

An online auction begins June 16; the live auction in New York is set for June 22.

Among the items available: jewels from Cartier and Harry Winston, stage-worn costumes designed by Bob Mackie and an engraved Tiffany water bowl used by Rivers' dog Spike.

SPIKE LEE VISITS MIZZOU CAMPUS

COLUMBIA, Mo. — Movie director Spike Lee visited the University of Missouri campus to work on an ESPN documentary about the football team's threatened boycott last fall.

The Columbia Daily Tribune reports Lee was in town this weekend to attend a screening of the student-made documentary "Concerned Student 1950 at the True/False Film Festival."

Lee's film titled "2 Fists Up" is planned for digital release May 31. ESPN says the film examines how the Black Lives Matter Movement sparked activism at the University of Missouri and the rest of the U.S.

Lee also was on campus Monday to interview subjects for the film and record footage.

— THE ASSOCIATED PRESS



Joan Rivers

Try a rice-free stir-fry

A healthy take on the Asian classic

BY MELISSA D'ARABIAN
The Associated Press

Somewhere in the repertoire of every healthy-minded cook is a stir-fry. You chop up a bunch of veggies, cook them quickly at high heat, add meat or tofu, maybe a flavorful sauce or a sprinkle of chopped cashews or peanuts. Easy, healthy and versatile. And usually, Asian in flavor profile.

But one day, I got to wondering: Why not try an unexpected flavor slant, such as Italian, southern French, Greek or Mexican? The plug-and-play skeleton of a typical stir-fry is just begging to be mixed up a bit. I love a cooking blueprint that grants me not just one dinner, but plenty of possibilities. With stir-fries being so healthy — because of their reliance on oodles of veggies — it's a perfect model to expand beyond the tasty Asian box we have it in.

So let's start with a few stir-fry tips. First, always prep all your ingredients in advance and have everything right there at the stovetop before you begin.

Second, use high heat. You want to sear the ingredients, and that requires lots of heat. If you are using firmer vegetables, such as broccoli and cauliflower, and you prefer them softer than a quick roll in the wok will make them, either blanch them briefly as part of your prep, or use a quick saute-steam method (as used in the recipe here).

Third, don't crowd your wok (or frying pan), which will lower the temperature and result in a steamed



AP Photo/J.M. Hirsch

In this Italian stir-fry, finely chopped broccoli and cauliflower stand in for the rice.

Italian Stir-Fry

START TO FINISH: 15 minutes

SERVINGS: 4

1 pound boneless, skinless chicken breasts, cut into thin strips

Kosher salt and ground black pepper

1/2 pound small broccoli florets

2½-pound head cauliflower, trimmed, cored and cut into small florets (about 1½ pounds florets)

1 tablespoon grapeseed or other neutral oil, divided

Season the chicken strips with salt and pepper, then set aside.

In a food processor, pulse the broccoli until finely chopped. Transfer to a large bowl. Working in batches, repeat this step with the cauliflower, adding the chopped bits to the broccoli. Have all remaining ingredients prepped.

In a medium nonstick skillet over medium, heat 1 teaspoon of the oil. At the same time, in a large wok over high, heat the remaining oil.

In the skillet, brown the chicken on all sides until golden, 6 to 8 minutes, depending on how thick the strips are.

Meanwhile, add the broccoli, cauliflower and onion to the wok. Cook, stirring constantly and spreading the vegetables up the sides of the wok, until the vegetables start to brown, about 5 minutes. Add the broth, then cover and let steam for 2 to 3 minutes. Remove the cover and let the remaining broth evaporate. Add the garlic, red pepper flakes and a pinch of salt. Continue to cook another minute, stirring.

Add the cooked chicken and Parmesan cheese, stir, then remove from heat. Serve with pine nuts sprinkled on top, if desired, and the marinara either drizzled over the top or served on the side.

stir-fry (not a good thing). If you don't have a sufficiently large wok, cook the protein in a separate frying pan (I explain how in the recipe above) to get a nice sear,

then add to the vegetable skillet at the last minute, along with the sauce.

Finally, top the entire thing with something crunchy, such as a few

chopped almonds.

You won't even need rice.

Food Network star Melissa d'Arabian is an expert on healthy eating on a budget.

March means maple syrup time

We have entered the month of March. Our weather made a change from warm, sunny days to cold, ice and snow again. Schools in our area were closed Thursday and Friday of last week and Wednesday of this week.

Our son, Joseph, 13, is still on crutches but only missed two days of school because three were canceled because of the weather. X-rays showed there isn't a fracture, just a badly bruised knee. He still can't put too much pressure on it. It swells up if he uses it too much. He did manage to milk our cow, Bessie, a few times but is limited in what he can do. We really miss his help. We had to laugh because older brother Benjamin, 16, said he didn't think Joseph did that many of the chores but, now, he can see how much Joseph really does.

While we are having cold and snow, my sisters Verena and Susan are enjoying the sunny south. I talked to them on the phone, and they are having a good time. They saw an alligator up close. They had 80-degree weather on the day I talked to them, while here in Michigan, the temperature was in the teens.

Mose (daughter Susan's special friend) has been busy cooking maple syrup. He tapped our trees and also sister Emma and Jacob's trees. He also helps his dad with their own trees. The sugar content is really low this year, so it takes gallons and gallons of sap to make 1 gallon of maple syrup.

Son-in-law Timothy also is still on crutches from the chainsaw accident he had several weeks ago. He still is not allowed to put any weight on his

foot. He was determined to try to go back to work this week. He runs the saw at the sawmill. He sat on a step stool or something to run the saw. After a day at work, his foot was so cold because he can't wear shoes yet. He stayed home a day and went to get toe warmers and thicker socks. At this writing, I haven't heard if he managed to make it through the rest of the week.

On Sunday evening, we took supper to Timothy and Elizabeth and had a nice evening with them. It was warm, so we walked to the river behind their house. Timothy does pretty well on his crutches, whereas Joseph still is getting the hang of his.

Timothy and Elizabeth also have tapped about 40 trees and have been cooking down sap into maple syrup. Elizabeth gathers all the sap, and Timothy is able to watch over the sap as it cooks down and keeps wood on the fire.

Their horse, ShiAnn, had a colt

with four white feet and a nice star on its forehead. It is a frisky little thing, and he was really trying out his legs on Sunday in the sunshine. Izzy and Crystal had fun running outside with us.

I want to make a correction to one of my recent letters. I said my dad was the third of 13 children. He is the second oldest. I also wrote that cousin Emma's son died several years before her husband, Andy. It was actually several months before. I just thought I should correct that. I have no idea where my mind was when I was writing that day — possibly too many distractions going on.

God bless you all!

Lovina Eicher is an Old Order Amish writer, cook, wife and mother of eight. Formerly writing as The Amish Cook, Eicher inherited that column from her mother, Elizabeth Coblenz, who wrote from 1991 to 2002. Readers can contact Eicher at PO Box 1689, South Holland, IL 60473 (please include a self-addressed stamped envelope for a reply) or at LovinaAmishKitchen@MennoMedia.org.



Maple Custard Pie

1¼ cups brown sugar

9 tablespoons flour

9 egg yolks

6 tablespoons maple syrup

¾ teaspoon salt

6 cups scalded milk

Frosting:

9 egg whites, beaten

¾ teaspoon salt

18 tablespoons powdered sugar

vanilla

- Mix flour and brown sugar and press into three unbaked pie crusts.
- Beat egg yolks and add maple syrup, salt and milk carefully; pour the mixture over the sugar mixture. Do not mix. Bake at 425 degrees for 10 minutes; lower to 325 degrees and bake for 25-30 minutes.
- Top with frosting and brown lightly in oven.

Man looking at gay porn may be more than merely curious

DEAR ABBY: I've been with my fiancé for three years, and I'm very much in love.

A few months ago, I asked to use his phone to look up something on the Internet because my battery had died. It opened up to a gay porn site! I was shocked and asked him if it was something he was looking at. He admitted that it was.

Nothing like this has happened to me before, so I began asking if that's what he likes and is into. He assured me the answer was no. He said he looked because he was simply curious about it. He told me he loves women and

doesn't want to be with men. He said he was just looking.

I believe him, but is this normal behavior? —

WEIRDED OUT IN THE WEST

DEAR WEIRDED

OUT: I took your question to an expert on the subject of adult entertainment viewing, Larry Flynt. He said that while curiosity is normal, not many heterosexual men

make a habit of viewing gay male porn sites. He added that if your fiancé is a regular consumer of this kind of entertainment, he may have latent homosexual tendencies.



DEAR ABBY

I then consulted Jack Drescher, M.D., a psychoanalyst and expert on gender and sexuality, who told me that some people fantasize about people of the same sex, but never act on it. According to Dr. Drescher, what is important is that you and your fiancé are able to talk about sex honestly and openly. If you need more assurances, continue this discussion so that you both will know what you're getting if your betrothal leads to marriage.

DEAR ABBY: My husband of 40 years is a smoker. I am not, but have learned to live with the smell, etc. Most of the time he smokes outside, except in winter, when he opens the bathroom window,

smokes his cigarette, puts it out in the toilet and disposes of the butt in the trash can.

He has begun a new behavior that is really bothering me. When he wakes up in the middle of the night to use the bathroom, he'll light up a cigarette, take a few puffs and then put it out and return to bed. When he gets back in our bed, he stinks! And he coughs and coughs.

I try not to nag him about his smoking, but I'd really like to bring this up. Any suggestions on how? — IN A STINK IN ALASKA

DEAR IN A STINK: If your husband can't sleep through the night without smoking, it should be obvious to you that your husband is seriously addicted to nicotine.

How sad for him. Suggest that he keep a pack of nicotine gum in the medicine cabinet and chew it rather than light up before he returns to bed. That may solve your problem.

DEAR ABBY: We rented a house for my companion's sibling reunion. During a conversation over breakfast, one sister became extremely upset with another sister for inserting herself into the conversation. I tried to make light of the situation and remarked to the offended sister that in a social gathering at a table, conversations are not private, but open and shared with others. She disagreed and insisted I was wrong. Have I been rude all

of my life? Please settle this for us. — CURIOUS IN NEW JERSEY

DEAR CURIOUS: You have not been rude all your life. However, in this case, you were foolish to put yourself in the middle of a sibling conflict — one that probably has been going on since the sisters were children. The next time it happens — and it will — pretend that you are Switzerland and remain neutral.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips. Contact Dear Abby at DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

My tulips are blooming early

What should I do?

Q: Help! My tulips are coming up in the garage. I planted them in pots, but it's too early to put them outside. What should I do? — Laurie

A: Put them outside. They will keep coming up anyway, but left in a dark garage, they will get leggy and pale. Outdoors, they stand a better chance of growing at the right rate.

Once tulip bulbs develop roots, they won't freeze, but the tops could get cosmetically damaged, so be prepared to bring them in on very cold nights, such as less than 30 degrees. Just don't forget to take them back out. I use an old tea cart for trucking my plants in and out during the spring.

Q: I am starting my first vegetable and herb garden this spring. I have very bad soil — heavy clay with lots of stones — so I am doing this in containers. What seeds should I be starting indoors right now? — First-time gardener

A: I don't think you need to start any seeds indoors. You wouldn't want to waste a bunch of time and money growing tomato seeds indoors when you will only need a few in your container garden. Buy the plants at the garden center, which will allow you to try several types, too. If you planted four kinds, you will have a lot of seedlings to find homes for. Same with peppers.

Most other seeds, such as beans, carrots, peas and so on, do better when planted in place. You will want to start your peas and greens, such as lettuce mix and spinach, in March. These can take the frost and the soil will warm up quickly in your containers.

Good luck — I hope you have a very

successful garden. Remember to elevate your pots on wood shims to make sure they drain freely in heavy rains.

Q: I saw a crepe myrtle tree here in Kankakee. I have always loved them in the south but thought they wouldn't grow here. This one was at least 10 feet tall and had several trunks, but it wasn't in flower. What is it? — Honey

A: I suspect you saw something that looked like a crepe myrtle tree, perhaps a Heptacodium miconioides or Seven Sons tree. This plant is considered a shrub but, when limbed up, is grown as a small tree and has the same peeling tan and cream bark as a crepe myrtle.

The flowers are white and bloom in late summer, followed by red calyxes that are prominent in the early fall. It's a lovely specimen tree, but takes some training, removing lower branches and selective pruning to become beautiful.

There are hardy crepe myrtles, but they don't exceed shrub size here and often die back to the ground in hard winters. I have never seen one develop a trunk or reach 10

feet.

Q: Can I put grass seed down now? — Greg

A: Yes, you can. It's a risky move, but better to do it in the early spring than wait until the heat of summer. For grass seed to germinate, the soil surface must be between 45 and 55 degrees, and the seed must imbibe enough moisture to sprout.

Soil temperatures, even at the surface, are cooler than the air temperature, so that perfect soil temperature usually correlates with air temperatures between 55 and 75 degrees. Also in a seed mix, the various types of grass will sprout at slightly different

temperatures.

You can't really put seed down too early because it will just lie in wait, imbibing water until the right conditions are met and it can pop up. (But you can lose a lot of it to bird feeding, so plan to use some light mulch or spun fiber fabric to protect the seed.)

The big question is what happens if the seed sprouts and temperatures plummet to below freezing: Will the newly sprouted seed die? Not necessarily. It can withstand a few frosts, especially if it has made it through the critical 48 hours between breaking through the seed coat and sending down a root. Now, an extended cold spell of freezing weather could kill some of it, but you still have one card up your sleeve.

It's important to remember here that your seed mix has as many as five types of seed (if it's a good seed mix) and each of those germinates at a different rate. For example, ryes and fescues take 5 to 15 days to germinate, bluegrass takes 20 to 30 days. So, let's say your rye germinated and succumbed to a freeze; you still have slower seed that have yet to make an appearance.

One other thing to bear in mind is that grass seed must make direct soil contact to germinate. Don't think you can just broadcast the seed over existing lawn, even if it is thin and patchy, and get a good stand of grass. You need to rake the lawn vigorously, or use a power thatching attachment on your mower, to get all of that old thatch and dead grass out so the soil surface is exposed enough to make contact with the seed.

Deb Terrill is a local horticulturist with more than 30 years of hands-on gardening experience. Email her at dterrill@daily-journal.com.



Skip Bolen/Sony Pictures Television via AP

Aldis Hodge, left, and Jurnee Smollett-Bell in a scene from "Underground," premiering tonight on WGN America.

'Underground' flawed, powerful

Featuring an impossible trek against incredible odds, "Underground" (9 p.m., WGN, TV-14) retells an incendiary story at the heart of our country's history. Given all that, why hasn't the story of the Underground Railroad been turned into a TV series before? That's a question that goes to the heart of our culture, entertainment history and commonly accepted national narrative.

Set in 1857, "Underground" follows a group of slaves who embark on the forbidding task of escaping their Georgia plantation and walking more than 600 miles through deeply unfriendly territory to arrive in northern states and Canada.

Aldis Hodge stars as Noah, the slave who sets the great escape in motion. Other cast members include Christopher Meloni as August Pullman, a man of many secrets, whose morality and motivations are always hard to read. Amirah Vann portrays Ernestine, the matriarch of the "house" slaves, fiercely protective of her daughter, Rosalee (Jurnee Smollett-Bell), whose naive notions about her protected status evaporate at the bitter end of a whip.

"Underground" has the difficult task of laying out the social pecking order within the slave world and the social stratification of the slave-owning society, from the plantation plutocrats to the poor illiterate men who brutally hunt down fugitive slaves.

Into this world arrives John Hawkes (Marc Blucas), an idealistic abolitionist lawyer, and Elizabeth

(Jessica De Gouw), his fragile, infertile wife who withers amid the heat, humidity and rampant racism. In a ludicrous departure from history, Hawkes' plantation-owning brother embraces him as part of his Senate campaign. That doesn't seem likely, given John's politics.

With all this going on, is it wise to inject 21st-century pop music into the mix? The script also careens from the exalted language of freedom and liberation to rather banal utterances worthy of a soap opera. There's no effort to approximate mid-19th-century dialogue, so both the script

and soundtrack rattle with anachronisms.

Is this an effort to reach a wider, younger audience, or something else? Filmmakers from Baz Luhrmann ("Moulin Rouge") to Sofia Coppola ("Marie Antoinette") have played similar games. Did they popularize history? Or reduce it to MTV- and YouTube-friendly snack food?

"Underground" features a narrative powerful enough to transcend these quibbles. Its story is still subversive and inflammatory 150 years after Appomattox, a century beyond "The Birth of a Nation," two generations removed from "Gone With the Wind" and about 40 years after "Roots."

TONIGHT'S OTHER HIGHLIGHTS

- The best of the blind auditions on "The Voice" (7 p.m., NBC, TV-PG).
- "The Internet Ruined My Life" (9 p.m., Syfy, TV-14) recalls social media transgressions.

Reach Kevin McDonough at kevin.tvguy@gmail.com.



KEVIN McDONOUGH
TUNE IN TONIGHT

How I decluttered the Kondo way

BY BETH J. HARPAZ
The Associated Press

NEW YORK — Reading Marie Kondo's best-selling books about decluttering is intimidating. I have a complicated relationship with many of my possessions: souvenirs from favorite places, gifts from loved ones. Even if I never use them, how could I part with them? And how could I face my overflowing cupboards and scary closets?

But I got over my fears. Ultimately, Kondo's books, "The Life-Changing Magic of Tidying Up" and "Spark Joy," are not so much about throwing things out as they are about "choosing what we want to keep," as Kondo puts it.

Here's what it felt like going Kondo.

THE BATHROOM WAS EASY

Kondo says sentimental things should be left for last. So I started with the most unsentimental place: the bathroom. There's no emotion in tossing expired medication, used Ace bandages and unclaimed toothbrushes, or in consolidating half-empty boxes of Band-Aids.

Those baby steps strengthened my discard muscle. Next, I said goodbye to fragrances and lipsticks I never use.

In cleaning out, I unearthed a cache of skin creams and cleansers that I like. I now keep some handy for daily use and store others in a beautifully decorated gift box I'd been reluctant to part with. Keeping and using the box this way fit several Kondo principles.

First, she says, "Everything you own wants to be of use to you."

Second, she says, don't buy storage containers. Instead, use things you already own: shoeboxes, stationery boxes, decorative bowls.

Third, Kondo is no minimalist. "Adorn your home with the things you love," she urges. My pretty box now brightens a shelf.

Folding also is critical. Kondo says every foldable object has its own "sweet spot ... a folded state that best suits that item." I'm still working on folding the bathroom towels just right, but after studying her techniques, I get the origami-like art of folding shirts.

SORT BY CATEGORY

Don't clean shelves and drawers one by one, Kondo says. Instead, sort by category to "compare items that are similar in design, making it easier to decide whether you want to keep them."

In the kitchen, I surveyed all the bakeware at once, shedding excess cookie cutters and muffin tins. A



Ten Speed Press via AP, file

Marie Kondo works at a client's home to clear away everything that is unneeded and fails to "spark joy" in Tokyo.

dozen random mugs and two teapots were given away. I counted a dozen vases and kept four. I was stunned to find nearly 40 portable water bottles tucked in cupboards; I kept two.

I also stacked items by shape, as Kondo suggests, transforming cluttered shelves.

Then I gathered decorative platters and bowls, many of them gifts that weren't to my taste, and employed her ritual: "Take each item in one's hand and ask: 'Does this spark joy?' If it does, keep it. If not, dispose of it."

As I proceeded, I contemplated the gift-givers' kindness. "You don't need to feel guilty for parting with a gift," Kondo writes. "Just thank it for the joy it gave you when

you first received it."

Along the way, I found things I love, like a carved wooden dish I now use to display fruit. I hesitated over my mom's ornate, silver-plated sugar-and-creamer, which I'll never use. But I cleaned the tarnish off and a friend pronounced them "shabby chic." They now decorate a windowsill.

As Kondo says, "If you have items that you love even though they seem useless, please give them a turn in the spotlight."

TACKLING CLOTHES

I dumped all my clothes on my bed and dove in.

Some didn't fit or were stained or damaged. Some were gifts, or I'd bought

them on vacation.

I sent the rejects off with Kondo's blessing: "Thank you for giving me joy when I bought you," or "Thank you for teaching me what doesn't suit me."

"By acknowledging their contribution and letting them go with gratitude, you will be able to truly put the things you own, and your life, in order," she writes.

Kondo is fine with keeping things you don't use, as long as "you can say without a doubt, 'I really like this!'" So I kept the flowered confection of a hat I bought in England, although I'll never wear it.

She also says nothing is too special for everyday wear. So now, I wear a favorite black velvet top to work.

SCARY PLACES, BEAUTIFUL SPACES

I have a dark, scary closet under the ceiling that I've been throwing stuff into for 20 years. Kondo emboldened my excavation.

Crumbling 1970s luggage? Out! Subzero military boots bought secondhand for a winter trip to Alaska? Donated to the Salvation Army.

My outdoorsy son's camping equipment stayed, but Kondo's folding techniques helped reduce the space needed for his weatherproof clothing and bedding.

Once again, forgotten treasures emerged: artwork from Morocco, a carved wooden bowl that belonged to my late mother-in-law. Both are now on display.

"By the time you finish, you'll see something you love everywhere you look," Kondo writes.

And that's her real genius: "You are not choosing what to discard but rather what to keep."

