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Do you know what your dashboard is telling you? **A6**

Why health care is different if you are poor

‘Human element’ key to keeping patients healthy **A8**

City OKs lighted stop signs

To solve East Avenue dilemma

BY LEE PROVOST
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815-937-3364

To prevent future fatal vehicle accidents where South East Avenue stops at the Kankakee River, the city administration will soon be installing lighted solar-powered stop signs rather than guard rails or a cable fence.

At the conclusion of Tuesday’s Kankakee City Council meeting, city engineer Dave Tyson explained how the city would attempt to prevent further tragic accidents where South East Avenue connects to East River Street immediately north of the Kankakee River.

The city will install a pair of flashing illuminated stop signs where East Avenue connects to River Street. A stop sign with flashing arrows alerting motorists they must turn east or west at River Street also will be placed on the south side of River Street facing East Avenue.

See **STOP SIGNS**, page **A3**

Hope for more inmates amid debate over private jails

Kankakee tries for immigration detention center while feds consider change

BY JON KRENEK
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The U.S. Department of Justice’s decision to eliminate the use of prisons run by private companies hasn’t soured the chances of one being built in Pembroke Township — at least not yet.

U.S. Immigration and Custom Enforcement, the agency seeking 700 beds within its Midwestern region, is yet to be impacted by the directive, according to sources on all sides of the matter. That means there still are four private companies and two public jails competing for the federal contract — including Kankakee County’s rent-a-cell program.

But the field of competition could be narrowed to Kankakee County’s and Kendall County’s jail programs if the U.S. Department of Homeland Security decides to nix the use of private companies to house immigration detainees. The agency announced last week it will review the practice just as the U.S. Bureau of Prisons did.

That could give a boost to Kankakee County Sheriff Mike Downey’s proposal to house immigration detainees at the two jails it operates.

“We’re still pursuing it,” Downey said.

In a prepared statement, ICE officials have said the agency will continue to use a variety of facilities to meet its needs.

See **JAILS**, page **A3**

100 years a lifetime



Daily Journal/Mike Voss

Clarence Heldt turned 100 on Tuesday. The World War II veteran lives in Heritage Woods of Manteno after spending a lifetime on a farm in Grant Park.

Grant Park farmer reaches milestone surrounded by family, friends

BY JOHN DYKSTRA • JDYKSTRA@DAILY-JOURNAL.COM • 815-937-3330

CLARENCE HELDT FOUGHT IN WORLD WAR II and was a prisoner of war. He came home to his wife and raised three children. He kept living and working on his family farm until he was 89 years old.

On Tuesday, he turned 100 years old. To celebrate his triple-digit birthday, Heritage Woods of Manteno threw him a surprise birthday party full of his favorites. His farm-themed cake featured John Deere tractors, which he will add to his toy farmer implements collection.

See **HELDT**, page **A3**

School’s out for weather

Early dismissal as mercury rises

BY JEFF BONTY
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With temperatures forecast to reach into the 90s today, some school districts are going to half-days.

Bradley-Bourbonnais Community High School, which let out at 1 p.m. on Tuesday, will dismiss at 11 a.m. today, according to a Facebook post. Students taking classes at the Kankakee Area Career Center will be on regular schedule.

• Kankakee District 111 students

will be in attendance for a half-day. Dismissal times will be 10:50 a.m. for seventh-12th grades and noon for kindergarten-sixth. There will be no preschool classes.

• Early release times for Bradley Elementary District schools are Bradley Central 10:45 a.m., Bradley East 11:15 a.m., and Bradley West 11:45 a.m. Pre-K students will not have school. School will resume on Thursday at the normal schedule times.

Herscher schools will release at 1:15 p.m. today and all after-school activities are cancelled.

Bourbonnais Elementary District schools will have a full day because all classrooms are air-conditioned.



Daily Journal/Tiffany Blanchette

Bradley-Bourbonnais Community High School students, many carrying water containers, leave school Tuesday after an early release at 1 p.m. because of the heat. Outdoor temperatures reached the low 90s just after noon.

INSIDE

- Mark end of summer with fruity gazpacho. **B1**
- Are store rewards programs worthwhile? **C1**
- Kankakee swims past rival BBCHS. **D1**



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Propane firepits • Corn Stalks
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OBITUARIES A5

Betty Albright, Kankakee
Jose Carlos Baeza-Padilla, Meadows
Jane Bobka, Bourbonnais
Dorothy Bunch, Chebanse
Delilah Eiland, Bourbonnais
Gloria Barnes Kelley, Indianapolis, Ind.
Adam Lamb, Chicago
Mary Landers, Wilmington
Nancy Mansberger, Grant Park
Larry Nelson, Detroit, Mich.
Donald O'Reilly, Bourbonnais
Lynse Stokes, Chenoa
Janice Tascher, Camp Verde, Ariz.
Joseph Tomas, Kankakee