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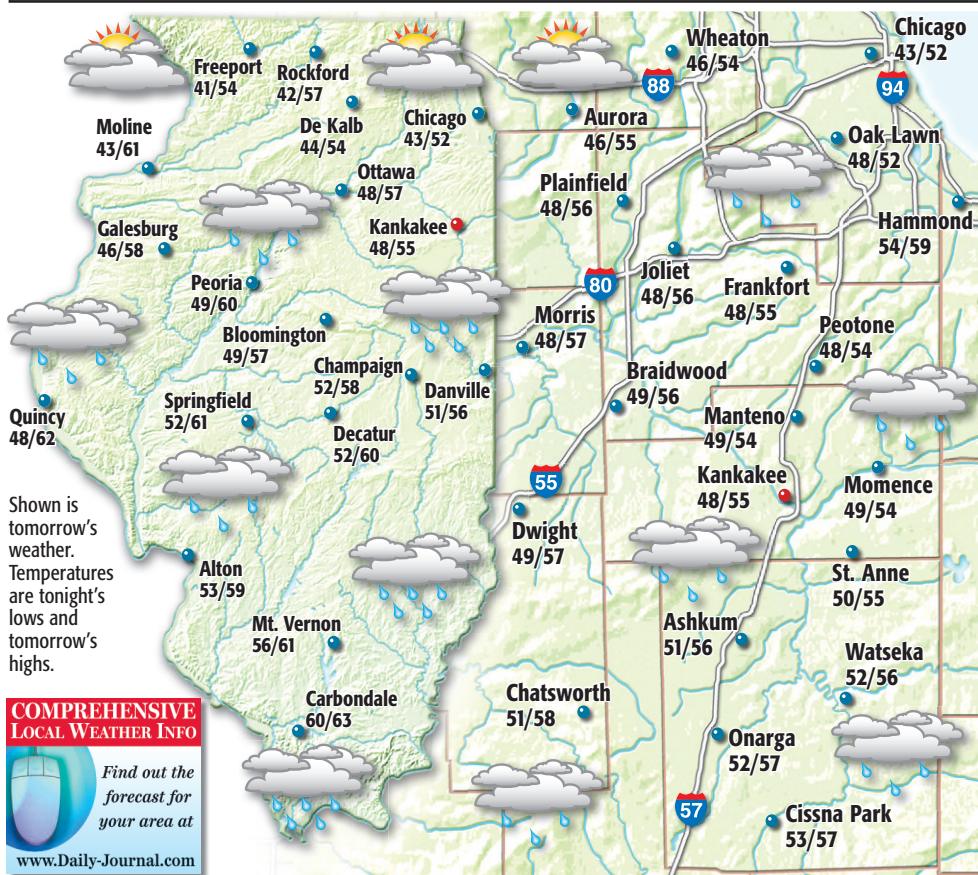


5-DAY FORECAST FOR KANKAKEE

TONIGHT	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LOW 48	55 35	59 42	62 55	64 53
Mild with occasional rain	A little morning rain; cloudy, mild	Mild with variable cloudiness	Mostly cloudy, showers around; mild	Warm with periods of rain

ILLINOIS FORECAST

AccuWeather.com



ALMANAC

Statistics for Kankakee for 24-hour period ending at 7 a.m. today.

Temperature
 High 72
 Low 54
 Normal High 45
 Normal Low 27

Precipitation
 Yesterday 0.00"
 Total month to date 0.26"
 Normal month to date 0.64"
 Year to date 2.28"
 Normal year to date 4.58"

Heating Degree Days
 Yesterday 2
 Month to date 213
 Season to date 4171
 Normal season to date 4884

FARM REPORT

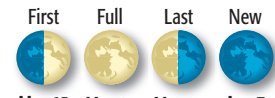
Mild tonight with periods of rain. Winds north-northwest 4-8 mph. Chance of precipitation 65% with average relative humidity 90%. Cooler tomorrow with a little rain in the morning. Winds north-northeast 6-12 mph. Little or no sun.

Growing Degree Days

Yesterday 13
 Season to date 17
 Normal season to date 0

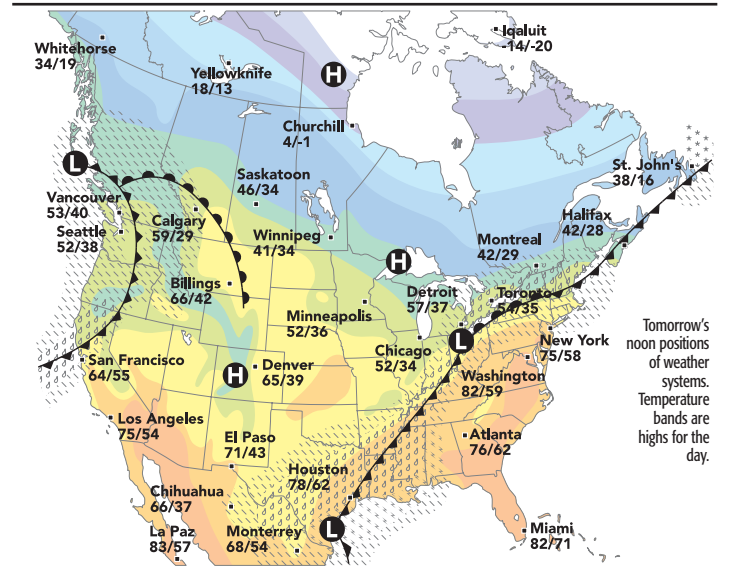
SUN AND MOON

Thursday
 Sunrise 6:11 a.m.
 Sunset 5:53 p.m.
 Moonrise 7:12 a.m.
 Moonset 8:08 p.m.



Forecasts and graphics provided by **AccuWeather, Inc.** ©2016

NATIONAL FORECAST



U.S. CITIES

City	Thu. Hi/Lo/W	Fri. Hi/Lo/W	City	Thu. Hi/Lo/W	Fri. Hi/Lo/W	City	Thu. Hi/Lo/W	Fri. Hi/Lo/W
Atlanta	76/62/pc	77/63/c	Los Angeles	75/54/pc	67/46/r	Portland, Ore.	57/41/sh	55/44/r
Boston	60/43/sh	51/36/pc	Memphis	72/59/r	69/64/r	St. Louis	60/45/r	65/54/c
Cincinnati	65/48/c	63/51/c	Miami	82/71/pc	80/72/pc	Salt Lake City	66/46/pc	70/45/pc
Dallas	66/57/r	66/56/r	Milwaukee	44/33/c	48/38/pc	San Diego	69/57/pc	67/55/pc
Denver	65/39/s	71/39/s	New Orleans	77/67/r	72/65/r	San Francisco	64/55/r	60/52/r
Indianapolis	62/40/r	62/46/c	New York	75/58/pc	65/43/pc	Seattle	52/38/sh	55/43/sh
Kansas City	69/43/pc	68/50/pc	Philadelphia	80/60/pc	68/44/pc	Wash., D.C.	82/59/pc	70/52/pc

WORLD CITIES

City	Thu. Hi/Lo/W	Fri. Hi/Lo/W	City	Thu. Hi/Lo/W	Fri. Hi/Lo/W	City	Thu. Hi/Lo/W	Fri. Hi/Lo/W
Acapulco	81/64/pc	84/65/s	Geneva	49/33/pc	48/35/pc	Paris	50/35/c	52/34/pc
Baghdad	79/57/s	79/55/s	Hong Kong	59/59/r	58/55/r	Singapore	91/81/c	88/79/pc
Amsterdam	47/31/c	49/30/pc	London	49/36/c	52/35/c	Sydney	86/73/pc	84/72/pc
Athens	63/48/sh	63/52/pc	Madrid	53/38/pc	55/32/s	Tokyo	47/37/pc	42/37/r
Bangkok	97/80/pc	96/80/c	Mexico City	57/32/pc	67/36/pc	Toronto	54/35/r	50/34/s
Beijing	45/18/s	47/21/s	Moscow	42/27/pc	39/30/c	Vancouver	53/40/sh	51/41/c
Buenos Aires	71/54/pc	75/53/pc	Oslo	36/27/sf	37/25/c	Vienna	52/40/s	45/41/sh

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Local faces

Editor: Dimitrios Kalantzis | 815-802-5144 | dkalantzis@daily-journal.com

Scholarship to North Park



Submitted photo

Mallory Trudeau, a senior at Bradley-Bourbonnais Community High School, officially signed on Feb. 2 to play tennis and softball at North Park University in Chicago beginning in the fall of 2016. She is playing softball with her travel team, KGSSL Aftershock 18U, and will continue throughout the summer. Pictured, in the back row, from left to right, are Cathy Olshefski, tennis coach and softball coach; and Brooke Peterson, softball coach. In the front row are Trudeau, center, and her parents, Jeff and Jodi Trudeau, from Bourbonnais.

Bishop McNamara bowl winners



Submitted photo

The Bishop McNamara Catholic High School team won the Match Points Trophy at the 42nd annual academic bowl competition at Kankakee Community College. The Bishop McNamara team defeated Kankakee High School to win the competition. On the way to the finals, they defeated teams from both Grant Park and Beecher high schools. Team members pictured in the front row, from left to right, are Matt Rose and Jack Kramer. In the back row are Nick Schwengler, Andrew Buttle, coach Joan Linneman, Jared West and Maddie Rosendahl.

Illinois State Scholars



Submitted photo

The Illinois Student Assistance Commission is pleased to honor these Illinois high school students who have been named 2016-17 Illinois State Scholars for their outstanding academic achievements. State scholars at Kankakee High School are, in the back row, from left, Kendra Loy, Ariana Thomas, Brooke Graveline, Taylor Johnson, Gabriella Acevedo and Steven Baker. In the front row are Lindsey Kinnersley, James Pentuic, Lizbeth Padilla, Mackenzie Kinkade, Julisa Garcia and Alexis Behl.

Send us your photos for Local Faces

DAILY JOURNAL

Here's what we look for:

- Interesting, candid photos of people engaged in an activity are always preferred. Smiling faces are a plus! Photos must be bright, sharp, and clear. If a picture is too dark or out of focus, it will not print well.
- Identify the people in the picture from left to right, top row to bottom row. Always include the full names, first and last, of those pictured. List the town where each person lives after each name.
- Not all photos make the cut. Please do not submit a photo more than once.
- By submitting a photo, you confirm the photo belongs to you and you have given Daily Journal permission to use it.

Send photos by mail:

Daily Journal, Local Faces in Different Places, 8 Dearborn Square, Kankakee, IL 60901
 Photos must be printed commercially or on high-quality photo paper. Include a stamped, self-addressed envelope if you would like the photo returned. Please print the identifying information clearly. Double-check spelling on names!

Send photos by email:

Localfaces@daily-journal.com
 Photos must be high-resolution jpegs. Please give the image a simple file name. Attach one photo per email, and be sure to include all the identifying information.

BUSINESS

BRIEFCASE

EDUCATION

KCC holding diversity workshop

Kankakee Community College is holding the Business Case for Diversity in All Professions course from 8:30 a.m. to 4 p.m. on Wednesday, March 23, in the Iroquois Room at Kankakee Community College.

In this workshop, students will learn: the business case for diversity; how to market to a diverse customer base; how to develop an organization that reaps the benefits of a diverse staff and customer base; how to function as a diversity change agent; and how to address cross-cultural insults and cultural boundary violations in the workplace.

The workshop is for any professional. The instructor is Mark Sanders and the course costs \$79, which includes materials. The course number is BSNS 386A.A16. It also awards 6.5 contact hours to nurses, professional counselors, clinical counselors, nursing home administrators, physical therapists, occupational therapist and respiratory care technicians.

This course does not award college credit. To register or for more information, call 815-802-8207; go to kcc.edu/comejoinus; or visit Student Services, located on the second floor of the KCC Workforce Development Center.

Seminar on job search tools to be held

A free seminar called "Resumes, Cover Letters and Interviewing Skills — Oh my!" will be offered from 1 to 3:45 p.m. on Tuesday, March 29, at Kankakee Community College's Harold & Jean Miner South Extension Center in Watseka.

The workshop will include how to create a resume and cover letter and how to prepare for an interview.

"This seminar is great for people who are new graduates, career changers or who have employment gaps," said Nancy Schunke, KCC's Miner South Extension Center coordinator.

This seminar is free, but registration is required. Registration deadline is March 24. The course number is LECT 9034.F16.

To register or for more information, call 815-802-8780; or visit the South Extension Center, located at 1488 E. Walnut St., in Watseka. Directions are at kcc.edu/sec.



Bloomberg photo/Craig Warga

Dick's Sporting Goods said it would try to pick up market share ceded by Sports Authority, its longtime rival. Sports Authority is closing stores as it makes its way through bankruptcy court.

Sports Authority's ripple effect

Retailer's default hampers the industry

BY NICK TURNER AND LAUREN COLEMAN-LOCHNER

Bloomberg News

Sports Authority Inc.'s bankruptcy echoed through the sporting-goods industry on Tuesday, with companies saying it was creating both hardships and opportunities.

Dick's Sporting Goods Inc. said it would try to pick up market share ceded by its longtime rival, which is closing stores as it makes its way through bankruptcy

court. Performance Sports Group, meanwhile, was dealt a blow by the Chapter 11 filing. The maker of baseball bats and hockey gear wrote down anticipated sales that it would have gotten from Sports Authority. Performance slashed its outlook, sending its stock down as much as 66 percent on Tuesday.

Dick's Sporting Goods has a Kankakee-area location in Bradley Commons at 2054 N. Illinois Route 50 in Bourbonnais. There are Sports Authority retail outlets in Frankfort, Matteston and Orland Park.

Sports Authority once was the largest sporting-goods retailer in the United States, and its decline

has broad repercussions. In addition to going after the chain's customers, Dick's may scoop up real estate vacated by the bankrupt business. Dick's Chief Executive Officer Edward Stack said on a conference call that his company would be looking at Sports Authority leases to see which ones would make sense.

"We're going to be very aggressive to go after that displaced market share," he said.

Suppliers like Performance are in a weaker position. Though Sports Authority plans to re-emerge from bankruptcy, there will be a smaller fleet of stores to sell to. The Chapter 11 filing has

contributed to sluggish demand for baseball and softball products, Performance CEO Kevin Davis said in a statement on Tuesday.

The company cut its annual earnings forecast to 12 cents to 14 cents per share, excluding some items. That was down from as much as 69 cents. The write-down of the receivable balance and anticipated loss of sales from Sports Authority accounted for 9 cents of the reduction.

Performance fell as low as \$2.95, marking its biggest intraday plunge since the shares began trading in 2011. The stock was down 10 percent this year before the tumble.

"We're going to be **very aggressive** to go after that displaced market share."

EDWARD STACK, DICK'S SPORTING GOODS CEO

MAINSTREET: COMMUNICATION

Communicate with richness to benefit all

"What troubles me is the Internet and the electronic technology revolution. Shyness is fueled in part by so many people spending huge amounts of time alone, isolated on e-mail, in chat rooms, which reduces their face-to-face contact with other people." — Philip Zimbardo

This past weekend I had a chance to visit with my friend and business associate Jay Flaherty over in the Quad-Cities. We have known and worked with each other for more than 30 years. Our first association was when I was assistant director of community education, in charge of business programs at Eastern Iowa Community College, and he was the owner of a then-cutting-edge computer services store — Entre Computer Center.

With Entre's technology resources and the college's marketing assets, curriculum design skills and available teachers, we trained literally hundreds of professionals in the community from small businesses to large companies such as Deere, Caterpillar and Alcoa. Jay brought the latest technology to the table that we could not possibly afford. He also provided his impressive staff of professionals, who not only knew how to host our students, but treated them with the respect and "class" that working businesspeople expect and deserve.

But most of all, Jay was a great one-on-one communicator, no doubt a skill he honed in his days as a very successful IBM salesman. Along with our on-campus efforts and the resources of Entre, in the early 1980s, we were acknowledged as the largest community-college professional computer training program in the U.S. Both of us believed the success was directly related to our ongoing personal communication.

As Jay and I were reminiscing a bit, we started talking about how so much has changed since those days, but fundamen-

tally personal human communication is still the key to success in business and life. Of course, we have adapted and use email, Facebook, LinkedIn, Skype, Twitter and even text messaging.

They are all appropriate in their proper place, but they are no substitute for more personal forms of communication including phone calls and face-to-face conversations. I contend that those of us who spend 80 to 90 percent of our days in front of a computer, tablet or cellphone screen need to make a deliberate effort to use "richer" communication techniques whenever possible.

The idea of communication richness has been around a long time. What it means is how many multiple types of stimuli are available for us to judge the real message that is being conveyed. Texting, while immediate, simply gives us the words. We don't have any way of knowing whether the sender is happy, sad, angry or joking. Granted, a few smiley faces might help, but the short message does not allow or give us context.

I'm a moderate user of texting and so is Jay; although, both he and I have had situations where, after five to seven back-and-forth messages with another "habitual texter," we come to the startling conclusion ... just pick up the phone and call.

Email in many ways is like texting, but generally it is considered more business-oriented. Email has some major advantages, because of the ease of sending long or short emails and attaching various documents. What we both like about email is the fact that it creates a permanent record of a transaction and can easily show a "thread" or progress of negotiations, information or the conversation. It still suffers from lack of richness because we cannot see or hear the other person. On balance, though, it is a powerful tool.

Three cautions, however, about email.

First, email has "eternal life" as politicians, businesspeople and most of us have found out. Once created it can and does live forever in cyberspace and can even be used against us. Secondly, e-mail sent on an employer's computer technically belongs to them, so be extremely careful what you use it for. Thirdly, an overall rule I use: good or neutral general communication can be effectively transferred by email. Bad or difficult news needs to be done in a more media-rich form, such as a telephone call or better yet, face to face. We have all heard the stories of people being fired via email. It is totally inappropriate and tasteless.

Frankly, I used to get a lot more phone calls and phone voice messages. While I don't regret some of the interruptions, I can say a phone call is generally far more effective for me. And I have noticed when I need to ask for a favor, purchase something, straighten out something that has gone wrong (like an Internet purchase), a human voice on the other end is vastly more effective.

The human voice carries with it emotion and helpfulness and, when necessary, even concern and anger. It helps us react to the situation much better. And it also is an effective way to negotiate, congratulate, encourage or work out difficulties. One puzzling thing these days is with unlimited minutes on most cellphone plans, how people resort to texting and emailing rather than picking up the phone.

Of course, none of us miss those days of phone tag, but using texting, email and the phone together in the proper mix is very productive.

A very interesting hybrid of the Internet and phone calling is a service called Skype. It is free and allows you to transmit voice and a live picture via the Internet all over the globe. I have recently had "guest" speakers from Tampa, Fla., and Austin, Texas, broadcast into my classroom. Our students can see them and they can see our students and carry on a live conversation. It is easy

to set up and use. If you want more information, go to skype.com/en. You can Skype over a computer, tablet or mobile phone.

Finally, the richest form of communication is in-person dialogue. Use it when at all possible. Here you have the words, tone of voice, body language and all the advantages of rich communication. Tom Peters, way back in 1982 popularized MBWA — alternatively known as management by wandering or walking around. Being visible is crucial as a manager. Of course, that means showing up not just when there is a problem, but to consult and praise people.

I would venture to say that the positive-to-difficult ratio should be at least 10 to 1. Jay shared with me that one of the most important times to have meaningful talks is over lunch, because the mix of social and business makes both more effective. In one company he worked for, he even perfected a "take-an-enemy to lunch" technique. As a result, those who seemed to be the opponent very often became supporters and allies.

So go ahead and use all the communication techniques and tools you have access to, but understand the power of richness and use it to the benefit of both you and those you need get a message to.

Dr. Don Daake has an MBA from the University of Iowa and a Ph.D. from Florida State University. He maintains a blog at daakecomments.wordpress.com. Contact him at dadaake@olivet.edu.

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Read the fine print on some coupons

My readers have been spotting confusing wording on coupons again.

Dear Jill, A popular brand of soup makes two different varieties with similar names. One is called "Go Soup," and the other is "On the Go Soup." "Go Soup" comes in a pouch, and "On the Go Soup" comes in a cup-like container you can drink out of. I think it's confusing when I try to use coupons for these. If I have a coupon for "any Go Soup," I think it should be able to be used on either one of these as they both have "Go Soup" in their names. That doesn't always work at the checkout, though. I also think it is



JILL CATALDO
COUPON QUEEN

very confusing when stores show these in the ad because they always call them "Go Soups." What are your thoughts on these?

— **Martina R.**

I am familiar with both of these products, and indeed, while they have the same brand name on the label, they are two completely different items with, yes, different coupons. You should not use coupons for "Go Soup" on "On the Go Soup" — they're

clearly different products, and the coupons in question also depict the pouch soup or the drinkable canister soup.

That said, I suspect consumers, because of the

issues you've mentioned, often unintentionally redeem the coupons for both these soups in error. The two products' names are awfully similar, and expecting both consumers and cashiers to differentiate between the two similarly-named products is a tall order — especially if stores' ads are using both products' names interchangeably, too. I do wonder why the same brand of soup would name two inherently different products with names that not only echo each other, but also have the potential to cause so much confusion.

Dear Jill, Can you settle a dispute for me? I have noticed the best coupons for makeup often say things such as "\$4 off any face product." I believe these

coupons should be fine to use on less expensive things such as eyeliners, eye shadows and lip glosses. All of these things go on your face. However, I have a friend who coupons with me, and she says face products are things such as foundation, powder and cover-up, and those things cost more. Who's right? — **Lisa J.**

While I agree a \$4 coupon would put a serious dent in low-priced cosmetics such as eye shadow, most makeup manufacturers indeed define "face product" as products that go on the skin of the face: concealer, powder, foundation and blush. It's true your eyes and lips are on the face, but eye and lip cosmetics are just that — for eyes and lips. Face cosmetics are for the face. If you ever have

a question about on which products a coupon is valid, check the brand's website. If you search for "face products" on any major cosmetics brands' websites, chances are you'll see products for facial skin in that category — not lipsticks, mascaras or eye shadows.

Dear Jill, Here's one I was surprised to see on a coupon for a bottle of lotion: Not valid on clearance. I didn't notice this until I tried to use it. The lotion rang up \$3 less than the shelf said, and the cashier said it was on clearance. Then, when she scanned my coupon, it worked, but she looked at the text on it and said because the lotion rang up as clearance, I couldn't use the coupon. I had never heard of this. What do you

think? — **Gwen P.**

What a scenario! While I do believe we shoppers should abide by the fine print on our coupons, I do find this wording discouraging from a customer experience standpoint. Coupons are designed to drive purchases, and this lotion coupon motivated you to buy this product — until you couldn't. It's unfortunate your feelings about the brand now will be tied to your negative experience at the checkout, and I think this is something brands should consider before using similar exclusions on coupons.

Email your own couponing victories and questions to jill@ctwfeatures.com.

'Dump chicken' gets rave reviews from readers

About a year ago, I was introduced to dump chicken and could not wait to share the recipe with you. After sharing, loads of positive feedback confirmed many of you are fans, too.

I must admit, I was originally somewhat put off by the name. "Dump chicken" doesn't exactly bring to mind an easy, ingenious and flat-out delicious meal. But it should because it is!

You "dump" chicken pieces into a freezer bag with your choice of sauce and stick the bag in the freezer. When you're ready to eat it, thaw it overnight in the refrigerator, and then dump it into a pan and bake it. That's it.

The genius aspect of this recipe is the variations. In the original post, I gave you Russian chicken, teriyaki chicken, spiced citrus chicken, sweet-and-spicy glazed chicken, sticky chicken, honey sesame chicken and pepper lime chicken. And in a minute, I'm going to give you even more variations.

I usually set aside an hour on the weekend to set up a factory line on my kitchen counter. I prefer organic boneless, skinless chicken tenders or breasts from Costco. They're not the cheapest, but you won't waste any meat, and I like to know my meat wasn't shot up with hormones and other suspicious ingredients.

Buy some 1-gallon freezer bags and just go to work, labeling and dating each bag with the contents — because you won't be able to figure out what's in there once it's frozen. A freezer full of dump chicken makes my life so much easier. I can put a bag in the refrigerator in the morning and know that it will be thawed sufficiently by the time I get home at night — when I'm exhausted and not wanting to cook dinner.

My stash of dump chicken, along with my trusty Zojirushi rice cooker (I swear that thing has a brain), preserves my sanity and my wallet. I can't tell you how many times dump

chicken has bailed me out when dinner guests appear out of nowhere. I think of reliable appliances and a stocked freezer as insurance against defaulting to eating out. At restaurants (sorry, restaurant industry), the food is inferior to home cooking, prices are higher every week, the lines are long, parking is tight and the noise is annoying. On top of that, we cannot get out of a restaurant without adding another 25 percent onto the bill for tax and tip. Oh, dump chicken, how I love thee.

Here are two more variations of dump chicken to add to your repertoire:

- **Lemon garlic chicken:** 2 cloves garlic, chopped, 4 tablespoons olive oil, 2 tablespoons chopped parsley, 2 tablespoons lemon juice, 1/2 teaspoon salt, 1/8 teaspoon pepper, 4 to 6 chicken breasts.

- **Garlic Dijon chicken:** 2 cloves garlic, minced, 1/2 teaspoon salt, 1/2 teaspoon pepper, 4 tablespoons Dijon mustard, 2 tablespoons lime juice (or lemon juice), 4 to 6 chicken breasts.

You can use bone-in or boneless and skin-on or skinless chicken breasts for these variations. Experiment. You'll figure out your preference. Simply mix the ingredients to make the sauce, add the sauce to the bag with the chicken, seal and freeze.

To cook: Thaw the bag overnight in the refrigerator. Pour the contents of the bag into a 9-by-12-inch pan and bake at 350 degrees until cooked through, or about 25-35 minutes. Dark meat must cook longer.

Note: If you are wondering if you can buy already-frozen chicken, the USDA says it is safe to re-freeze chicken if it was thawed properly in the first place. However, the quality might decrease because moisture is lost while defrosting.

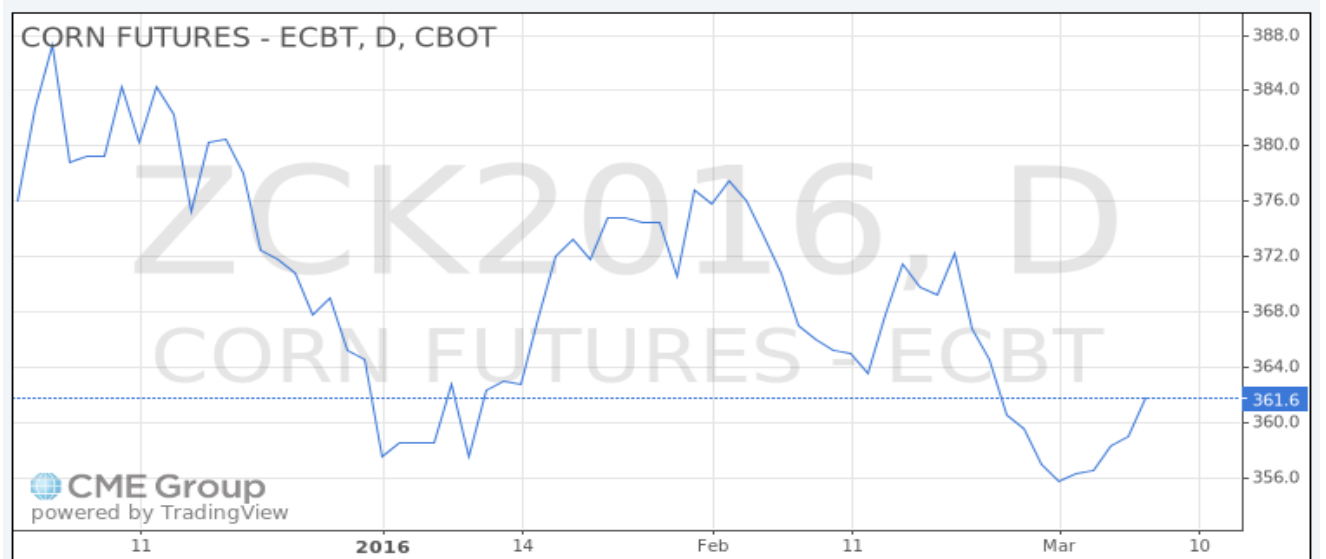
Mary invites questions, comments and tips at mary@everydaycheapskate.com, or c/o Everyday Cheapskate, 12340 Seal Beach Blvd., Suite B-416, Seal Beach, CA 90740.



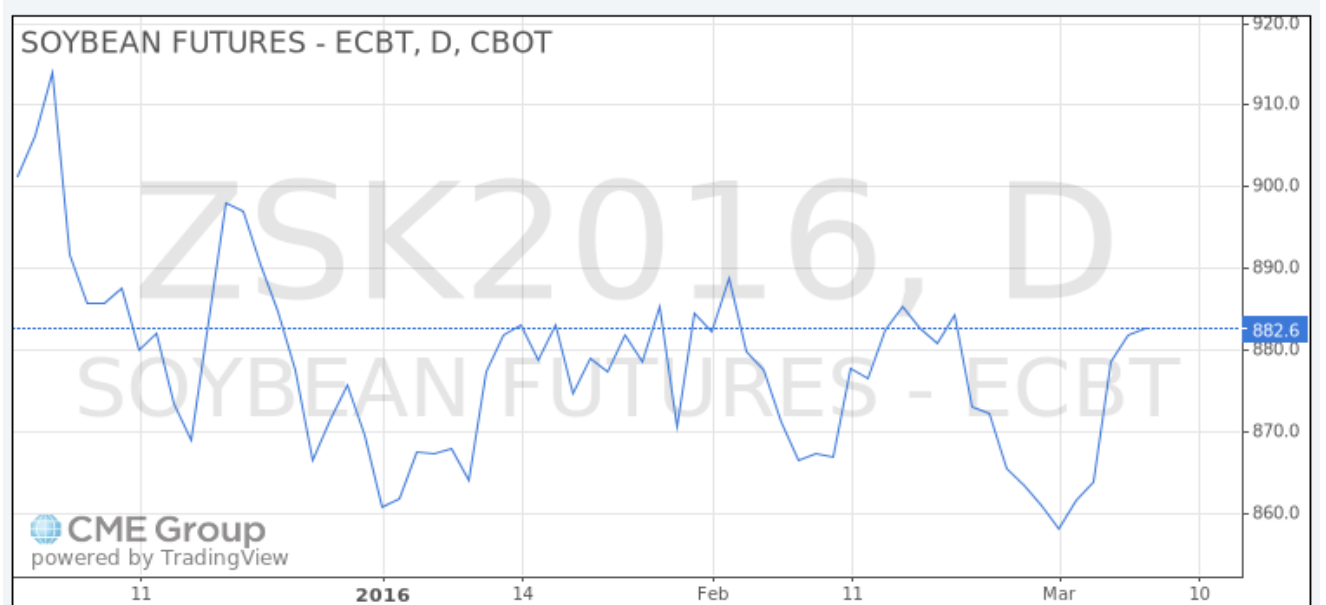
MARY HUNT
EVERYDAY CHEAPSKATE

AG GRAPHS: 3 MONTHS

CBOT:ZCK2016 O:358.4 H:362.4 L:356.0 C:361.6



CBOT:ZSK2016 O:880.4 H:884.2 L:875.2 C:882.6



CRUDE OIL: GRAPH

CBK16 - Crude Oil Brent (ICE)



Is the emergency fund fully funded with six paychecks?

Dear Dave, Do I set aside six months' worth of paychecks or the amount of my bills for six months when it's time to save up my fully funded emergency fund? — **Steve**

Dear Steve, In my plan, Baby Step 3 is when I advise people to save up three to six months of expenses in a fully loaded emergency fund. This is set aside and not touched for any reason other than a true emergency. It's not a Bahamas fund or a new living room furniture fund. It's an emergency fund. It's not an investment or fun money; it's insurance. Think of your emergency fund as a protective barrier that

keeps you from going into debt or cashing out investments when life throws bad things your way.

How do you decide where to land in the three- to six-month range of expenses? That depends on how much risk your household has. If there's only one income in the equation, you have more risk, so you should skew things toward six months. Being self-employed or a commissioned salesperson is also a situation in which this would be true. If there are two incomes, and both come from steady, dependable sources, that could fall into the middle of that range or even more toward the three-month side.

Make sure your emergency fund is easily accessible, too. A simple money market account with check-writing privileges works fine. You want to make sure you can get your money quickly when the need arises! — **Dave**

NEVER TAKE AN ADJUSTABLE RATE MORTGAGE

Dear Dave, Should I ever consider a 5/1 adjustable loan if I'm buying a house and plan to pay it off in five years? — **Anonymous**

Dear Anonymous, No. The reason is you can never be assured you're going to pay it off in five years. If you go into it with that mindset, then you basically are saying you can predict the future will be exactly how you want it to

be. That's pretty naive. Your future will never be what you think it will be. It's either going to be better or worse, but your future will never turn out exactly the way you plan for it to be.

If you can't buy a home with cash, you need the stability of a 15-year, fixed-rate mortgage in your life. We're living in the lowest mortgage interest rate environment in about 50 years. I saw a 3.02 percent, 15-year, fixed-rate mortgage just the other day.

For those of you who have not refinanced, if you're staying in your home or you're sitting on an adjustable rate, this is a great time to change that. Still, people are sitting around yawning like these kinds of rates are going to be around forever. It's gone on for

a while now, but don't let that fool you into thinking those kinds of rates are normal. They're not going to last forever.

No, I would never, under any circumstances, take an adjustable rate mortgage. Was that unclear? I hope not. — **Dave**

Dave Ramsey is America's trusted voice on money and business, and CEO of Ramsey Solutions. He has authored five New York Times best-selling books. The Dave Ramsey Show is heard by more than 11 million listeners each week on more than 550 radio stations and digital outlets. Dave's latest project, EveryDollar, provides a free online budget tool. Follow Dave on Twitter at @DaveRamsey and on the Web at daveramsey.com.



DAVE RAMSEY

THE MOTLEY FOOL: TO EDUCATE, AMUSE & ENRICH

MY DUMBEST INVESTMENT

I wish I'd bought a CD

One of my dumbest investments was my very first one. I work in academic biology and personally knew some of the people who struck it rich when Genentech went public in 1980. I wanted in on this bonanza, too, so I scraped together some money and bought some shares of Cetus shortly after it went public in 1981. The stock ended up in the toilet and stayed there for years, while I hung on. At one point, the stock shot way up and I sold, making a profit. I was congratulating myself on this big win when I decided to calculate how much I would have made if I'd just kept the same amount of money in a CD. It turned out I would have made more with the CD. I learned that big stock bonanzas are rare and that it's prudent to make money more reliably. — D.M., San Francisco

Cetus bet big on a single anti-cancer drug and ran out of money before being able to gain FDA approval. Cetus was bought by Chiron in 1991. (And Chiron itself was bought by Novartis in 2006.) You're right that it's valuable to consider all alter-

natives. Interest rates were high at that time — in the mid-teens. That even tops the stock market's long-term average growth rate. Plus, CD interest payments were much more of a sure thing than a stock's performance.

walk-in MinuteClinics and am a major pharmacy benefits manager with 75 million-plus members. I'm buying Target's pharmacies, too. More than 70 million households have my card and I employ more than 24,000 pharmacists. My market value recently topped \$100 billion. Who am I? (Answer: CVS Health)

THE MOTLEY FOOL TAKE

Real estate dividends

If you're in the market for dividend income, consider Ventas (NYSE: VTR). It's a real estate investment trust focused on the health care arena, with close to 1,300 senior housing communities, medical office buildings, skilled nursing facilities, hospitals and other properties in the U.S., Canada and the U.K.

Ventas' revenue has more than tripled since 2010, but its free cash flow has turned negative in the past few years, in large part due to aggressive acquisitions. These may put pressure on results in the near term, but they set Ventas up for further growth in the years ahead.

In 2015, Ventas posted 9 percent year-over-year growth in its funds from operations, with net operating income rising by 4 percent. Rising interest rates may depress Ventas and other REITs, too, but its debt load is very manageable.

The company's long-term prospects remain bright, as populations grow, age and need more medical services. Ventas' forward-looking price-to-earnings ratio of 30 is well below its five-year average of 44. And with price-to-book-value, price-to-sales and price-to-cash-flow ratios also below the company's five-year averages, Ventas is appealingly priced.

It offers shareholders a significant dividend, too, recently yielding a hefty 6 percent — and it has hiked its payout many times, with plenty of room for further growth. Consider buying now or waiting and hoping for an even better entry price.



ASK THE FOOL

Seeking great stocks

Q: To find great stocks, am I right to seek ones with low P/E ratios and high dividend yields? — S.K., Danville, Calif.

A: That's a solid start, but look beyond those measures, too. After all, many great stocks pay little or no dividends — at least while they're still young and growing rapidly. Facebook, Netflix and Amazon, for example, along with Warren Buffett's Berkshire Hathaway, pay no dividend. Companies also sometimes have high yields and low price-to-earnings ratios only because their stock price has tumbled because of some major trouble.

Consider Avon Products, which has been struggling for many years now but recently sported a fat dividend yield of 6.3 percent. During the past five years, its shares fell from above \$30 apiece to below \$4. Its dividend has been slashed by 74 percent, too. Two years ago, Avon's shares were near \$20 apiece, with the same \$0.24-per-year dividend payout it's offering now. Thus, the yield then was roughly 1.2 percent (\$0.24 divided by \$20). But since the shares have plummeted, the yield is now far higher: \$0.24 divided by \$3.80 is 6.3 percent.

Never make a purchase decision based on very few numbers. The more you learn about a company, the sounder your decision should be.

Q: I'm a total novice investor. Where can I learn about impending initial public offerings? — R.Y., Muskegon, Mich.

A: New investors should avoid IPOs. They're notoriously volatile and frequently don't fare too well in their first year. It's also usually only the rich or well-connected who get to buy shares at their low initial price. The rest of us are at

a disadvantage, having to buy at later, higher prices.

FOOL'S SCHOOL

Keep those fund fees under control

Mutual fund investors tend to look for funds with great performance records, but they frequently ignore the fees the funds charge. That's not good because fees can be costly. Learn more about them, avoid steep ones and you may be able to improve your portfolio's performance. After all, while you can't know how much a fund will earn for you in a given year, you can know how much it will be charging you. Here's a look at some key fund fees:

Loads: These are simply sales charges — commissions paid to brokers who sell funds. Most funds no longer charge them, but some do, and they can top 5 percent. If you deposit \$6,000 in a fund with a front-end load of 5 percent, you'll immediately lose \$300. Ouch.

Expense ratio: This number reflects what percentage of a fund's assets are deducted from it each year, typically to cover normal operating expenses. The median expense ratio for all stock funds was about 1.3 percent in 2014, with plenty of funds charging a lot more (or less). The median for bond

funds was 0.86 percent. The following two fees are included in a fund's expense ratio.

• **12b-1 fee:** Typically 0.25 percent, this is partly a marketing fee, covering a fund's advertising and more. Ironically, the fee has fund shareholders bearing some of the cost of attracting additional money to the fund — even though when funds grow too large, their performance can suffer.

• **Management fee:** This fee compensates the fund's management — regardless of their performance.

All the fees a fund charges add up and partly explain why most funds underperform the market average. If a fund averages a 10 percent return but charges you 2 percent in fees, your return is down to 8 percent. That's why many investors rightfully prefer index funds, which tend to cost far less. Vanguard's S&P 500 index fund, for example, features an expense ratio of just 0.17 percent. Still, there are some top-notch funds out there with relatively low fees and market-beating track records.

FOOLISH TRIVIA

Name that company



I trace my history back to 1885, when Albert Butz patented a furnace regulator and alarm. His business was bought out and eventually merged with a heat generator company. I introduced my iconic round thermostat in 1953. I was bought by AlliedSignal in 1999, but kept my name. Today I'm an industrial giant with a market value recently topping \$80 billion and an endearing ticker symbol. I employ 127,000-plus people and specialize in aerospace products and services; control technologies for buildings, homes and industry; turbochargers; and performance materials. About 50 percent of my offerings deliver energy efficiency. Who am I?

Last week's trivia answer
I trace my roots back to the 1963 founding of a health and beauty store in Lowell, Mass. I bought more than 1,200 Eckerd drugstores in 2004 and merged with Caremark Rx in 2007. In 2014 I stopped selling tobacco products. Today, based in Woonsocket, R.I., I encompass about 9,600 retail pharmacies and more than 1,100

ENERGY

Exelon, Pepco propose new alternative to save merger deal

BY CARRIE WELLS
The Baltimore Sun

BALTIMORE — In a last-ditch attempt to save their beleaguered \$6.9 billion merger, Exelon and Pepco Holdings proposed an alternative Monday to regulators in Washington, D.C.

The Public Service Commission of the District of Columbia last month rejected a deal cobbled together by stakeholders including the office of D.C. Mayor Muriel Bowser unless it could control a \$78 million pot of money to be distributed as rate credits and other incentives to customers of Pepco Holdings, which serves Washington and its Maryland suburbs.

But Bowser and the D.C. Office of the People's Counsel, a consumer advocate, withdrew their support, threatening to scuttle the

deal that Exelon and Pepco have been pursuing since 2014 to create the nation's largest utility company.

The alternative proposal that Exelon and Pepco filed Monday would put a \$45.6 million portion of the \$78 million in customer benefits into a separate fund. In that fund, \$25.6 million would go to rate credits for residential customers to offset rate increases through March 2019. Another \$20 million could be spent on additional rate credits, low-income customer assistance or grid modernization, but the D.C. PSC would decide how the money would be spent.

"This alternative proposal provides flexibility in determining a path forward for the merger, addressing the guidance the Commission provided in its order and the desire to protect District resi-

dents, including those most in need, from rate increases," Exelon President and CEO Chris Crane said in a statement. "And it maintains the full \$78 million in benefits for the District and Pepco customers agreed to in the original settlement."

Bowser's office did not respond immediately to a request for comment.

Doxie McCoy, a spokeswoman for the D.C. OPC, said the office "will carefully review the latest Exelon-Pepco proposal to ascertain if D.C. consumers get the level of protections that People's Counsel Sandra Mattavous-Frye considers critical, including immediate rate relief, and then determine next steps.

The companies asked the D.C. PSC for a decision on the new filing by April 7.

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Bartender needed for day shift with some nights. Part time cook weekends only.
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Country Place in Peotone
708-258-0250

BARTENDER

Now taking applications for a bartender. Please call 815-468-8242 after 10 am.

BARTENDERS/SERVERS

South side gentleman's club, est. 1991, has full and part time evening openings.
Apply in person at:
Jimmy's Restaurant
410 W Lincoln Hwy-Rte. 30
Chicago Heights, IL 60411
or Call 708-748-4949

COOK, WAIT STAFF & BARTENDERS

Fran's on 17
experience preferred
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CUSTOMER SERVICE REPRESENTATIVE

Full-time position open
Duties will include:

- Service calls • Data entry
- Includes:
- Paid vacation • Holidays, • 401K • Section 125 • Life Insurance.

Fill out application in service department at:
Home Furniture Plumbing & Heating
1292 W. Station St.
Kankakee, IL 60901

DENTAL ASSISTANT

Fast paced two office practice expanding his staff. Experience preferred but not required. Up to date on HEP and CPR, knowledge of Dextrix and Dexis a plus. must be available for both locations. all applications will be kept confidential.
Please fax your resume to:
815-939-7771
John Vallone, DDS

DRIVER

Flatbed Truck Driver
Class A CDL License
High school diploma or equivalent
Minimum 3 yrs. flatbed steel hauling experience
2 yrs. experience downtown Chicago driving with 48 ft. trailer
Apply in person at:
Ambassador Steel Fabrication
1050 St. George Rd.
Bourbonnais, IL 60914
or <http://careers.harrisrebar.com/>

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Class A CDL • 2 yrs. Experience
Flatbed Preferred, Will Train
Home Nightly and Weekends
Great Pay • Benefits • Insurance
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maldispach@comcast.net
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DRIVERS

Class A CDL for Dwight, IL area
Black Horse Carriers
Dedicated Routes, New equipment,
Home Every Day, Full-time nights, \$1100/week average.
Clean MVR and 2 yrs. exp.
Call 708-878-8116 or email to: jobs@blackhorsecarriers.com

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 Over 50 various artists & titles, Disney, Sesame Street, Grem-lins & others \$10 815-932-4627

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 20 in. tall with ornate top & bottom, octagon with green shades, \$50.00 815-476-2461

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 Gerlach Barlow January-May 1931. \$500. 815-926-2466 or e-mail Fossilnuts2@comcast.net

CIVIL WAR PRINT
 General Lee & Stonewall Jackson. \$250. 815-926-2466 or e-mail Fossilnuts2@comcast.net

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 21 LP Country, Chet Atkins, Hank Williams, Alabama, Judds, etc. \$12.00 815-932-4627

TIME MAGAZINE
 Volume 1, NO. 1 issue. Reprint from 50's. \$50. 815-926-2466 or e-mail Fossilnuts2@comcast.net

WANTED
 ANTIQUES of any kind, 1 piece to full estates. Locally owned.
History Hunters 815-671-1313

WE BUY ANTIQUES
 I Buy Antiques, Collections, Es-tates, Sterling Silver, Old Toys, Accumulations. 815-584-4721

Appliances
AIR CONDITIONING
 Pedestal top for basement, man cave or garage, 110 electric, hardly used. \$150 815-839-3349

APPLIANCES-RECONDITIONED-GUARANTEED-Bade
 "The Appliance Specialists"
 541 W. Broadway, Bradley
 815-933-5586.

DISHWASHER & MICROWAVE
 Black Whirlpool dishwasher and above range microwave. Good condition, 5 years old. \$25each or \$50 for both! 815-791-9115 or e-mail jasonwenzelman@gmail.com

KENMORE DRYER
 White, 400 gas dryer. Has 5 dry cycles. Work great. \$225.00 or best offer. 815-401-5414

KENMORE WASHER
 White, 3.6 cu ft. High-Efficiency, 8 wash cycles, like new \$325.00 OBO. 815-401-5414

WASHERS, DRYERS, REFRIGERATORS
 Reconditioned - Guaranteed
FRANK'S APPLIANCE
 1035 W. Superior
 Bradley - 815-932-5200

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AMERICAN GIRL DOLL CLOTHES
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 396 N. Kennedy Dr., Bradley
 815-304-5295

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TASTE OF HOME
 Annual hardcover cookbooks, brand new from headquarters \$15.00 each 815-428-7504

Building Materials
DIMENSION BLDGS
 Best bldg at Best Price
 A 30x50, \$3650
 618-997-9568

TRIM COIL STOCK
 7 boxes of ROLLEX 10" x 50" \$30 each. White in color call/text 815-514-4768

Tools
CARPET STRETCHER
 Roberts GT Junior includes six tubes, foot, carrying case, & cotton head. Good condition \$280 Call 815-644-5094 or e-mail marvinpurvis@att.net

DRAFTING TABLE
 7 ft top board w/ Vemco drafting machine. \$200 815-584-2715

MITER SAW
 Craftsman, 10 inch, mounted on a stand. \$40 815-939-1806

PROFESSIONAL CHAINSAW
 Jonsereds 70E, 70cc, 20" bar, asking for \$275. OBO. Call 773-552-8182.

ROUTER & TABLE
 Craftsman, 1HP, \$45 815-939-1806

Clothing/Accessories
HAWAIIAN SHIRTS
 4- brand new, size L will separate \$28.00 815-472-2136

Clothing/Accessories
PROM DRESS
 Mori Lee orange beaded strap-less w/corset. Size 7/8 can fit 13/14. \$150 OBO 815-955-4721

Computers
DELL KEYBOARD
 \$15.00 815-933-9696

FLAT SCREEN MONITOR
 Dell 19" with speakers \$25. 815-933-9696

Office Items
COMPUTER DESK
 Computer desk on wheels. Many shelves, large drawer for files. \$80 OBO Call 815-365-2330

Electronics
DVD PLAYER
 Panasonic DVD-S27 DVD player, progressive scan with remote, power cord and cables. Works well. \$20 815-592-3128

SAMSUNG SMART TV
 65" Curve LED 2160p 3D 4K TV. Model Un65ju7500fxa motion rate of 240. Very very nice. Comes with 2 yr extended warranty with Geek Squad expires 6-6-17. Asking \$2,650 OBO call for more info. 815-954-1494

SONY HANDYCAM
 Digital 8 video camera with night shot, steadyshot, 450X Digital zoom. Batteries, extra wide angle lens and manual included. \$75 Call 815-671-1578

SPEAKERS
 Advent, wireless. \$25 Call 815-932-3118

Exercise Equipment
AIR CLIMBER
 with new unopened DVD's, as seen on TV. \$75. 815-428-7504

DUMBBELLS
 (1)pair 11 pounds each,(1)pair 6.6 pounds each with booklet. \$20. 815-472-2136

Firewood/Fuel
OAK FIREWOOD
 Seasoned white & red oak, \$70 a pickup load. If delivered, it is over a face cord. Delivery charges based on distance. 815-212-1358 or 815-295-3104

Furniture
BOOKCASE
 Dark wood, 2 glass doors. Asking \$100. Call 815-614-3484

CHINA CABINET
 Two piece China Cabinet. Asking \$75. Call 815-614-3484

COFFEE/END TABLES & LAMPS
 Black with gold mirrored glass, 2 end tables, matching 2 table lamps. \$175 for all. 815-953-8834.

COUCH
 Ashley charcoal leather couch w/recliners. Like new. Excellent condition. \$500 OBO. Free area rug included. 815-401-5414

ENTERTAINMENT UNIT
 Oak 62"x56"x20" with DVD storage. Holds up to 40" flat screen TV. Like new. Can send picture. \$100 815-671-1578

KITCHEN SET
 Maple, 4 chairs and leaf. \$100 Call 815-383-3367

KITCHEN TABLE for \$125.00
 claw foot table with 3 chairs, leaf, table protector and poker cover 815-614-3554 or e-mail sarahbarr1980@yahoo.com

LOCK WOOD CABINET
 18 w X 12 d X 48 h. \$40 Call 815-939-7601

POOL TABLE
 7 feet. Model #5132960 \$200 Call 815-549-1547

RECLINER
 Ashley charcoal rockerleather recliner chair. Less than a year old. Excellent Condition \$250 OBO. 815-401-5414

ROCKER RECLINER
 Leather, burgundy oversized, good condition. \$175. 815-573-1365

SOFA
 Floral. Asking \$50. Call 815-614-3484

Home Furnishings
BAKERS' RAKE
 with 4 drawers & shelving, excellent condition \$75. 815-428-7504

CEILING LIGHTS
 Set of 2, early American style, 1 w/ white hobnail glass shade \$16 for both- 815-472-2136

COUCH & LOVESEAT
 Pastel plaid, good condition, pictures available. \$75 815-922-3744 or e-mail freya92716@yahoo.com

SERVING CART
 Bamboo, on casters, 34" high, 20"x34" tray top and bottom shelf \$40.00 815-472-2136

VERTICAL BLIND
 78 x 139, Center Draw, Light Beige, \$50, 815-644-0047

Household/Garage Sales
BOURBONNAIS ESTATE SALE, 373 John Casey Ct. Sat. March 12, 10am - 3pm Furniture, tools, riding mower & much more. Go to website for details: guineaantiques.com
To Visit **Visited**

BOURBONNAIS Giant Indoor Yard Sale
 Thurs., March 10th - 9am-5pm Fri., March 11th - 9am-5pm Sat., March 12th - 9am-noon
Faith Baptist Church 1280 Armour Rd 815-933-9400
To Visit **Visited**

KANKAKEE, 600 Jeffrey ~ Huge in-door Sale Thurs., Fri. & Sat. 7 am - 3 pm 20 yr. accumulation of old & new
To Visit **Visited**

Housewares
FINE CHINA DINNERWARE
 \$50.00, Royal Swirl design, 18 dinner plates, 19 small plates, 15 bread plates, 15 cups, 4 saucers, 1 bowl & gravy boat. 815-592-3128 after 4:30pm

Hunting/Fishing
FISH FINDER
 Bottom line brand, Fishing buddy 2, model 013021, manual included. \$95.00 815-937-4567

TROLLING MOTOR
 Minn Kota #65MX, 30" shaft length, 28 LB thrust, manual included \$130. 815-937-4567

Lawn/Garden
BOX SCRAPER
 Agri Fab 48 inch, category 1, 3 point hitch. Converts to just a blade. \$150. 815-592-6465

LAWN MOWER
 Craftsman, 22 inch multi cut, self propelled, elec. start, needs a battery. \$125 815-939-1806

RIDING MOWER ACESORIES
 Husqvarna brand, spreader, double bagger, and snowblower. \$100 OBO 815-474-7304

RIDING MOWER
 Troy-Built, 42" cut, new belts, runs great, needs battery. \$225 OBO 815-214-0315

ROTOTILLER
 Craftsman Rear Tine, 5.5 HP, 14" wide, with manual, great shape, \$450, 815-937-4567

Medical Equipment
CANE
 4 prong cane. \$8 Call 815-839-3349

HOSPITAL BED
 Like new. \$300 OBO Call 815-507-6687

LIFT CHAIR
 Medium brown, like new. from Riverside Medical Equipment Store \$275. 815-450-8090

TUB/SHOWER BENCH
 Heavy duty. Seats up to 400 lbs. \$25 Call 815-839-3349

WALKER
 Aluminum, no seat. \$15 Call 815-839-3349

Miscellaneous
BEDDING SET
 Chicago Bears, full size comforter, sheets, bean bag and throw pillows. \$75 815-932-7590 or e-mail tndjain@yahoo.com

BEDDING SET for \$100.00
 Chicago Cubs, Full Size Set with comforter, sheets, throw pillows, valances, dust ruffle, alarm clock 815-932-7590 or e-mail tndjain@yahoo.com

FINISHING BRADS
 2 1/2 inch, 16 gauge, quantity 3,000 \$20 773-552-8182

FULL SIZE BEDDING SET, Chicago Bears w/bean bag, throw pillows \$75. 815-932-7590 or e-mail tndjain@yahoo.com

KODAK PROJECTOR
 16mm \$75 Call 815-932-3118

LANSKY KNIVES SHARPENING KIT
 Paid \$140 asking \$35 773-552-8182

TABLE & CHAIRS
 4 seat glass top table 38" wide with 3 counter top stools. Excellent condition. Inquiries should be sent to mwe719@gmail.com

TABLES
 Mission style set of 4. All with storage. \$300 815-932-7590 or e-mail tndjain@yahoo.com

Miscellaneous
 Lower Your TV, Internet & Phone Bill!!! Get Fast Internet from \$15/mo - qualifying service. Limited Time Offer. Plus, get a FREE \$300 Gift Card. Call Today!! 855-995-4524 ICAN

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 Welcome baby home with a stork announcing his/her arrival. Colorful storks for rent. reasonable rates. inquire 815-210-4771

TANNING BED
 Commercial, 220 volt, 24 bulbs, \$499 OBO 815-214-0315

TANNING BED
 Residential, 220 volt also has 110 to 220 converter, 16 bulbs, \$350 OBO 815-214-0315

Musical Instruments
\$\$\$WANTED\$\$\$ All musical instruments - saxophones, trumpets, accordions, drum sets, violins, banjos. 815-584-4721.

SPINNET ESTEY PIANO
 Very good condition, \$400 firm, 815-693-7734

Pets
Kankakee County Humane Foundation 815-933-5999 Shelter hours:
 Tues, Wed, Thurs, Fri & Sat 12 noon - 4pm
www.K3HumaneFoundation.org
 IL Rt 1, North of St. Anne

KCHF's 9th ANNUAL Paws & Purrs Peticular Dinner & Live/Silent Auction Sat. April 9 ~ 5:00 pm Elks Country Club, St Anne Info: 815-932-3136 www.K3HumaneFoundation.org Needed: Sponsors ~ Donors ~ Ticket Buyers

Pet Supplies
PET CRATE
 14x24. Good condition. \$15 Call 815-937-1475

PET CRATE
 17x24. Good condition. \$10 Call 815-937-1475

PET CRATE
 20x28. Good condition. \$15 Call 815-937-1475

PET CRATE
 24x36. Good condition. \$15 Call 815-937-1475

REPTILE ENCLOSURE
 From Cages By Design 5x5x3, complete with all accessories, \$250 cash. Exc. Cond. Call to see 815/933-8501

Seasonal Misc.
EASTER BASKETS
 4 multi color pastel baskets, medium - large, \$5 all, will separate. 815-939-7540

EASTER DECORATIONS
 Over 30 figurines and home-made items \$45. 815-507-6687

EASTER DECORATIONS
 Porcelain figurines, nothing over \$5. 815-507-6687 ask for Ron

EASTER TOYS
 5 stuffed bunnies, different styles \$5 all, will separate. 815-939-7540

SNOWBLOWER
 Ariens, 5 HP, 2 stage, 4 spd w/ reverse, chains included. \$100 815-939-1806

Sporting Goods
GOLF BAGS
 Used 9 pocket Tour Trek cart bag & new 6 pocket. \$25 each or \$40 for both. 815-370-6548

GUN & KNIFE SHOW MARCH 12 & 13 LAKE COUNTY FAIRGROUNDS
 Crown Point, IN 889 S. Court St. Sat., 9am - 5pm. Sun., 9am - 3pm Admission \$5.00. Gunsmith Collectors & Appraisers on site. Buyers will be there. All state & federal laws apply. Buy, Sell & Trade. For more info. 765-855-3836

PELLETS FOR PELLET GUN
 177 Caliber
 500 per box \$8.00 per box 773-552-8182

POOL TABLE for \$750.00
 OBO 8-foot, slate, oak finish, World of Leisure brand, everything pictured plus ping-pong table top-per. You must disassemble and transport in Bourbonnais and Cell/text 815-277-7601

Toys, Bikes, etc.
WII GAMES
 (10) \$45
 Call 815-932-3118

Want to Buy
\$\$\$WANTED\$\$\$ All musical instruments - saxophones, trumpets, accordions, drum sets, violins, banjos. 815-584-4721.

WE BUY ANTIQUES
 I Buy Antiques, Collections, Es-tates, Sterling Silver, Old Toys, Accumulations. 815-584-4721

ANTIQUE SALOON-TAVERN BACKBARS & FRONT BARS
 Any Size, Any Condition 815-722-5639

R12 FREON for 609 certified, will pickup and pay CASH for cylinders and cases of cans. 312-291-9169 or e-mail sell@cash4coolant.com

WANTED CRIB, complete, good condition. Call 815-936-0494

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BRANSON COLLECTOR CAR AUCTION - Celebrating 38 years. April 15-16, 2016. Featuring Corvettes, Mustangs, Mopar, Jaguar, MG, Triumph. Consign your car today! 800-335-3063 www.bransonauction.com ICAN

ROSENBOOM & WILKENING
 815/694-2333 - 815/383-2097 Complete Auction Service IL lic. #441.002038

Lost/Found
MOTHER'S RING
 2 hearts inscribed with William & Emily. If found call 815-954-5301

PUPPY
 Black lab mix, found near Presence St. Mary's Hospital call 815-922-6498

Personals
HOME CARE PROVIDER
 Experienced in all areas, hours open for Dr. appts, shopping, house mgmt, 815-937-4044 or 815-939-4728, leave message

Farmer's Market
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Hay/Feed & Seed
OATS
 Bulk or Bagged, 815-383-8254

Livestock
QUARTER HORSES
 1 Female, blonde & white, 2 1/2 years old.
 1 Gelding, brown with white stockings, 2 1/2 years old. \$750 for both. 708-271-3179

SADDLES
 Two brand new western leather horse saddles. Everything you need to ride. 16 inch & 17 inch. \$400 each. Must see Call 708-271-3179

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Public Notices
 IN THE CIRCUIT COURT FOR THE TWENTY-FIRST JUDICIAL CIRCUIT OF ILLINOIS KANKAKEE COUNTY, ILLINOIS, FEDERAL HOME LOAN MORTGAGE CORPORATION ("FREDDIE MAC"), a corporation organized and existing under the laws of the United States of America, Plaintiff v. NANCY L. LEZOTTE and ANGELA L. PERRIGIN, a/k/a ANGELA PERRIGIN, MAINSOURCE BANK f/k/a CAPSTONE BANK, ASSET AC-

Public Notices
 CEPTANCE, LLC, and ALL NON-RECORD CLAIMANTS AND UNKNOWN OWNERS, Defendants. CASE NO. 16 CH 28. NOTICE OF FORECLOSURE BY PUBLICATION. The requisite Affidavit for Publication having been filed, notice is hereby given you, ALL NON-RECORD CLAIMANTS AND ALL UNKNOWN OWNERS, defendants in the above-entitled cause, that the above-entitled Mortgage Foreclosure action was filed on February 1, 2016 and is now pending. 1. The names of all plaintiffs and the Case Number are identified above. 2. The Court in which this action was brought is identified above. 3. The name of the titleholder of record is NANCY L. LEZOTTE and ANGELA L. PERRIGIN a/k/a ANGELA PERRIGIN, as joint tenants. 4. A legal description of the real estate sufficient to identify it with reasonable certainty is as follows: Lots 7 and 8 in Block 3 of Cook's Brookwood Woods Subdivision, as recorded in Book D, page 52 and 53, in the City of Kankakee, in Kankakee County, Illinois. 5. A common address or description of the location of the real estate is as follows: 921 W. Park Drive, Kankakee, Illinois 60901. 6. An identification of the Mortgage sought to be foreclosed is as follows: a. Name of Mortgagor: Nancy L. Lezotte, a single person AND Angela L. Perrigin, a single person, b. Name of Mortgagee: Capstone Bank, c. Date of Mortgage: February 18, 2004, d. Date of Recording: March 1, 2004, e. County Where Recorded: Kankakee County, Illinois, f. Recording Document Identification: 200404288. NOW, THEREFORE, unless you, ALL NON-RECORD CLAIMANTS, AND UNKNOWN OWNERS, defendants, file your answer to the Complaint for Foreclosure in this cause or otherwise make your appearance therein, in the Circuit Court of the Twenty-first Judicial Circuit, Kankakee County, Illinois, held in the Kankakee County Courthouse, in the City of Kankakee, Illinois, 450 E. Court Street, on or before the 11th day of April, 2016, default may be entered against you and each of you at any time after that day and a Judgment for Foreclosure may be entered in accordance with the prayer of the Complaint for Foreclosure. Kankakee County Circuit Clerk. Prepared by: Michael E. Anderson, #6285642, LAW OFFICES OF ANDERSON & ANDERSON, P.C., 9211 Broadway, Merrillville, IN 46410, Tel: (219) 769-1892

IN THE CIRCUIT COURT OF THE TWENTY-FIRST JUDICIAL CIRCUIT KANKAKEE COUNTY - IN PROBATE

IN THE MATTER OF THE ESTATE OF MAUREN EDNA WILBER, Deceased.

NO: 16 P 41

CLAIM NOTICE

NOTICE is given of the death of Maureen Edna Wilber. Letters of Office were issued to Marilyn E. Becker of 1574 Stefanie Lane, Bourbonnais, IL as Independent Executor, whose attorney of record is Alan F. Smietanski, 236 N Industrial Dr, Bradley, IL 60915. The estate will be administered without court supervision unless under Section 28-4 of the Probate Act (755 ILCS 5/28-4) any interested person terminates independent administration at any time by mailing or delivering a petition to terminate to the clerk. Claims against the estate may be filed in the Circuit Clerk's Office, Kankakee County Court-house, 450 E. Court St., Kankakee, Illinois, or with the representative or both on or before September 7, 2016, or, if mailing or delivery of a notice from the representative is required by Section 18-3 of the Probate Act of 1975, the date stated in that notice. Any claim not filed on or before that date is barred. Copies of a claim filed with the clerk must be mailed or delivered by the claimant to the representative and to the attorney within ten days after it has been filed.

Dated: February 23, 2016
 Marilyn E. Becker, Independent Executor

ALAN F. SMIETANSKI
 ATTORNEY AT LAW
 236 N INDUSTRIAL DR
 BRADLEY, IL 60915
 (815) 935-2100

IN THE CIRCUIT COURT OF THE TWENTY-FIRST JUDICIAL CIRCUIT KANKAKEE COUNTY, ILLINOIS - IN PROBATE

Estate of
 Kendall Marie Hollingsworth,
 Deceased

CASE NO:16 P 16

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 IN THE CIRCUIT COURT FOR THE TWENTY-FIRST JUDICIAL CIRCUIT OF ILLINOIS KANKAKEE COUNTY, ILLINOIS, FEDERAL HOME LOAN MORTGAGE CORPORATION ("FREDDIE MAC"), a corporation organized and existing under the laws of the United States of America, Plaintiff v. NANCY L. LEZOTTE and ANGELA L. PERRIGIN, a/k/a ANGELA PERRIGIN, MAINSOURCE BANK f/k/a CAPSTONE BANK, ASSET AC-

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 IN THE CIRCUIT COURT FOR THE TWENTY-FIRST JUDICIAL CIRCUIT OF ILLINOIS KANKAKEE COUNTY, ILLINOIS, FEDERAL HOME LOAN MORTGAGE CORPORATION ("FREDDIE MAC"), a corporation organized and existing under the laws of the United States of America, Plaintiff v. NANCY L. LEZOTTE and ANGELA L. PERRIGIN, a/k/a ANGELA PERRIGIN, MAINSOURCE BANK f/k/a CAPSTONE BANK, ASSET AC-

Public Notices

BUSINESS & PROFESSIONAL DIRECTORY

DAILY JOURNAL

Services

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Basement Waterproofing

LEAKY BASEMENT?
Family Waterproofing Solutions
Crack Repairs, Bowing Walls, Drainage Systems, Window Wells, Sump Pumps, Crawl Spaces, Yard Drainage
866-851-8822 or 815-515-0077
Veteran Owned Business

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No individual, unless licensed or holding a permit as a childcare facility, may cause to be published any advertisement soliciting a child care service. A childcare facility that is licensed or operating under a permit issued by the Illinois Department of Children and Family Services may publish advertisements of the services for which it is specifically licensed or issued a permit. License number must be included in the advertisement. (DCFS rule, Part 377.3(c))

Cleaning

DRM CLEANING SERVICES
Ashkum, IL
(815) 391-3627
•General Housecleaning •End of Tenancy Cleaning •Rentals & Offices •After Party Cleaning
Bonded & Insured

Ask about other service categories available for this directory.
Call The Daily Journal Business Classifieds Department at (815) 802-5000.

Public Notices

NOTICE OF DEATH AND INDEPENDENT ADMINISTRATION

Notice is given of the death of Kendall Marie Hollingsworth. Letters of Office as Independent Administrator were issued on February 18, 2016, to Matthew Paul Hollingsworth, Sr., whose address is 338 South McGuire Drive, Manteno, Illinois and whose attorneys are CLIFFORD LAW OFFICES, P.C., 120 N. LASALLE STREET, 31ST FLOOR, CHICAGO, ILLINOIS 60602. Claims against the estate may be filed in the Office of the Clerk of the Circuit Court at the Kankakee County Courthouse, 450 East Court Street, Kankakee, Illinois, on or before, August 26, 2016, or if mailing or delivery of a notice from the representative is required by Section 18-3 of the Probate Act of 1975, the date stated in that notice. Any claim not filed on or before that date is barred. Copies of a Claim filed

Cleaning

ELLE WILL CLEAN IT!
Vacant Residential Rental & Small Business Cleaning
Serving Iroquois & Kankakee County
815-644-2633
Ellewillcleanit@yahoo.com

Construction

BRODER REMODELING
Manteno, IL
Carpentry, Windows, Stairs, Decks, Drywall, Tile, Cabinets, Painting, Doors
815-278-4948 or 708-217-2579

Handyman

LNL SERVICES
A-Z handyman. Quality service. Floors, drywall, tile. You buy we install. Call 815-685-5980

Health & Fitness

Stop OVERPAYING for Your Prescriptions!
Save up to 93%!
Call our licensed Canadian and International pharmacy service to compare prices and get \$15.00 off your first prescription and FREE Shipping. 1-800-433-0482 ICAN

VIAGRA and CIALIS USERS!
Cut your drug costs!
\$\$\$SAVE \$\$\$! 50 Pills for \$99.00. FREE Shipping!
100% Guaranteed and Discreet. CALL 1-800-873-7614 ICAN

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Zavalas
Landscaping and Lawns
Bushes, Trees, Sodding, Decorative Stone & Blocks, Retaining Walls, Driveways, Patios, Sidewalks & Steps out of paving blocks or concrete.
815-472-6300

CURT'S LAWN SERVICE

Spring Clean-up!
Taking new customers, small commercial work
Free estimates. Insured
815-573-6416

Plumbing

VILLA PLUMBING
Repairs, installation and maintenance, drain routing, sewer repair. *24 Hours *Reasonable Rates *Senior Discounts *FREE Estimates
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Professional Services

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•Water & Fire Damage Restoration •Carpet/Rug Cleaning •Smoke Damage & Odor Contracting •Rebuild Services
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• Professional installation • Repairs & Re-Stretch • Custom jobs • Commercial & residential 20 years experience - Insured.
815-304-1963
Rodrigo Martinez, owner

Public Notices

the claim shall be mailed or delivered to the independent co-executors and to their attorneys.

Dated: February 24, 2016

RICHARD A. VOSS, KATHARINE J. VOSS and VICKIE L. STROO, independent co-executors of the will of JUNE N. ORR, deceased

Patzik, Frank & Samotny Ltd., Attorneys for co-executors, 150 South Wacker Drive, Suite 1500, Chicago, Illinois 60606 (312) 551-8300.

IN THE CIRCUIT COURT OF THE TWENTY-FIRST JUDICIAL CIRCUIT OF ILLINOIS, KANKAKEE COUNTY

IN THE MATTER OF THE ESTATE OF JOHN HANCOCK, Deceased

No. 16-P-5
CLAIM NOTICE

NOTICE IS GIVEN of the death of JOHN HANCOCK. The name and address of the representative and the representative's attorney of record are as stated below.

Claims may be filed against the estate on or before August 24, 2016, in the office of the Clerk of the Circuit Court, Kankakee County Courthouse, 450 E. Court St., Kankakee, Illinois 60901, or with the representative, or both. Any claim not filed on or before the date stated in the Notice is barred.

Copies of a claim filed with the clerk shall be mailed or delivered to the representative and to the attorney at their respective addresses stated below within ten (10) days after a claim has been filed.

SCOTTY S. HANCOCK, independent administrator
300 S. Ohio, Morton, IL 61550

Attorney:
Thomas E. Davies
THOMAS E. DAVIES, P.C.
1600 S 4th Ave, Suite 137
Morton, IL 61550-3407
(309) 266-6211

IN THE CIRCUIT COURT OF THE TWENTY FIRST JUDICIAL CIRCUIT COUNTY OF KANKAKEE, STATE OF ILLINOIS

U.S. BANK, N.A., SUCCESSOR TRUSTEE TO LASALLE BANK NATIONAL ASSOCIATION, ON BEHALF OF THE HOLDERS OF BEAR STEARNS ASSET BACKED SECURITIES I TRUST 2007-HE6, ASSET-BACKED CERTIFICATES SERIES 2007-HE6, Plaintiff(s),

vs.

ROSHANDA L. WINDOM, ILLINOIS HOUSING DEVELOPMENT AUTHORITY, UNKNOWN TENANTS, UNKNOWN OWNERS AND NON-RECORD CLAIMANTS, Defendant(s).

15 CH 325
PUBLICATION NOTICE

The requisite Affidavit for Publication having been filed, notice is hereby given to you: ROSHANDA L. WINDOM, NONRECORD CLAIMANTS, UNKNOWN TENANTS and UNKNOWN OWNERS, Defendants in the above entitled suit, that said suit has been commenced in the Circuit Court of Kankakee County, Chancery Division, by the said Plaintiff, against you and other Defen-

Public Notices

dants, praying for foreclosure of a certain Real Estate Mortgage conveying the premises described as follows, to wit:

LOT 28, SKYWAY FIRST ADDITION, BEING A RESUBDIVISION OF PART OF SKYLINE SUBDIVISION, BEING A PART OF THE SOUTHEAST QUARTER OF SECTION 35, TOWNSHIP 31 NORTH, RANGE 12, WEST OF THE THIRD PRINCIPAL MERIDIAN, IN KANKAKEE COUNTY, ILLINOIS.

Tax Number: 16-09-35-405-005
commonly known as 3828E LAKEVIEW DR KANKAKEE IL 60901;

and which said Real Estate Mortgage was made by ROSHANDA L. WINDOM, and recorded in the Office of the Kankakee County Recorder as Document Number 200711642; that Summons was duly issued out of the said Court against you as provided by law, and that the said suit is now pending.

Now, therefore, unless you, the said named Defendant, file your answer to the Complaint in the said suit or otherwise make your appearance therein, in the office of the Circuit Court of Kankakee County, located at 450 EAST COURT STREET, KANKAKEE, IL 60901, on or before the March 25, 2016, default may be entered against you at any time after that day and a judgment entered in accordance with the prayer of said Complaint.

LAW OFFICES OF IRA T. NEVEL, LLC
Attorney for Plaintiff
Ira T. Nevel - ARDC #06185808
Brian D. Nevel - ARDC #6309777
175 North Franklin St. Suite 201
Chicago, Illinois 60606
(312) 357-1125
Pleadings@nevellaw.com
BB # 15-02824 1685511

NOTICE OF LIQUIDATION OF CONTENTS
Contact Scott Self Storage 815/933-3344 to satisfy debt or contents will be liquidated and applied toward debt on. Stall 03 Sherrena Copeland Stall 32 Jason & Amanda Shipley

NOTICE OF SALE

Notice is hereby given that on March 15, 2016, the Governing Board of the Kankakee Area Special Education Cooperative of Kankakee County Township No. 30, Range No. 13 West of the Second Principal Meridian will sell at public sale at 1 Stuart Drive, Kankakee, IL 60901, by taking sealed bids which shall be accepted until 1:00 P.M., on March 11, 2016 at 1 Stuart Drive, Kankakee, IL 60901, which bids will be opened at 2:00 P.M. on March 11, 2016 in the Kankakee Area Special Education Cooperative's Conference Room, real estate containing 10 acres more or less, and the Kankakee Area Special Education Cooperative located thereon, commonly known as 1 Stuart Drive, Kankakee, IL 60901 (PIN 17-18-400-050 and PIN 17-18-400-052). The sale will be made on the following terms, to wit: Minimum bid accepted \$1,600,000.00 and sale is contingent upon buyers acceptance of existing Intergovernmental Agreement related to occupants in the building. Agreement is available for review at 1 Stuart Drive, Kankakee, IL 60901.

Mary Schubert, Governing Board President
Kankakee Area Special Education Cooperative

PUBLIC NOTICE
Notice is hereby given that on February 29, 2016, an application was filed with the Federal Communications Commission ("FCC"), Washington, D.C., seeking consent to the transfer

Public Notices

of control of Olivet Nazarene University with regard to the operation and control of Radio Station WONU-FM at Kankakee, Illinois from the old Board of Trustees of Olivet Nazarene University to the new Board of Trustees of Olivet Nazarene University.

Olivet Nazarene University is an educational non-profit entity, and its address is One University Avenue, Bourbonnais, Illinois 60914.

The former Board of Trustees of Olivet Nazarene University as reported to the FCC in 2011 were John Alexander, Dr. Stephen Anthony, David Brantley, Rev. Wayne Brown, John Dickey, Rev. Fred Hall, Mark Hostetler, Dr. Crawford Howe, Doug Jones, Dr. Ted Lee, Rev. Jack McCormick, Cyndi McDonald, Dr. Garry Pate, Jill Rice, Dr. Philip Rogers, Dr. David Roland, Karen Scott, Dr. John Seaman, John Sherwood, William Shotts, Rev. Timothy Smith, Dr. Gene Snowden, Dr. Jim Spruce, Dr. Lee Woolery, Rev. David Anderson, Rev. David Bartley, Mark Bennett, Dr. Ronald Blake, Rev. Gary Cable, Dr. David Caudle, Rev. Bill Clark, Dr. John Connett, Darcy Dill, Rev. Steve Greene, Rev. Charles Hayes, Rev. Deryl Keef-er, Dr. Lawrence Lacher, Michael Lingle, Stu Meissner, Jr., Rev. Randy Owens, Dr. Keith Peachey, Mark Pennington, Mark Quanstrom, Myra Richardson, Judi Roarick, Cheryl Sherwood, Mark Shuff, Rev. Charles Sunberg, Cristy Vansteenburg, Howard David Walker, Rev. Daniel Wine and Dr. Brian Wilson.

Upon approval of the transfer of control application, the new Board of Trustees of Olivet Nazarene University will be Rev. David Bartley, Mark Bennett, Dr. Ronald Blake, Dr. Stephen Bohall, Rev. Gary Cable, Rev. Bill Clark, Lance Delbridge, Darcy Dill, Dr. Mark Hostetler, Douglas Jones, Michael Lingle, Rev. Jack McCormick, Cyndi McDonald, Stu Meissner, Jr., Rev. Randy Owens, Dr. Garry Pate, Mark Pennington, Jill Rice, Dr. Philip Rogers, Dr. David Roland, Dr. John Seaman, Cheryl Seymour, Cheryl Sherwood, William Shotts, Rev. Timothy Smith, Rev. Daniel Wine, Dan Agan, Rev. Jim Ballenger, Steve Boggs, Karen Bontrager, Ralph Bright, Lloyd Brock, Galen Scammahorn, Rev. Scott Sherwood, Eric Smith, Rev. Chris Demott, Rev. Kevin Donley, Rev. Shawn Evans, Dr. Mark Fleschner, Rev. Jim Frye, Dr. W. Glen Gardner, Dr. Keith Grove, Fred Hardy, Dale Hawkins, Rev. Will Hawthorth, Dr. Ed Heck, Dr. Gary Hennecke, Dr. James Kraemer, Linda Loudermilk, Dr. Larry McKain, Jerry Polmounter, Rev. Michael Postell, Rev. Bob Prince, Ken Roat, Rev. Trevor Stanley, Rev. Lisa Ulrich, Rev. Ben Walls and Dennis Williamson.

WONU-FM operates on an assigned frequency of 89.7 megahertz with an effective radiated power of 35 kilowatts.

A copy of the Application for Transfer of Control is available for public inspection during regular business hours at the WONU-FM broadcast studios located at One University Avenue Bourbonnais, IL 60914. Individuals who wish to advise the FCC of facts relating to whether this station has operated in the public interest should file comments online at www.fcc.gov or by mail to FCC, Washington, D.C. 20554.

Sudoku Puzzle

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

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

DIFFICULTY RATING: ★★☆☆☆

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

A XYDLBAAXR is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

3-9 CRYPTOQUOTE

C T D N G O E S Z ' X X Y H E P Y D C Y

T C Z H Z G P K S S Z Q H P S O K P

T D N G O E S Z N X Z H Y C U H H O

T D N G O E S Z ' X X Y H E P N Z Y D S

X G N U D Y S X Y . — T . X . G S J N X
Yesterday's Cryptoquote: IT'S NOT THAT IT'S SO GOOD WITH MONEY, BUT THAT IT'S SO BAD WITHOUT IT. — GEORGE SANDERS

YOUR HOROSCOPE

BY JACQUELINE BIGAR

The Stars Show the Kind of Day You'll Have:
5-Dynamic; 4-Positive; 3-Average; 2-So-so; 1-Difficult

THURSDAY, MARCH 10, 2016

ARIES (March 21-April 19)
★★★ You are known to be impulsive, yet you will make an effort to stay steady in pursuing a certain goal. Confusion could surround you, which will reflect a need to change your direction at work or within the community. Tonight: Switch gears; let go of any hassles.

TAURUS (April 20-May 20)
★★ You might want to let a partner dominate more when dealing with a matter that affects both of you. Though you usually see the big picture, right now you might be biased by a resistance to change. Take your time, and do not force a decision or action. Tonight: Not to be found.

GEMINI (May 21-June 20)
★★★★ Your friends could cause a major ruckus if you support their ideas. Listen to a loved one who seems more serious-minded. You might make a demand that changes your financial status. Make sure you understand the pros and cons of the situation first. Tonight: Where the gang is.

CANCER (June 21-July 22)
★★★★ You will take a stand and express why you feel as if a certain decision is needed. Expect to hear from a partner all the reasons you might be wrong. Understand that you do not need to respond immediately to an outrageous matter. Tonight: Up late, possibly hashing out a situation.

LEO (July 23-Aug. 22)
★★★★ Reach out for more information. Once you gather all the facts, you will feel much better and more prepared to deal with nearly anything. The solution might be unusually simple and uncreative, yet you will need to see the bigger picture. Tonight: Consider a getaway!

VIRGO (Aug. 23-Sept. 22)
★★★★ One-on-one relating might be preferred by many people right now. You only have so much time to pursue a certain course of action. Don't be surprised if a partner or a loved one loses his or her patience and reacts in an unexpected way. Tonight: Play it easy and relaxed.

LIBRA (Sept. 23-Oct. 22)
★★★★ Defer to others. Communication might be difficult at this point, and you don't need any hassles. A change around a domestic matter might feel uncomfortable at first. Work with it. Others continue to surprise you with their reactions. Tonight: Try not to be controlling.

SCORPIO (Oct. 23-Nov. 21)
★★★ Recognize that you have only so much energy, and that it needs to be focused appropriately. A financial matter might be on the back burner, but it is in the forefront of your mind. Your nervous energy is high, and could result in some emotional swings. Tonight: Take it easy.

SAGITTARIUS (Nov. 22-Dec. 21)
★★★★ You will allow much more input from a loved one, especially as you know that you have been uptight and perhaps negative as of late. This person radiates positive energy, but might shock you with his or her choices. Tonight: Go into weekend mode as soon as possible.

CAPRICORN (Dec. 22-Jan. 19)
★★★ Work from home if you can. You could benefit from some quiet, reflective time. You might be weighing the pros and cons of a situation, as you understand that there still may be another path. Maintain your level-headedness, and play it cool. Tonight: Pull back if need be.

AQUARIUS (Jan. 20-Feb. 18)
★★★★ Communication flourishes all around you. In fact, it might please you to ignore others' efforts to reach out to you. In a sense, you will be in your own world, and you'll be prepared to maintain that status no matter what others say or do. Tonight: Feel free to be spontaneous.

PISCES (Feb. 19-March 20)
★★★ Your possessive side emerges when dealing with a difficult boss or client. You could feel as if the other party is demanding too much from you. Be smart and be realistic. The unexpected could occur if you push too far with your sparring. Tonight: Buy a lottery ticket.

CROSSWORD

By THOMAS JOSEPH

ACROSS DOWN

- 1 Funny fellows
- 5 Bat abode
- 11 Franc's replacement
- 12 City way
- 13 Fancy button
- 14 Became close
- 15 Huck's pal
- 16 Thin cut
- 17 Dog show category
- 19 Zeus or Apollo
- 22 Roberts of film
- 24 Private's boss
- 26 Yale students
- 27 Secluded valley
- 28 Queen — lace
- 30 Circus star
- 31 Decrepit horse
- 32 Cookie bit
- 34 Wheedle
- 35 Research site
- 38 Ringed planet
- 41 Farm sight
- 42 Idolized
- 43 Golden Rule word
- 44 Landed folks
- 45 They may clash
- 1 Sunset setting
- 2 Lot buy
- 3 Curmudgeon's habit
- 4 Grassy clump
- 5 Bridge suspender
- 6 Steers clear of
- 7 Let off steam
- 8 Wrap up
- 9 Regret
- 10 Composer
- 16 Poseidon's domain
- 18 Ascend
- 19 Louisiana university
- 20 Lusty look
- 21 Glade grazer
- 22 Director Renoir
- 23 Radius partner
- 25 First person
- 29 Game official
- 30 Groom's garb
- 33 Lustful
- 34 Brusque
- 36 Choir voice
- 37 Derisive calls
- 38 Decline
- 39 Sports drink
- 40 Heavy weight
- 41 Take to court

THOMAS CROSSWORD BOOKS 1-8! Send \$4.75 (check/m.o.) for each book to 628 Virginia Dr., Orlando, FL 32803

1	2	3	4	5	6	7	8	9	10
11				12					
13				14					
15				16					
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26						27			
28				29		30			
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38	39	40						41	
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44								45	

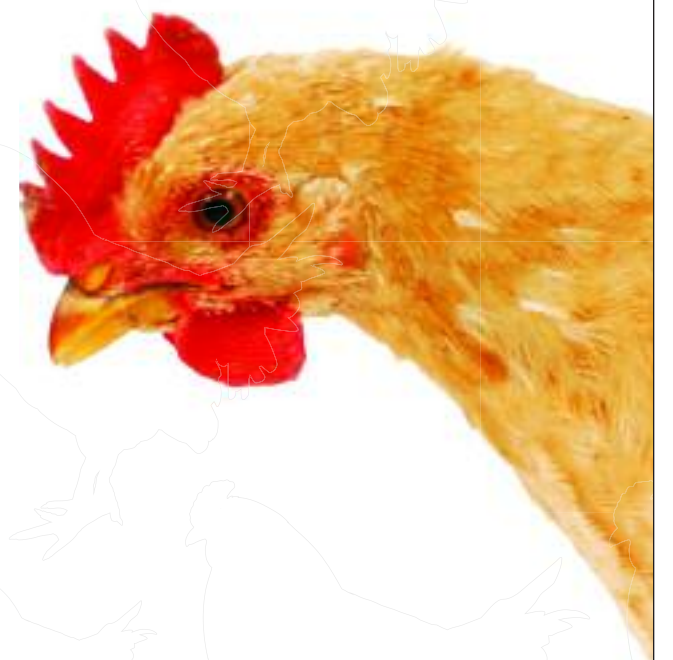
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D	E	A	N	S		T	E	D	S	

Yesterday's answer

- 20 Lusty look
- 21 Glade grazer
- 22 Director Renoir
- 23 Radius partner
- 25 First person
- 29 Game official
- 30 Groom's garb
- 33 Lustful
- 34 Brusque
- 36 Choir voice
- 37 Derisive calls
- 38 Decline
- 39 Sports drink
- 40 Heavy weight
- 41 Take to court

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OF THE HEN HOUSE.



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Owners of this 125 year old business seeking buyers to continue this family owned company. Located in a progressive, stable central Illinois community this business services a large area with a good volume of commercial, residential, retail & wholesale accounts. Contact Schrof Companies, Inc. for details 309-662-3200 www.schroffcommercial.com

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SOUTHERN ILLINOIS
Approx. 10 acre horse farm. Older home, 2 or 3 bdrm, 1 bath half basement, central heat & air, metal roof, county & well water. Barn, machine shed & shop. Great location, 10 min. from Paducah, KY, 15 min. from Metropolis & I-24. Close to Shawnee National Forest. \$135,000 (618)638-0733

Mobile Homes for Sale

MOBILE HOMES
For sale in Chebanse, IL area. Quiet neighborhood, owner will finance. Call 815-697-3031



WHY RENT WHEN YOU CAN OWN? BRAND NEW MOVE IN READY MOBILE HOMES AVAILABLE!
You can lease to own your very own home in Manteno Mobile Home Community! We have several beautiful brand new (2016) homes available that are move in ready.

Manteno MHC is a 73-site manufactured home community located 3 miles due east of Manteno, IL (30 miles south of Chicago and 10 miles north of Kankakee to the east of Interstate 57). The community has a beautiful brand new playground for our growing families and provides a quiet setting with larger home lots. Site rent at the community includes the cost of water/sewer/trash.

You don't want to miss out on this opportunity to own your own home! Call our leasing office today as these won't last! 815-932-4175

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COLDWELL BANKER Residential Brokerage
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ROSENBOOM REALTY
Residential • Farmland
815/252-2333 • 815/432-6011
815/939-1255

Single Family Homes

KANKAKEE, CONDO for Sale!!!
\$54,000 LESS \$5,000 for new carpet & dishwasher, includes washer dryer, refrig., stove & microwave, 2 bdrm., living room kitchen w/kitchen disposal & dishwasher, bath with tub/shower, utility room, outside patio, locked storage under staircase in hallway security buzzer & intercom, central heat & a/c located in Parkview East Condominium Complex just north of Beckman Park in great condition must see for additional info. or appointment 815-922-8766 or 815-922-6518

JUST LISTED



OPEN HOUSE BOURBONNAIS
450 Jeremy Drive
at
4 Bedrooms, 2.5 Bath, 2714 sq ft., Open House Sunday March, 13th, Noon - 4 PM. Two story, 2.5 bath, full unfinished basement. \$264,400 For more information contact Lana Ianna.j.boswell@comcast.net 815-651-4516

Townhouse/Condo

BOURBONNAIS - Deluxe 2 bdrm townhouse. Refrigerator, stove, washer & dryer hookup, garbage & sewer furnished. \$825 mo. 815-939-3466

Home
RENTALS

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6ClicksToSell.com

Apartments Furnished

BRADLEY • Efficiency, free utilities \$135 - \$140 w/ky., plus maintenance fee. No pets. 815-405-4367

Apartments Unfurnished

BOURBONNAIS
2 bdrm, clean, stove/frig furnished, laundry facility, tenant pays electric, no pets or smoking, 1 yr. lease, plus deposit, \$740/Month 815-939-4999

BOURBONNAIS 2 bdrm lower-behind the mall, stove, frig., dishwasher, washer/dryer, garage, \$875 + util. 815/690-3913

BOURBONNAIS, 2 bdrm. townhouse, carpeted, appliances included, att. garage. No pets. Call after 6 pm 815-933-1328

BOURBONNAIS, 3 bdrm. & 2 bdrm. Spacious rooms, prime loc., private quiet community. Newly decorated, all kitchen appl., ceiling fans, window treatments, central HVAC. Laundry in master bath. Private balcony & backyard. Photos @ www.dbjack.com 630-909-9258

BOURBONNAIS
Clean, 2nd floor, remodeled, 2 bdrm., all electric, no pets/smoking, \$750 + sec. dep., 1 yr. lease required 815-939-0588.

BOURBONNAIS, nice large 2 bdrm, stove, frig, water & sewer furnished. Rent \$695. 815-210-9316

BRADLEY, 2 bdrm apartment, \$800/mo. Call 815-409-5310

BRADLEY, 2 bdrm, yard & large garage. No pets. \$700/mo. + electric & gas. Laundry hookup Call 815-935-1021

BRADLEY, 457 N Center, 2 bdrm. \$625 mo. Alpha report & sec dept required. No pets. 815-450-8048

BRADLEY FOREST NORTH APARTMENTS
• Located at corner of North St. & Kennedy Dr. 2 bdrm, electrically heated, air conditioned, carpeted, appliances, furnished, storage & laundry facilities available. Sec. dep. & 1 yr lease required. No pets. \$615 mo. 815/258-8545

CHEBANSE
Spacious, clean, 2 bdrm, appliances, carport, nice location, \$675/Mo, 815-690-8188

Apartments Unfurnished

HERSCHER, Parkview Apts.
2 bdrm. apt. Water, garbage & appliances furnished. \$650/mo. + security. NO pets. Agent owned. Call 815-370-8107

KANKAKEE, 1 bdrm., 1 bath, appliances incl, \$575/mo. Tenant pays gas/electric. Also 2 efficiency apts. w/full baths, \$450/mo. 815-214-1928

JUST LISTED

KANKAKEE 246 N. Wildwood
Large 2 bdrm apt. upstairs, totally remodeled. Tenant pays utilities. \$575 mo. + \$575 dep. 815-263-2264

KANKAKEE, 250 N 6th Ave., 1 bdrm. \$500 mo. plus electric. No appliances. Upstairs apartment. Sec 8 welcome. 815-228-6909

KANKAKEE, 2 bedroom \$695 with appliances. Alpha report required. Section 8 ok. Call 815-509-4239

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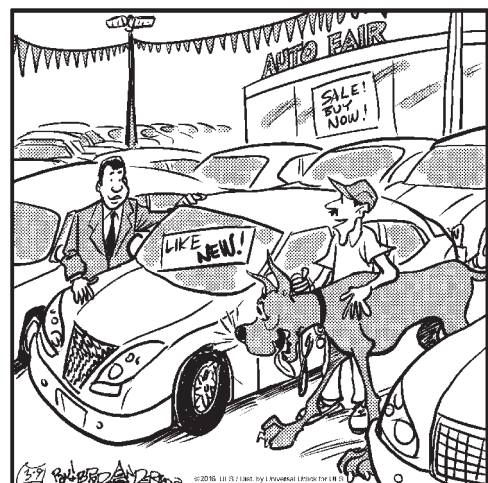
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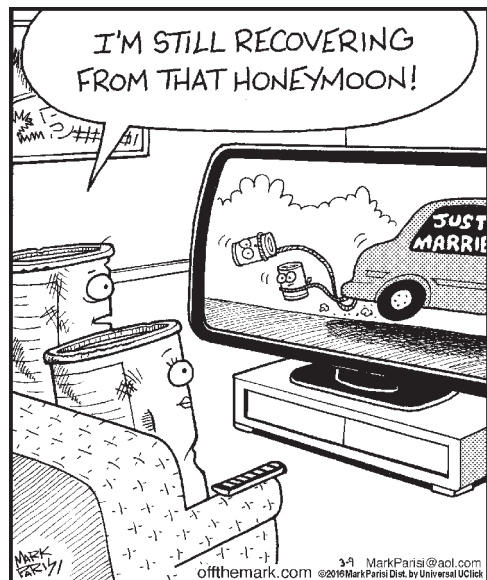
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BY BRAD ANDERSON



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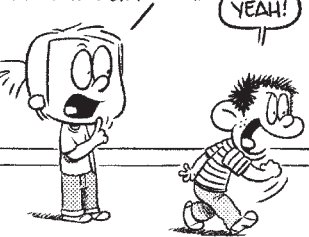
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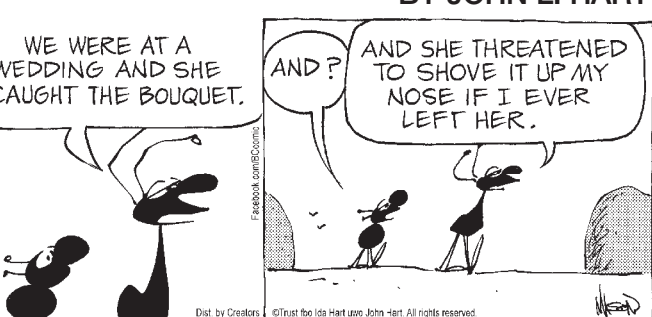
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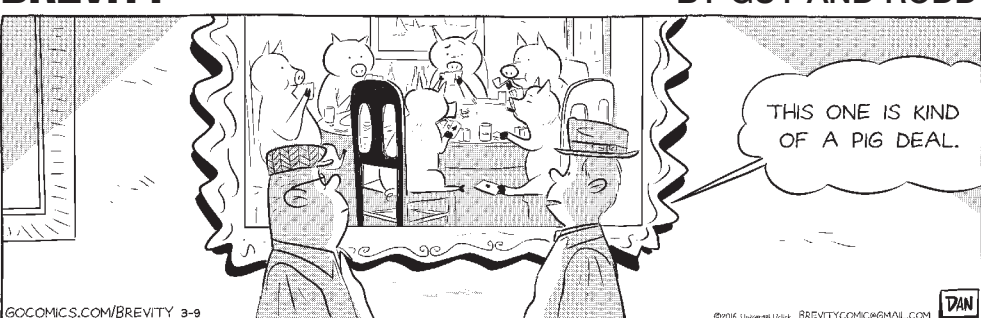
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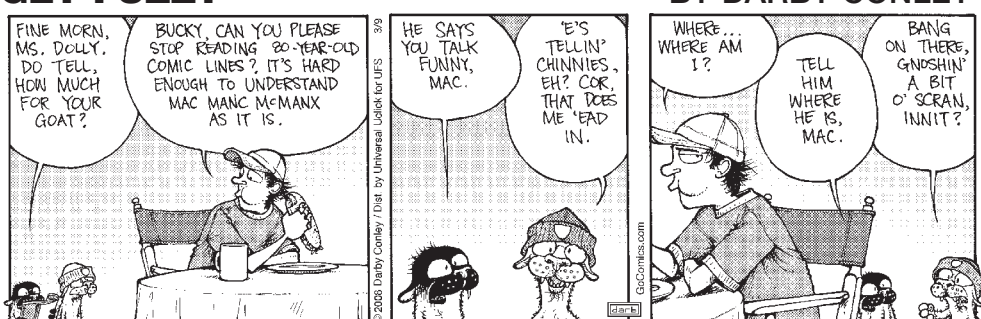


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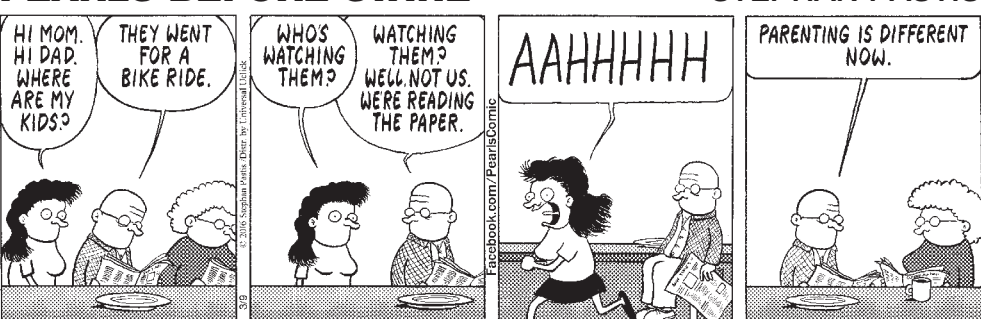
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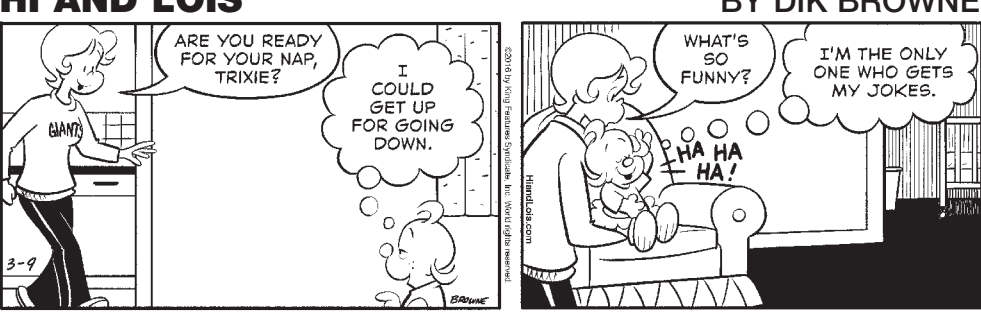
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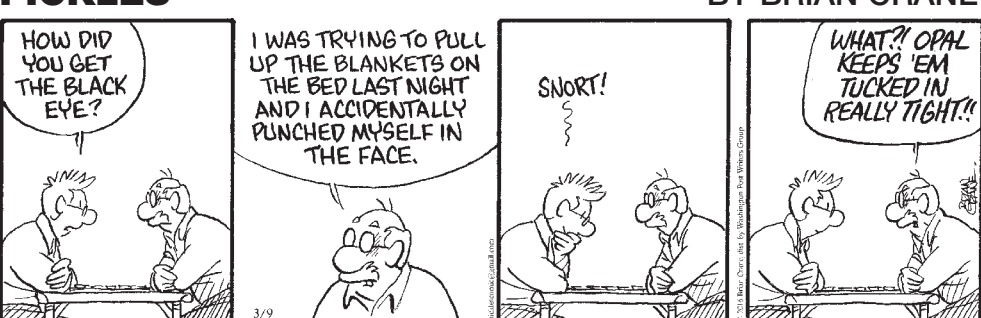
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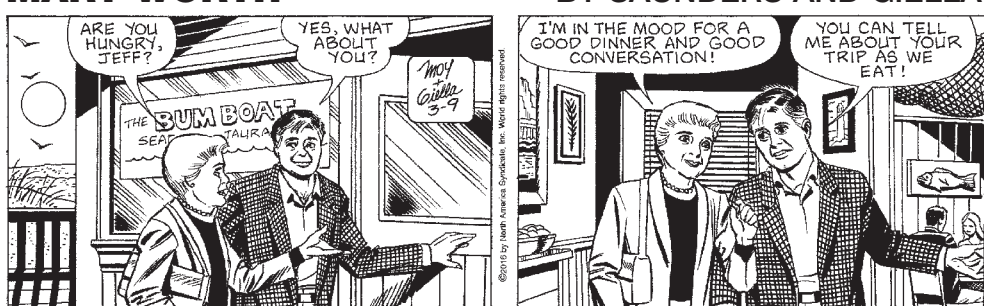
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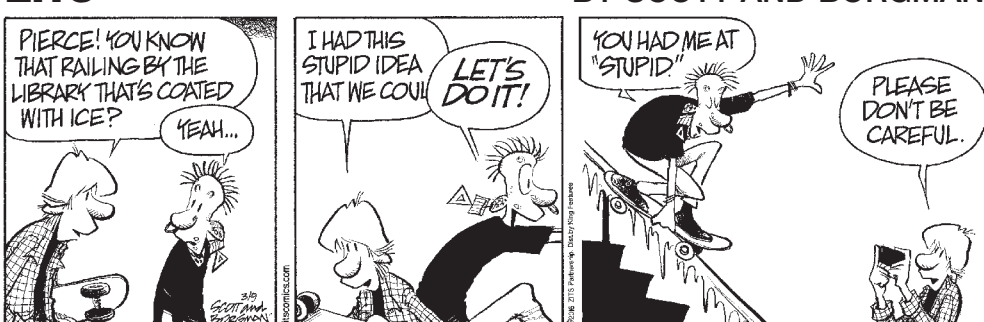
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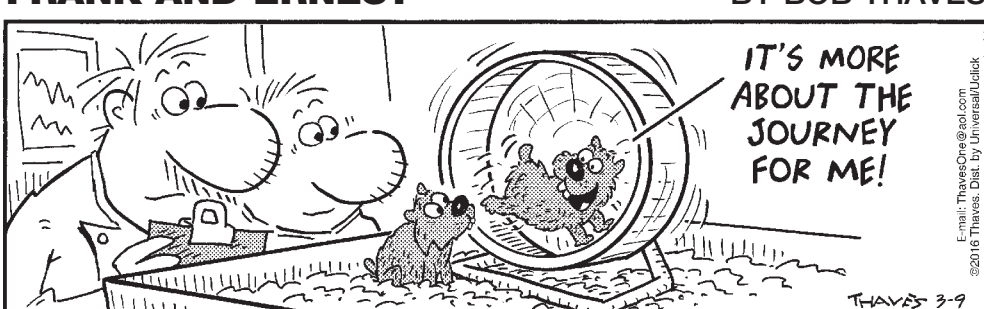
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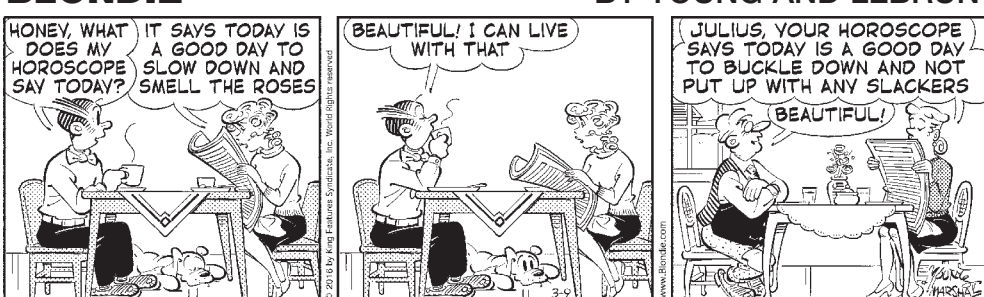
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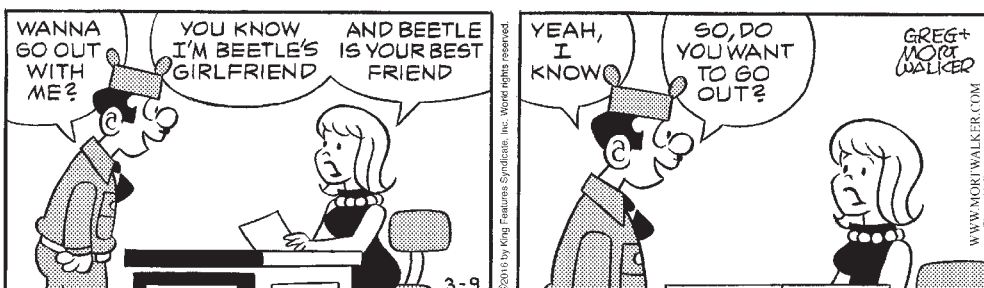
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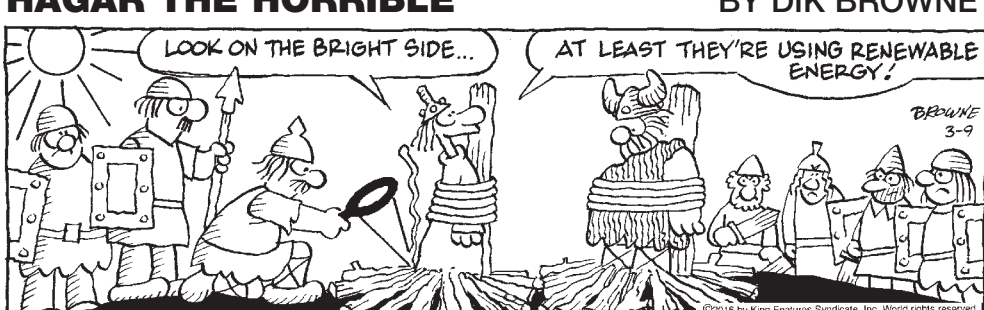
BEETLE BAILEY

BY MORT WALKER



HAGAR THE HORRIBLE

BY DIK BROWNE



OUR WORLD

NATION



Joe Kline/The Bulletin via AP

Deschutes County Sheriff Shane Nelson answers questions during a news conference about the investigation into the death of Robert "LaVoy" Finicum at the Deschutes County Sheriff's Office in Bend, Ore., on Tuesday.

FBI agents investigated over shots fired during standoff

FBI agents involved in the traffic stop that led to the killing of one of the armed occupiers of an Oregon wildlife refuge are under investigation for not disclosing they fired shots that missed Robert "LaVoy" Finicum, authorities said Tuesday.

Oregon State Police troopers fired the three rounds that killed the Arizona rancher during a confrontation on a remote road, law enforcement officials said at a news conference.

An independent investigation by Oregon authorities found the troopers were justified in shooting Finicum because he failed to heed their commands and repeatedly reached for his weapon, Malheur County District Attorney Dan Norris said.

The investigators discovered members of an FBI hostage rescue team who were at the scene failed to disclose they fired two rounds.

2nd Freddie Gray trial set; fellow officer must testify

The second trial for a police officer charged in the death of Freddie Gray is set for next month — a year after the black man's neck was broken in a police van — and one of the officer's colleagues will be forced to testify.

The latest reshuffling of trial dates happened Tuesday when Maryland's highest court ruled that Officer William Porter must testify against his fellow officers while he awaits retrial. Porter's trial ended in a hung jury in December and proceedings for the other officers essentially have been on hold while the courts determined whether he should be forced to take the stand.

The trial for Lt. Brian Rice, the highest-ranking officer charged in the Gray case, will start April 13 — one year and one day after Gray was arrested outside the Gilmor Homes in Baltimore's Sandtown-Winchester neighborhood.

Gray was booked after Rice and officers Edward Nero and Garrett Miller found a knife they deemed illegal in Gray's pocket. The state's attorney has said the knife was legal and Gray never should have been taken into custody. He died a week after his injury in the van.

Lawmakers want Confederate logo off of Mississippi flag

A South Carolina lawmaker is joining other black leaders in calling for Mississippi to change the last state flag that includes the Confederate battle emblem.

Democratic Rep. Justin Bamberg spoke Tuesday to more than 200 people for a change-the-flag rally outside the Mississippi Capitol. He said Mississippi Gov. Phil Bryant can look to a Republican colleague, South Carolina Gov. Nikki Haley, for courage on dealing with the issue.

Haley and South Carolina lawmakers removed a Confederate battle flag from the Statehouse lawn in Columbia last summer after nine black worshippers were massacred at a church in Charleston. The white man charged in the attack previously had posed for photos with a rebel flag.

A federal lawsuit filed last week seeks to force Mississippi to change its banner.

— THE ASSOCIATED PRESS

Hillary, Michelle Obama to attend Reagan funeral

First lady Michelle Obama and Hillary Clinton are scheduled to attend Nancy Reagan's private funeral Friday at the Ronald Reagan Presidential Library in Simi Valley, Calif.

President Barack Obama, however, won't attend and instead will be at the South by Southwest tech conference in Austin, Texas, according to several media outlets.

In a talk Tuesday, Michelle Obama paid tribute to Reagan, saying she "reminded us of the importance of women's leadership." She said Reagan offered helpful advice when she became first lady.

Reagan, 94, died Sunday of congestive heart failure at her home in Bel-Air.

When the library was built, the Reagans decided they wanted to be buried together on the west side of the property, facing the Pacific Ocean, said Melissa Giller, a spokeswoman for the Ronald Reagan Presidential Foundation and Library.

— LOS ANGELES TIMES (TNS)

Biden arrives in Israel amid attacks

American tourist killed near where US VP was meeting with Israeli ex-president Peres

BY DANIEL ESTRIN
The Associated Press

JERUSALEM — Vice President Joe Biden arrived in Israel on Tuesday for a two-day visit that is to include meetings with Israeli and Palestinian leaders as Palestinians unleashed a wave of attacks that killed an American tourist near where Biden was visiting and wounded a dozen Israelis.

The American man, who was not identified by name, was killed in a stabbing spree in the port city of Jaffa in which a Palestinian attacker also wounded six Israelis before he was shot and killed by Israeli forces.

The attack took place as Biden was meeting with former Israeli President Shimon Peres nearby, at the Peres Center for Peace in Jaffa.

It was the latest bloodshed in more than five months of near-daily Palestinian assaults on Israeli civilians and security forces that show no sign of abating. Along with the Jaffa assailant, three other Palestinian attackers in Tuesday's assaults were



The Associated Press

Former Israeli President Shimon Peres, right, and U.S. Vice President Joe Biden interact during their meeting at the Peres Center for Peace in Jaffa, Israel, on Tuesday.

shot and killed by Israeli security forces.

"I notified the vice president on the terrible incident that took place just a few hundred meters away from here in Jaffa," Peres said, standing next to Biden. "Terror leads to nowhere."

"The majority of the people know there is no alternative to the two-state solution ... and we shall follow with all our strength and dedication to make from it a new reality," Peres added.

"It is up to us, Israel and the United States together, to do

everything we can in order to fight terror and bring an end to the bloodshed and war," Peres said in a statement released by his office.

Biden's office said he expressed his sorrow at the tragic loss of American life and offered his condolences to the family of the American citizen, as well as wishes for a full and quick recovery for the wounded Israelis.

Just ahead of the visit, Israel disputed a White House claim that Prime Minister Benjamin Netanyahu "surprised" the Obama administration by canceling a planned visit to Washington, saying the White House knew Netanyahu was considering not coming.

Netanyahu had been expected to visit later in March on a trip coinciding with a major pro-Israel group's annual summit, but his office said he would not travel because he did not wish to come at the height of U.S. presidential primaries.

The spat comes amid tense relations with President Barack Obama in the last year of his presidency.

WORLD



The Associated Press

Indian women listen to a speaker during a protest on International Women's Day in New Delhi, India, on Tuesday. Activists were demanding that the Women's Reservation Bill, which would reserve Indian legislative seats for women, be passed by the Parliament, among other demands.

UN official pushes for female secretary-general

The president of the U.N. General Assembly is calling for more female diplomats and ambassadors — and perhaps the first-ever female U.N. secretary-general next year.

Mogens Lyksetoft told a U.N. event commemorating International Women's Day on Tuesday that there must be increased participation of women not just in politics but across society to reach the U.N. goal of gender equality by 2030.

Ban Ki-moon's term as secretary-general ends on Dec. 31 and some U.N. member states are pushing for a female successor. Three of the seven current candidates to succeed him are women.

Lyksetoft also called for a "head-on" campaign against gender stereotyping, saying violence against women and male control over "the bodies and the futures" of women and girls are unacceptable and must end.

International Women's Day, which traces its history to the early 1900s, was observed Tuesday with events in many countries.

Kim Jong Un poses beside possible nuclear warhead mock-up

North Korea caused a new stir today by publicizing a purported mock-up of a key part of a nuclear warhead, with leader Kim Jong Un saying his country has developed miniaturized atomic bombs that can be placed on missiles.

The North's Rodong Sinmun newspaper carried photos on its front page showing Kim and nuclear scientists standing beside what outside analysts say appears to be a model warhead part — a small, silverish globe with a ballistic missile or a model ballistic missile in the background.

The newspaper said Kim met his nuclear scientists for a briefing on the status of their work and declared he was greatly pleased that warheads had been standardized and miniaturized for use on ballistic missiles.

Iran fires 2 missiles marked with 'Israel must be wiped out'

Iran reportedly test-fired two ballistic missiles today with the phrase "Israel must be wiped out" written in Hebrew on them, a show of force by the Islamic Republic.

Such phrases have been emblazoned on Iranian missiles before, but this test comes shortly after the implementation of a nuclear deal with world powers and follows similar drills in recent days.

Hard-liners in Iran's military have fired rockets and missiles despite U.S. objections since the deal.

Joe Biden, speaking next to Netanyahu, did not acknowledge the missile launch directly but he issued a strong warning to the Iranians.

WHO: Zika infections from sex might be more common than thought

Sexual transmission of the Zika virus is more common than previously thought, the World Health Organization said Tuesday, citing reports from several countries.

After a meeting of its emergency committee on Tuesday, the U.N. health agency also said there is increasing evidence that a spike in disturbing birth defects and neurological problems are caused by Zika, which is mostly spread by mosquito bites. When WHO declared the explosive outbreak in the Americas to be a global emergency last month, it said the evidence that Zika was responsible was only circumstantial.

WHO Director-General Dr. Margaret Chan said, "Reports and investigations in several countries strongly suggest that sexual transmission of the virus is more common than previously assumed." The U.S. is investigating more than a dozen possible cases of Zika in people who may have been infected through sex.

Slum resident who fought Olympic eviction sees home demolished

Authorities moved in early Tuesday and bulldozed the home of a slum dweller whose fight to stay in her residence near Rio's Olympic Park came to symbolize the fight between the city and residents of the Vila Autodromo shantytown.

A court order authorizing the demolition had been issued last week, and talks between the city and Maria da Penha, an unofficial spokeswoman for families that refused to leave the slum, broke down during the weekend.

Residents and activists gathered outside the state parliament building downtown to protest the move as Rio de Janeiro's mayor held a news conference promising those wishing to stay in the area would be allowed to do so.

Mayor Eduardo Paes set out his plans to resettle holdout families in new housing on the same site in time for the start of the Olympic Games on Aug. 5.

— THE ASSOCIATED PRESS



The Associated Press

A resident walks over the remains of demolished houses at Vila Autodromo slum in Rio de Janeiro, Brazil, on Tuesday.

ILLINOIS

GOP group: Tweet on Duckworth a mistake

The National Republican Senatorial Committee briefly posted a tweet Tuesday that said a Democratic candidate from Illinois who lost both legs as an Army helicopter pilot "has a sad record of not standing up" for veterans.

NRSC spokeswoman Andrea Bozek acknowledged the tweet about U.S. Rep. Tammy Duckworth was a mistake that was deleted "within minutes."

The tweet was recirculated on social media and appeared on political blogs. Duckworth's campaign noted it as a "disgraceful attack" in an afternoon email soliciting campaign donations.

Rauner: 'Outrageous' House is off until April

Republican Gov. Bruce Rauner admonished Democratic Speaker Michael Madigan on Tuesday over the House calendar, calling it "outrageous" that legislators in the chamber aren't due to return until April 4 despite an Illinois budget stalemate now in its ninth month.

Madigan spokesman Steve Brown said the schedule was posted long ago and that Rauner had mischaracterized it as a vacation.

Communities still waiting for flood aid

Illinois communities affected by flooding more than two months ago still are waiting to hear whether they will receive assistance from the federal government.

The (Alton) Telegraph reported that thousands of Missouri residents who were affected by flooding gained access to federal aid after President Barack Obama declared in January that 33 of the state's counties were major disaster areas. But Illinois didn't get the same declaration because it didn't meet the federal threshold for damage amounts.

Nineteen counties along the Mississippi River calculated \$15 million in damages, but it wasn't enough to meet the federal government's damage threshold of \$18.1 million. Gov. Bruce Rauner has urged Obama to grant the disaster status to the counties.

Chicago Firefighters save 1 from blaze

Fire officials fighting a massive blaze at a two-block-long flea market building in Chicago say they rescued one person as the fire belched large plumes of black smoke into the sky.

The Chicago Fire Department said there were no reports of injuries in the fire that broke out just before 10 a.m. Tuesday at Buyer's Flea Market on the west side. About two hours after the fire started, fire officials recalled firefighters from the building. Fire officials say there were many vehicles and flammable items inside the building.

— THE ASSOCIATED PRESS

WOMEN'S BASKETBALL

Tigers back on national stage

ONU faces upstart Indiana-East in tourney opener

BY KYLE NABORS
knabors@daily-journal.com
815-937-3373

Olivet Nazarene University's absence from the national tournament was a short-lived one.

Just one season removed from missing the NAIA Division II National Tournament, the Tigers are back in Sioux City, Iowa, preparing for Thursday's opening round. Fourth-year coach Lauren Stamatias said Tuesday her team hasn't forgotten what it felt like to have its season cut short.

"They were not happy turning their jerseys in as early as they did last year," said Stamatias, whose team failed to reach the tournament in 2015 for the first time during her tenure. "They've been pretty hungry all season, and we've got some great momentum building at the end of the year."

Not only is ONU (27-5) back in Sioux City, but the Tigers open tournament action at 3:30 p.m. Thursday against Indiana University-East as the No. 1 seed in the Cramer Bracket.

Olivet enters play as a considerable favorite against the eighth-seeded Red Wolves; however, they have been one of the hotter teams in recent weeks. Indiana-East (22-10) won 10 straight before narrowly dropping their conference championship on March 1.

The Tigers will need to pay particular attention to guard Tia King, who is averaging 20.2 points per game. But Stamatias said her team should be in good shape if they can push the pace and keep the Red Wolves away from the free-throw line.

"We've got to play clean so we don't put them at the foul line," she said. "And then we've got to push the ball and keep up the tempo."

Indiana-East likely will have a difficult time with guard Abbey Hengesbach. The CCAC Player of the Year enters the tournament averaging 22.3 points and 5.3 rebounds per game.

The senior is one of five Tigers averaging at least 10 points with ONU scoring 110.3 points per game. That could make things difficult on Indiana-East, which enters the tournament ranked 23rd in the NAIA in points per game at 75.1.

"We're playing really well, but our girls don't want to underestimate anyone," Stamatias said. "They have it in the back of their minds that all of these teams are good."

A victory Thursday will set up a Friday matchup with either Indiana Wesleyan or Dickinson State (N.D.).



Daily Journal/Scott Anderson

Olivet Nazarene University's Abbey Hengesbach already earned CCAC Player of the Year honors. The senior now will lead the Tigers into the NAIA Division II National Tournament, where they will open play Thursday against Indiana University-East.

NFL

Jeffery signs franchise tag tender



The Associated Press/Nam Y. Huh

The Bears still are hoping to get a long-term deal done with Alshon Jeffery before the 2016 season, but the Pro Bowl wideout likely will be in Chicago either way this fall. Jeffery signed a franchise tag tender Tuesday worth more than \$15 million.

Bears still hoping for a long-term deal

BY KEVIN FISHBAIN
ChicagoFootball.com

The big question about where Alshon Jeffery will be next season now has a little more clarity. The fifth-year receiver signed his franchise tag tender with the Bears on Tuesday, all but ensuring he'll remain with the organization for at least the 2016 season.

Jeffery will make \$14.599 million in 2016 if he stays under the current tag. He has until July 15 to work out a long-term deal with the Bears or he can play under the tag salary for 2016. If another team offers him a long-term deal and the Bears choose not to match it, they will receive two first-round picks under the non-exclusive tag guidelines.

There wasn't an expectation Jeffery would hold out and miss any part of the offseason training program, which begins April 18 with OTAs starting in May, but this increases the likelihood that he will be in attendance.

The 6-foot-3, 216-pound Jeffery was entering a critical offseason after the strange year he had last season, when he finished eighth in the NFL with 89.7 receiving yards per game but only played in nine contests, dinged up all preseason and regular season with various soft-tissue injuries. Given that it was only his fourth year in the league and first as the team's No. 1 receiver, it made evaluating his long-term prospects difficult for second-year general manager Ryan Pace.

The Bears drafted Jeffery in the second round out of South Carolina in 2012. He's shown his potential with the organization, posting 1,421 yards and seven touchdowns in 2013 and 1,133 yards and 10 touchdowns in 2014, although that was with All-Pro Brandon Marshall drawing coverage on the other side.

The franchise tag gives the Bears an opportunity to evaluate Jeffery further as a No. 1 receiver. He'll enter next season with the addition of Kevin White flanking him. The 6-foot-3, 217-pound White was the No. 7 overall pick in last year's draft but sat out his entire rookie season with a stress fracture in his shin.

NHL

Kruger, 'Hawks agree on 3-year extension

BY CHRIS HINE
Chicago Tribune (TNS)

When Marcus Kruger re-signed with the Blackhawks during the offseason, Kruger did the club a major favor in taking a team- and salary-cap friendly contract.

Now the Hawks are making sure Kruger gets paid.

The Hawks and Kruger agreed to a three-year extension Wednesday through the 2018-19 season that will pay Kruger \$9.25 million (\$3.083 million per season), a league source confirmed.

That's more security and a significant raise from the one-year, \$1.5 million deal Kruger signed just before the season.

Kruger, 25, has been out since Dec. 17 with a dislocated wrist but is a valued penalty killer and bottom-line defensive forward who is also capable of scoring, though he had not scored in 33 games this season.

Kruger is expected back for the playoffs though he could return for a few regular-season games.

With extensions for Brent Seabrook and center Artem Anisimov and now Kruger kicking in next season, it is becoming more imperative for the Hawks to shed the salary-cap hit of Bryan Bickell (\$4 million per season) over the summer to create cap space.

Kruger was a key member of the 2013 and 2015 Stanley Cup-winning teams and has 28 goals and 57 assists in his Hawks career.



Kruger

Scoreboard

Editor: Steve Soucie | 815-937-3392 ssoucie@daily-journal.com

Basketball

College men

Big Ten Conference Tournament
At Bankers Life Fieldhouse
Indianapolis
First Round
Today
 Illinois vs. Minnesota, 3:30 p.m.
 Nebraska vs. Rutgers, 6 p.m.

Second Round

Thursday
 Michigan vs. Northwestern, 11 a.m.
 Iowa vs. Illinois/Minnesota winner, 1:25 p.m.
 Ohio State vs. Penn State, 5:30 p.m.
 Wisconsin vs. Nebraska-Rutgers winner, 7:55 p.m.

Quarterfinals

Friday
 Indiana vs. Michigan-Northwestern winner, 11 a.m.
 Purdue vs. Iowa/Illinois-Minnesota winner, 1:25 p.m.
 Michigan State vs. Ohio State-Penn State winner, 5:30 p.m.
 Maryland vs. Wisconsin_Nebraska-Rutgers winner, 7:55 p.m.

Semifinals

Saturday
 Indiana_Michigan-Northwestern winner vs. Purdue_Iowa_Illinois-Minnesota winner, noon
 Michigan State_Ohio State-Penn State winner vs. Maryland_Wisconsin_Nebraska-Rutgers winner, 2:30 p.m.

Championship

Sunday
 Semifinal winners, 2:30 p.m.

NAIA Division II National Tournament

At Point Lookout, Mo.
Today
 G1: Keiser (Fla.) (28-4) vs. Olivet Nazarene (18-9), 8:30 a.m.
 G2: Mount Mercy (Iowa) (25-7) vs. Southern Oregon (2-8), 10:15 a.m.
 G3: Cornerstone (Mich.) (26-6) vs. Cincinnati Christian (23-8), noon
 G4: St. Francis (Ind.) (29-4) vs. Dakota State (S.D.) (19-13), 1:45 p.m.
 G5: Union (Ky.) (28-6) vs. Cal Maritime (22-9), 4 p.m.
 G6: Davenport (Mich.) (29-4) vs. St. Xavier (19-12), 5:45 p.m.
 G7: Warner (Ky.) (23-6) vs. College of the Ozarks (Mo.) (20-8), 8 p.m.
 G8: Warner Pacific (Ore.) (23-9) vs. Nebraska Wesleyan (22-7)

Thursday
 G9: Tennessee Wesleyan (28-3) vs. Valley City State (N.D.) (21-10), 8:30 a.m.
 G10: Northwestern Christian (Ore.) (27-6) vs. Southwestern (Kan.) (26-7), 10:15 a.m.
 G11: Tabor (Kan.) (30-3) vs. IU East (19-13), noon
 G12: Indiana Wesleyan (28-5) vs. Bellevue (Neb.) (20-11), 1:45 p.m.
 G13: Bethel (Ind.) (23-9) vs. Robert Morris (24-9), 4 p.m.
 G14: Briar Cliff (Iowa) (30-3) vs. Washington Adventist (Md.) (16-12), 5:45 p.m.
 G15: Indiana Tech (23-9) vs. Dakota Wesleyan (S.D.) (22-10), 7:30 p.m.
 G16: St. Francis (28-3) vs. York (Neb.) (23-9), 9:15 p.m.

Friday
 G17: Winner G1 vs. Winner G3, 8:30 a.m.
 G18: Winner G2 vs. Winner G4, 10:15 a.m.
 G19: Winner G6 vs. Winner G8, noon
 G20: Winner G9 vs. Winner G11, 1:45 p.m.
 G21: Winner G10 vs. Winner 12, 4 p.m.
 G22: Winner G13 vs. Winner G14, 5:45 p.m.
 G23: Winner G5 vs. Winner G7, 7:30 p.m.
 G24: Winner G15 vs. Winner G16, 9:15 p.m.

Saturday
 G25: Winner G17 vs. Winner G18, 1 p.m.
 G26: Winner G20 vs. Winner G22, 3 p.m.
 G27: Winner G19 vs. Winner G23, 5 p.m.
 G28: Winner G21 vs. Winner G24, 7 p.m.

Monday
 G29: Winner G25 vs. Winner G26, 6 p.m.
 G30: Winner G27 vs. Winner G28, 8 p.m.

Tuesday, March 15
 G31: Winner G29 vs. Winner G30, 6 p.m.

College women

NAIA Division II National Tournament
At Sioux City, Iowa
Today
 G1: Dakota Wesleyan (S.D.) (25-8) vs. Haskell (Kan.), 8:30 a.m.
 G2: Davenport (Mich.) (27-5) vs. Southeastern (Fla.) (24-5), 10:15 a.m.
 G3: Concordia (Neb.) (22-9) vs. Goshen (Ind.) (24-8), noon
 G4: St. Xavier (29-3) vs. Tennessee Wesleyan (17-9), 1:45 p.m.
 G5: Cardinal Stritch (Wis.) (24-8) vs. Lawrence Tech (Mich.) (24-3), 3:30 p.m.
 G6: Morningside (Iowa) (21-2) vs. UC Merced (Calif.) (11-14), 5:15 p.m.
 G7: Marian (Ind.) (27-6) vs. Milligan (Tenn.) (23-7), 7:30 p.m.
 G8: Jamestown (N.D.) (29-4) vs. Oregon Tech (25-8), 9:15 p.m.

Thursday
 G9: Tabor (Kan.) (26-7) vs. Hastings (Neb.) (19-11), 8:30 a.m.
 G10: St. Francis (28-4) vs. Asbury (Ky.) (23-9), 10:15 a.m.
 G11: Briar Cliff (Iowa) (22-9) vs. St. Ambrose (Iowa) (22-9), noon
 G12: Southern Oregon (29-1) vs. Clarke (Iowa) (19-12), 1:45 p.m.
 G13: Olivet Nazarene (27-5) vs. IU East (Ind.) (22-10), 3:30 p.m.
 G14: Indiana Wesleyan (26-7) vs. Dickinson State (N.D.) (23-8), 5:15 p.m.
 G15: Mount Marty (S.D.) (22-10) vs. Purdue Calumet (Ind.) (22-8), 7 p.m.
 G16: College of the Ozarks (Mo.) (27-4) vs. Friends (Kan.) (22-10), 8:45 p.m.

Friday
 G17: Winner G1 vs. Winner G2, 8:30 a.m.
 G18: Winner G3 vs. Winner G4, 10:15 a.m.
 G19: Winner G5 vs. Winner G8, noon
 G20: Winner G6 vs. Winner G7, 1:45 p.m.
 G21: Winner G9 vs. Winner G10, 3:30 p.m.
 G22: Winner G11 vs. Winner G12, 5:15 p.m.
 G23: Winner G13 vs. Winner G14, 7 p.m.
 G24: Winner G15 vs. Winner G16, 8:45 p.m.

Monday
 G29: Winner G26 vs. Winner G28, 6 p.m.
 G30: Winner G25 vs. Winner G27, 8 p.m.

Tuesday, March 15
 G31: Winner G29 vs. Winner G30, 7:04 p.m.

NJCAA Division II National Tournament

At Overland Park, Kansas
Thursday, March 15
 G1: (2) Illinois Central vs. (15) Union County, 9 a.m.
 G2: (7) North Iowa Area vs. (10) Lake Michigan, 11 a.m.
 G3: (3) Pima vs. (14) Hagerstown, 1 p.m.
 G4: (6) Cape Fear vs. (11) St. Clair County, 3 p.m.
 G5: (1) Monroe vs. (16) United Tribes Tech, 6 p.m.
 G6: (8) North Arkansas vs. (9) Kankakee, 8 p.m.

Wednesday, March 16
 G7: (4) Kansas City Kansas vs. (13) Waubesa, 11 a.m.
 G8: (5) Owens vs. (12) Dean, 1 p.m.
 G9: Loser G1 vs. Loser G2, 3 p.m.
 G10: Winner G1 vs. Winner G2, 6 p.m.
 G11: Winner G3 vs. Winner G4, 8 p.m.

Thursday, March 17
 G12: Loser G3 vs. Loser G4, 9 a.m.
 G13: Loser G5 vs. Loser G6, 11 a.m.
 G14: Loser G7 vs. Loser G8, 1 p.m.
 G15: Winner G10 vs. Loser G11, 3 p.m.
 G16: Winner G5 vs. Winner G6, 6 p.m.
 G17: Winner G7 vs. Winner G8, 8 p.m.

Friday, March 18
 G18: Winner G9 vs. Winner G12, 11 a.m.
 G19: Winner G13 vs. Winner G14, 1 p.m.
 G20: Loser G16 vs. Loser G17, 3 p.m.
 G21: Winner G10 vs. Winner G11, 6 p.m.
 G22: Winner G16 vs. Winner G17, 8 p.m.

Saturday, March 19
 G23: Winner G18 vs. Winner G19, noon (7th place)
 G24: Winner G15 vs. Winner G20, 2 p.m. (5th place)
 G25: Loser G21 vs. Loser G22, 5 p.m. (3rd place)
 G26: Winner G21 vs. Winner G22, 7:30 p.m. (title)

High school boys

IHSA Postseason
Class 3A
IHSA State Tournament
Carver Arena, Peoria
Friday, March 18
 G1: Winner Joliet Central Super-Sectional vs. Winner DeKalb (NIU) Super-Sectional, 12:15 p.m.
 G2: Winner Hoffman Estates Super-Sectional vs. Winner Prairie Central Super-Sectional, 2 p.m.

Saturday, March 19
 G3: Loser G1 vs. Loser G2, 12:15 p.m. (third place)
 G4: Winner G1 vs. Winner G2, 2 p.m. (title)

Joliet Central Super-Sectional

Washington at Portland, late
 Orlando at L.A. Lakers, late

Today
 Memphis at Boston, 6 p.m.
 Houston at Philadelphia, 6 p.m.
 New Orleans at Charlotte, 6 p.m.
 Miami at Milwaukee, 7 p.m.
 Detroit at Dallas, 7:30 p.m.
 New York at Phoenix, 8 p.m.
 L.A. Clippers at Oklahoma City, 8:30 p.m.
 Cleveland at Sacramento, 9 p.m.
 Utah at Golden State, 9:30 p.m.

Tuesday, March 15

G1: Winner St. Laurence Sectional vs. Winner Streator Sectional, 7 p.m.
Streator Sectional
Tuesday's result
 Hillcrest 64, Plano 49

Today
 G2: Peotone vs. Lincoln-Way West, 7 p.m.
Friday
 G3: Hillcrest vs. Winner G2, 7 p.m.

State Pairings

Class 1A Super-Sectionals
(in bracket order)
Tuesday's results
At Illinois State University
 LeRoy 58, Newark 50

At Jacksonville
 Liberty 41, Waterloo Gibault 37

At Southern Illinois University
 Woodlawn 63, Patoka 42

At Northern Illinois University
 Leo 55, Brimfield 51

Class 2A Super-Sectionals
(in bracket order)
Tuesday's results
At Southern Illinois University
 Breese Central 67, Teutopolis 52

At Illinois-Springfield
 St. Joseph-Ogden 56, Pleasant Plains 43

At Joliet Central
 Hales Franciscan 62, Orr 58

At Northern Illinois University
 Rockridge 51, Aurora Christian 40

Class 3A Sectionals
(in bracket order)
Today
 Note: First game Tuesday, second game today

At St. Laurence
 Morgan Park 70, Chicago Mount Carmel 59
 Vocational vs. Bogan

At Bradley University
 Bloomington 72, LaSalle-Peru 67
 Metamora vs. Peoria Manual

At Woodstock North
 Glenbard South 56, Belvidere 47
 Rockford Boylan vs. Kaneland

At Nazareth
 Fenwick 72, Westinghouse/Farragut 60
 North Lawndale Charter vs. St. Joseph

At Ridgewood
 Ridgewood 53, North Chicago 49
 St. Patrick vs. Antioch

At Highland
 Belleville Althoff 101, Mount Vernon 63
 Centralia vs. Columbia

At Taylorville
 Springfield Southeast 59, Mahomet-Seymour 46
 Springfield Lanphir vs. Campaign Central

Class 4A
(in bracket order)
Today
 Note: First game Tuesday, second game today

At Fremd
 Conant 60, Hoffman Estates 47
 Fremd vs. Lake Zurich

At Rock Valley College
 Rockford Auburn 58, Jacobs 39
 Prairie Ridge vs. St. Charles East

At Glenbrook South
 Niles Notre Dame 68, Evanston 56
 Deerfield vs. Stevenson

At Riverside-Brookfield
 Curie 53, Whitney Young 51
 Kenwood vs. Proviso East

At Bloom
 Simeon 62, Marian Catholic 57
 Thornton vs. Crete-Norwood

At Collinsville
 Alton 63, Edwardsville 59
 East Moline 55, Rock Island 54, 2 OT

At Aurora East
 Benet 60, Hinsdale South 43
 Glenbard West vs. York

At Lockport
 Oswego 55, Minooka 38
 Joliet Central vs. Joliet West

NHL

EASTERN CONFERENCE

Atlantic Division

GP W L OTpts GF GA

Tampa Bay	67	39	23	5	83	185	160
Boston	68	38	23	9	83	208	184
Florida	66	36	21	9	81	181	161
Detroit	66	32	21	11	75	167	177
Ottawa	68	31	29	8	70	196	212
Montreal	67	31	30	6	68	183	188
Buffalo	68	27	32	9	63	162	185
Toronto	65	21	33	11	53	155	194

Metropolitan Division

GP W L OTpts GF GA

Washington	66	49	13	4	102	214	151
N.Y. Rangers	67	39	22	6	84	192	173
N.Y. Islanders	64	37	20	7	81	186	159
Pittsburgh	66	34	24	8	76	180	168
Philadelphia	65	31	23	11	73	167	174
Carolina	67	30	26	11	71	165	181
New Jersey	67	31	29	7	69	148	170
Columbus	67	28	31	8	64	178	208

WESTERN CONFERENCE

Central Division

GP W L OTpts GF GA

Dallas	68	40	20	8	88	218	196
Chicago	67	41	21	5	87	191	160
St. Louis	67	38	20	9	85	170	164
Nashville	67	34	21	12	80	185	170
Minnesota	67	31	26	10	72	177	169
Colorado	68	34	30	4	72	183	195
Winnipeg	66	27	34	5	59	171	198

Pacific Division

GP W L OTpts GF GA

Anaheim	65	37	19	8	83	165	151
Los Angeles	65	39	22	4	82	175	149
San Jose	66	37	23	6	80	198	174
Vancouver	65	25	28	12	62	157	188
Arizona	66	28	32	6	62	175	207
Calgary	66	27	34	5	59	178	207
Edmonton	69	26	36	7	59	167	204

NOTE: Two points for a win, one point for overtime loss.

Tuesday's results

Carolina 4, Ottawa 3, 5O
 N.Y. Rangers 4, Buffalo 2
 Columbus 5, Detroit 3
 N.Y. Islanders 2, Pittsburgh 1
 Montreal 4, Dallas 3, OT
 Boston 1, Tampa Bay 0, OT
 Nashville 4, Winnipeg 2
 San Jose 3, Edmonton 0

Today
 N.Y. Islanders at Toronto, 6 p.m.
 Chicago at St. Louis, 7 p.m.
 Nashville at Calgary, 8:30 p.m.
 Anaheim at Colorado, 9 p.m.
 Arizona at Vancouver, 9 p.m.
 Washington at Los Angeles, 9:30 p.m.

Thursday
 Carolina at Boston, 6 p.m.
 Buffalo at Montreal, 6:30 p.m.
 Winnipeg at Detroit, 6:30 p.m.
 Ottawa at Florida, 6:30 p.m.
 Edmonton at Minnesota, 7 p.m.
 New Jersey at San Jose, 9:30 p.m.

NBA

EASTERN CONFERENCE

Atlantic Division

	W	L	Pct	GB
Toronto	42	20	.677	—
Boston	38	26	.594	5
New York	26	39	.400	17½
Brooklyn	18	46	.281	25
Philadelphia	8	55	.127	34½

Southeast Division

	W	L	Pct	GB
Miami	37	26	.587	—
Atlanta	36	28	.563	1½
Charlotte	34	28	.548	2½
Washington	30	32	.484	6½
Orlando	27	35	.435	9½

Central Division

	W	L	Pct	GB
Cleveland	44	18	.710	—
Indiana	34	30	.531	11
Chicago	32	30	.516	12
Detroit	32	31	.508	12½
Milwaukee	26	38	.406	19

WESTERN CONFERENCE

Southwest Division

	W	L	Pct	GB
x.San Antonio	54	10	.844	—
Memphis	38	25	.603	15½
Dallas	33	31	.516	21
Houston	31	32	.492	22½
New Orleans	24	38	.387	29

Northwest Division

	W	L	Pct	GB
Oklahoma City	43	20	.683	—
Portland	33	31	.516	10½
Utah	29	34	.460	14
Denver	26	38	.406	17½
Minnesota	20	45	.308	24

Pacific Division

	W	L	Pct	GB
x.Golden State	56	6	.903	—
L.A. Clippers	41	21	.661	15
Sacramento	25	37	.403	31
Phoenix	17	46	.270	39½
L.A. Lakers	13	51	.203	44

x=clinched playoff spot

BRIEFS

WRESTLING

Local wrestlers gear up for state meet

A large contingent of locals will try to make their mark at the IESA State Wrestling Meet at Northern Illinois University this weekend.

One of them, Peotone's Paul Keene, will attempt to make IESA history. He will be trying to becoming the first four-time state champion in wrestling. Keene won the 65-pound class in 2013, won the 2014 title at 70 pounds and earned the championship in the 95-pound division last year. This year, Keene also will compete at the 95-pound class.

There is one other returning state champion, as Bradley Central's Austin Spacht will be looking for his third title and will compete in the 80-pound division.

Other local entrants in the finals are:

Bradley Central: Ethan Spacht (65 pounds), Anthony Mancilla (85), Jack Baud (90), Chris Gama (112), Steven Karraker (119), Dylan Regnier (126), Lucas Regnier (135), Hunter Howley (215), Angel Ramirez (275).

Braidwood Reed-Custer: Ryan Tribble (75), Bobby Mann (100).

Clifton Nash: Alex Munoz (275).

Coal City: Jacob Piatak (65), Evan Rivera (65), Zach Finch (75), Gage Leake (167).

Dwight: Dillon Sarff (70), Daniel Gutierrez (126), Cade Enerson (135).

Herschler Limestone: Kolton Hisel (105).

Peotone: Sam Biedron (135), Carlos Cardenas (185), Logan Hartnett (215).

Wilmington: Jack Narine (80), Ricky Wilkins (95), Jacob Rodawold (105).

COLLEGE BASEBALL

Miscues cost KCC against Gulf Coast

KCC struggled with Gulf Coast on Tuesday, falling 12-2 in seven innings.

The Cavaliers had trouble in many facets of the game, most notably making six defensive errors to make a tough-luck loser of starting pitcher Daniel Tenayuca.

Drew Schrodt managed two hits for KCC (3-3), which continues its spring trip against Northwest Florida State today.

COLLEGE SOFTBALL

KCC's pitching woes leads to doubleheader sweep

Kankakee Community College had a rough time Tuesday against Indian River State, with its pitching staff surrendering 17 walks during the course of a two-game sweep.

The Cavaliers (2-2) allowed eight walks during an 11-3 loss in the opener. Starter Michaela Ward took the loss, and Bailee Porter and Kalyn Learnard each went 2 for 3 at the plate.

The pitching woes continued in the second contest with starter Baylie Ullmark allowing all 15 runs in a 15-9 loss on 10 hits and seven walks.

Offensively, Lindsey Snyder and Ashley Adermann each drove in three runs. Beth Mersinger also collected three RBI with a pinch-hit home run.

ONU wins pair at Tucson Invitational

Things started rough for Olivet Nazarene during its play at the Tucson Invitational on Tuesday, but the Tigers regrouped nicely to take two wins in three tries on the day.

Jamestown started off Olivet's day on a sour note, as Jamestown claimed a 7-0 victory.

Olivet did manage seven hits, two by Alyssa Pusateri.

In the second game, Olivet's offense erupted in an 18-hit attack as it cruised to a 13-6 win over Arizona Christian.

Kira Madi and Lindsay Krippel each had three hits as part of the offensive display.

The Tigers finished off the day with a 5-1 victory over Great Falls behind a strong pitching performance from Maggie Tidrow.

Tidrow struck out seven and scattered six hits in the complete game performance.

—DAILY JOURNAL STAFF REPORT

NFL

Big deals reached on day before free agency

BY BARRY WILNER
The Associated Press

With Peyton Manning's retirement out of the way, NFL movement was all about changing teams on Tuesday.

And Manning's former franchise, the Broncos, lost a key piece.

Defensive end Malik Jackson, a key performer in Denver's championship season, is heading to Jacksonville. A person familiar with the negotiations said the Jaguars have agreed to terms with Jackson on a six-year deal worth up to \$90 million and including \$42 million guaranteed. Free-agent deals can't be finalized until Wednesday.

Jackson had 129 tackles, 14 sacks and two forced fumbles in his past three seasons. He started all 16 games in 2015, finishing with 45 tackles, seven passes defended and five sacks.

Denver also released three players who helped it win the title: tight end Owen Daniels, guard Louis Vasquez and long snapper Aaron Brewer.

"These decisions are never easy, but we appreciate the contributions Louis, Owen and Aaron made to our team, especially during our Super Bowl run," general manager John Elway said.

Two other former high draft picks also made headlines, with one following Manning out of football.

Lions star receiver Calvin Johnson called it quits after nine superb seasons. The second overall pick in 2007 made 731 receptions for 11,619 yards, a league-record 86.1 yards receiving per game, and 83 touchdowns. He reached 10,000 yards (115 games) and 11,000 yards (127 games) quicker than anyone in NFL history. Including the postseason, he has another league mark with six 200-yard receiving games.

Johnson broke one of Hall of Famer Jerry Rice's records with 1,964 yards receiving in 2012. He ranked among league leaders last season with 88 receptions



AP Photo/Jeff Chiu/File

A person familiar with the negotiations says the Jacksonville Jaguars have agreed to terms with Denver Broncos defensive end Malik Jackson. The six-year deal is worth up to \$90 million and includes \$42 million guaranteed, the person said.

for 1,214 yards and nine TDs, playing through lingering injuries.

"Let me assure you that this was not an easy or hasty decision," the 30-year-old Johnson said. "I, along with those closest to me, have put a lot of time, deliberation and prayer into this decision and I truly am at peace with it."

Indianapolis cut Bjoern Werner, its first-rounder in 2013. The outside linebacker Werner had just 6 1/2 sacks in 38 games since being drafted 24th overall.

After starting 15 games in 2014, Werner barely played last season.

Also, defensive end Mario Williams signed a \$16 million, two-year contract with the Miami Dolphins, who now have an abundance of Pro Bowl pass rushers — for the moment, at least.

Williams reached the agreement a week after being released by the Buffalo Bills. The Dolphins

sought reinforcement at end because they may lose Oliver Vernon in free agency, and the status of four-time Pro Bowler Cameron Wake is in question, too.

The Vikings released receiver Mike Wallace after one season in Minnesota to clear \$11.5 million from the salary cap. Wallace, 29, had just 39 catches for 473 yards and two touchdowns, all career lows.

The Vikings inherited his contract from Miami after acquiring him and a seventh-round draft pick in a trade that sent a fifth-round selection to the Dolphins.

Chicago receiver Alshon Jeffery signed his franchise tag tender for \$14.6 million. The Bears and Jeffery have until July 15 to agree to a multiyear contract.

Calf, hamstring, groin and shoulder injuries limited Jeffery to nine games last season. But he still led the team in receiving with 807 yards. Jeffery played in all 16 games the previous two

years, finishing with 1,421 yards in 2013 and 1,133 in 2014.

Buffalo is bringing back guard Richie Incognito, who took less money to remain with the team he says "saved me."

Incognito agreed to a three-year, \$15 million contract with Buffalo on Tuesday.

"I went from a guy nobody wanted to getting redeemed by Buffalo, and I owe them a lot," Incognito said. "You can't put a price tag on that. They believe in me and I believe in them. I'm real excited about where we are headed."

His future had been uncertain before he signed a one-year contract with Buffalo in January 2015. It came after Incognito spent 15 months out of football for being a central figure in the Miami Dolphins' bullying scandal in 2013.

Incognito emerged as a team leader and key member of an offensive line that

helped the Bills lead the league with 2,432 yards rushing. He started all 16 games at left guard.

"I was just talking with my mom and we were shedding tears of joy," he said. "This is another chapter in my life, and the other chapters have not been so great. But just the resiliency and the dedication and the resolve to get to this point, it definitely plays in the back of my mind."

While Incognito returns to Buffalo, former Bills cornerback Leodis McKelvin agreed to a two-year contract with the Eagles.

Pittsburgh signed cornerback William Gay to a three-year deal. Gay, 31, has played in 144 straight games since the Steelers took him in the fifth round of the 2007 draft. He holds the NFL record for most consecutive pick-sixes in NFL history, returning five straight interceptions for touchdowns between the 2013 and 2015 seasons.

Sponsors ditch Sharapova despite apology

BY JAMES ELLINGWORTH
AND PAN PYLAS
The Associated Press

MOSCOW — Nike and other sponsors swiftly distanced themselves from Maria Sharapova on Tuesday after the world's highest-earning female athlete outed herself as a longtime user of a recently banned drug.

Swiss watch brand Tag Heuer and German luxury car company Porsche quickly followed the sportswear giant, suspending their support of the five-time Grand Slam winner after she announced on Monday she failed a drug test for meldonium at the Australian Open in January, days after the substance was banned.

Many other athletes have attacked the messenger, challenged the results or blamed others after being confronted privately by positive tests for banned drugs. Sharapova went public instead, taking full responsibility and effectively throwing herself at the mercy of the International Tennis Federation.

"I know that with this, I face consequences," Sharapova said, waving away a question that invited her to blame her doctor or someone else on her team.

"I have to take full responsibility because it's my body, and it's what I put into my body, and I can't blame anyone but myself," she said. "At the end of the day, everything you do is about you."

The former world No. 1 could face a lengthy ban, possibly ending her season and preventing her from competing for Russia at the Olympics in Rio de Janeiro.

Much more costly would be losing the advertising revenue that has made her the top earning female athlete for 11 straight years, according to Forbes.

"We have decided to sus-



AP Photo/Aaron Favila/File

Three of Maria Sharapova's major sponsors are cutting ties with the Russian tennis star after she acknowledged failing a doping test at the Australian Open.

pend our relationship with Maria while the investigation continues," Nike said in a statement. TAG Heuer said it has abandoned talks on renewing its sponsorship, which expired in December, "in view of the current situation." Porsche said it has "chosen to postpone planned activities" with Sharapova "until further details are released and we can analyze the situation." And Evian, the water company, said it "will follow closely the development of the investigation."

Industry veterans were surprised by how quickly these companies backed away from such a bankable performer. Sharapova earned an estimated

\$29.5 million last year alone, the vast majority off the court.

"She's a one-woman marketing machine," said Nigel Currie, a British-based sponsorship consultant.

But marketers have become more sensitive to doping scandals after the public denials of athletes such as Lance Armstrong or Barry Bonds, especially in the age of social media.

"Waiting around makes a brand look indecisive," said branding expert Allen Adamson, founder of Brand Simple Consulting. "When in doubt, you don't want to be connecting your brand with an athlete who has not played by the rules."

Though Sharapova did a

Drug in Sharapova doping case used by Soviet troops

MOSCOW — The drug at the center of Maria Sharapova's doping case, regularly given to Soviet troops in the 1980s to boost their stamina while fighting in Afghanistan, is normally prescribed for medical use for periods of four to six weeks.

Meldonium is a heart medicine that improves blood flow and is little-known in the U.S., but it was once common in the Soviet military.

The drug's inventor, Ivars Kalvins, told Latvian newspaper Diena in a 2009 interview that meldonium was given to soldiers during the 1980s, when Soviet forces were fighting in Afghanistan.

"High altitudes. Oxygen deprivation. If they have to run 20 kilometers with all the gear, at the end they would get ischemia (a blood circulation condition)," Kalvins was quoted as saying. "They were all given meldonium. They themselves were not aware they were using it. No one was being asked (if they agree to it) back then."

Kalvins said meldonium was "not doping," adding that it "allows you to withstand more physical pressure, but the body still spends its spare reserves."

OLYMPIC WRESTLING MEDALIST TESTS POSITIVE

Olympic wrestling silver medalist Davit Modzmanashvili, of Georgia, has admitted to using meldonium.

Vakhtang Blagidze, a Georgia national wrestling team coach, said Modzmanashvili tested positive for the drug last month. He faces a possible lifetime ban for a second doping violation. Another five members of the Georgian team tested positive for meldonium, but their names have not been released because they deny the charge.

Modzmanashvili won the men's 120-kilogram silver medal in Greco-Roman wrestling at the 2012 Olympics. He also won world championship bronze in 2011.

—The Associated Press

"textbook" job of owning up to her mistake, questions linger, including whether she listed the drug among her medications when she was

tested in Australia, said Paul Swangard, who lectures at the Warsaw Sports Marketing Center at the University of Oregon.

MLB: LOS ANGELES 7, CUBS 3

Kershaw gives up 1 run as Dodgers beat Cubs

THE ASSOCIATED PRESS

MESA, Ariz. — Clayton Kershaw gave up one run and five hits in three innings in his second spring training start, a 7-3 win for the Los Angeles Dodgers over the Chicago Cubs on Tuesday.

Kershaw struck out five and walked one.

He said his fastball location wasn't great, especially out of the stretch.

"I threw some decent breaking balls," he said, but added that "I just gave up too many hits. I think they were all singles, which is good. But five hits in three innings is too many."

Many pitchers in spring training say they are too busy concentrating on throwing their various pitches and honing mechanics to care about opposition.

But not Kershaw.

"The whole goal of being here is to try to get hitters out so you know where you stack up," he said. "That's how you get better. You don't get better by working on your mechanics. You get better by getting hitters out."

Cubs starter Kyle Hendricks allowed two hits in three scoreless innings. Travis Wood followed and gave up three runs and six hits in three innings.

Kris Bryant homered off Joe Blanton and had two hits for the Cubs, who dropped to 1-6. Kyle Schwarber and David Ross each had two hits.

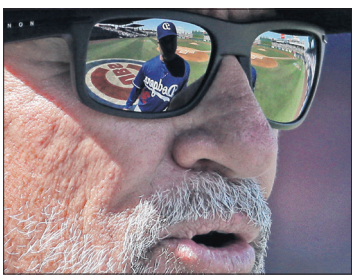
The Dodgers' Andre Ethier had two hits and is batting .571. Chase Utley singled in a run, and Trayce Thompson hit a two-run triple.

Thompson is the brother of Golden State Warriors guard Klay Thompson. Dodgers manager Dave Roberts thinks it's unfair that his outfielder is often portrayed as more of an athlete than a baseball player.

"He's as polished as any guy we have as a pure baseball player," Roberts said.



Chicago Cubs' David Ross is congratulated by third base coach Gary Jones after hitting a home run.



Los Angeles Dodgers manager Dave Roberts is reflected in the sunglasses of Chicago Cubs manager Joe Maddon.

TRAINER'S ROOM

Dodgers: Howie Kendrick missed his second straight day with a sore groin. He will be re-evaluated Wednesday.

Cubs: Infielder Tommy LaStella, recovering from a strained right calf suffered Monday, should be OK to return soon, Cubs manager Joe Maddon said.

ARRIETA TALKS CONTRACT

NL Cy Young Award winner Jake Arrieta said Tuesday he has talked with the Chicago Cubs about a long-term contract.

Arrieta went 22-6 with a 1.77 ERA last season and agreed last month to a \$10.7 million, one-year deal that avoided salary arbitration. The right-hander, who turned 30 on Sunday, is eligible for free agency after the 2017 season.

"Money can only make you so happy," Arrieta said, speaking a day before his scheduled spring training debut. "I love my teammates, and I love Chicago. Those are more important than the contract extension for me."

Maddon said he has talked to Arrieta, who turned 30 on Sunday, about limiting his innings in situations where the pitcher has a sizable lead late in games.

Pitching deep into games last year was important, because,

"He had never done it before. A lot of it is confidence and how he feels about himself."

Now, "You know you can do it, you know how good you are now, but permit us to protect you a little bit down in the latter part of the game."

STARTING TIME:

Dodgers: Kershaw said he feels good physically.

"I didn't feel like I was getting tired," he said. "That was good."

After his stint, Kershaw said he got another inning's work in the bullpen.

Cubs: Projected starter Hendricks struck out two and allowed no walks.

UP NEXT:

Arrieta will make his spring debut in Mesa today for the Cubs against Cleveland's Corey Kluber.

MLB: WHITE SOX 10, MILWAUKEE 6

Garcia, Rollins homer as Sox beat Brewers

THE ASSOCIATED PRESS

GLENDALE, Ariz. — Austin Jackson's signing added depth to the Chicago White Sox outfield. Avisail Garcia made a strong pitch not to be the odd man out Tuesday.

Garcia had three hits, including his first spring home run, and Adam Eaton also went 3 for 4 as the White Sox pounded the Milwaukee Brewers 10-6.

Adding Jackson, a free agent, figures to have the most impact on Garcia and Eaton. Jackson has mostly played center field — where Eaton normally is for the White Sox — while right fielder Garcia is coming off a disappointing 2015 season.

"Where they put me, this is my job, I love what I do," Garcia said. "I can't control it. I can prepare myself to make the adjustment that I need."

Jimmy Rollins also homered and had three hits in Chicago's onslaught that knocked out Brewers starter Chase Anderson after 1 2-3 innings.

Anderson, acquired in the offseason from Arizona, gave up seven hits and seven runs. He was relieved by David Goforth, who gave up a single to Melky Cabrera followed by Garcia's homer. The latter reached the concourse over the left field bullpen at Camelback Ranch. The White Sox finished with 16 hits in the game.

The Brewers' Alex Presley hit a three-run homer in the sixth off Josh Wall.

STARTERS

John Danks went 3 1-3 innings in his second spring start. He struck out the side in the first, and gave up a pair of doubles in the third with two runs. He struck out four in all and walked two.

"We're working on things early in this camp that hopefully will help me be consistent this year and help us win ballgames," he said. "I feel good about where we're at."

Danks gave up three runs in two innings against the Dodgers last Thursday.

UP NEXT

Jacob Turner gets the start for the White Sox in Glendale against Oakland. Chris Sale will work in a simulated game in the morning; Sale is likely to face the A's on opening day in Oakland on April 4 and is not pitching in the Cactus League meeting.

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