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LOTTERY

Jackpots

Illinois Lotto \$5.5 million
 Hoosier Lotto \$2 million
 Mega Millions \$111 million
 Powerball \$186 million

Numbers drawn
Tuesday, Sept. 6:

Illinois
 Pick 3 Midday 4-9-1 8
 Pick 3 Evening 0-5-8 9
 Pick 4 Midday 2-5-6-5 4
 Pick 4 Evening 7-8-6-6 3
 Lucky Day Lotto
 Midday 4-18-26-35-37
 Evening 24-25-28-41-44

Indiana

Daily 3 Midday 6-6-0
 Daily 3 Evening 3-1-8
 Daily 4 Midday 0-3-6-2
 Daily 4 Evening 9-5-2-5
 Cash 5 7-8-9-21-32

Quick Draw

Midday
 3-7-15-18-23-29-30-31-42-47-53-54-55-57-61-62-71-72-78-80
 Evening
 2-6-8-10-12-18-23-24-30-31-34-41-46-49-52-55-64-71-72-74

Multistate

Mega Millions 25-37-58-69-75 8

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: SEEKING DRY LAND



Luis Santana/Tampa Bay Times via AP

Swollen river forces residents to paddle way out

Residents evacuate the Elfers Parkway area of Pasco County, Fla., flooded by the overflowing Anclote River, in Elfers, Fla., on Sunday. The Anclote River, northwest of Tampa, was forecast to go well into major flood stage on Sunday afternoon. Emergency managers issued mandatory evacuations for some low-lying mobile home parks and apartment buildings.

5 tips to mowing your lawn

Set your mower high

Set your mower at the highest preferred setting for your grass type, cutting only the top 1/3 of the grass blades at any one time. Why? Because properly mowed grass can grow and support more roots and develop a deeper root system to find water and nutrients in the soil. Cutting too aggressively, or scalping the lawn, forces grass plants to re-grow their blades, not deepen roots and also makes your lawn more prone to weeds.

Mow a dry lawn

Wait for your lawn to dry before mowing. Cutting wet grass can result in an uneven cut. Wet clippings can clog your mower, too, dumping clumps of grass on your lawn which can smother the grass and result in brown spots.

Vary your mowing pattern

Mow in a different direction every time you mow. By varying the mowing pattern, you help avoid compacting soil. Plus, grass will stand up nice and tall because it typically leans in the direction you mow.

Mow as needed

Mow only as often as needed for your grass type, growing conditions, growth pattern and season. In spring, that might mean twice per week. In



Small Newspaper Group

summer, you only might have to mow every other week.

Leave grass clipping on your lawn

Leave grass clippings on your lawn when possible. If you mow at the right height, as often as needed, clippings break down quickly, contributing nitrogen and other nutrients to the soil.

COURTESY OF SCOTTS

WEDNESDAY, SEPT. 7

Six events in history

- In 1825, the Marquis de Lafayette, the French hero of the American Revolution, bade farewell to President John Quincy Adams at the White House.
- In 1916, the Federal Employees Compensation Act, providing financial assistance to federal workers who suffer job-related injuries, was signed into law by President Woodrow Wilson.
- In 1927, American television pioneer Philo T. Farnsworth, 21, succeeded in transmitting the image of a line through purely electronic means with a device called an "image dissector."
- In 1940, Nazi Germany began its eight-month blitz of Britain during World War II with the first air attack on London.
- In 1957, the original animated version of the NBC-TV peacock logo, used to denote programs "brought to you in living color," made its debut at the beginning of "Your Hit Parade."
- In 1968, feminists protested outside the Miss America pageant in Atlantic City, N.J. (The pageant crown went to Miss Illinois Judith Ford.)

Happy birthday!

- Singer **Gloria Gaynor** is 73.
- Pianist **Michael Feinstein** is 60.
- Actor **Toby Jones** is 50.
- Actress-comedian **Leslie Jones** is 49.
- Actress **Diane Farr** is 47.
- Actor **Tom Everett Scott** is 46.
- Actress **Shannon Elizabeth** is 43.
- Actor **Oliver Hudson** is 40.
- Actress **Evan Rachel Wood** is 29.

DAILY JOURNAL

163rd Year — No. 8

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Probation for menacing man with gun

BY JEFF BONTY

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A man who allegedly tried to enter the Bourbonnais police station with a semi-automatic gun will spend the next two years on probation.

Scott P. Shreffler, 46, agreed to plead guilty to aggravated unlawful use of a weapon in Kankakee County court on Monday.

As part of his probation, Shreffler will be fitted with a GPS ankle bracelet.

Shreffler's case was up for bench trial Monday. If found guilty, he could have received probation or up to three years in prison.

According to reports, both a man in a car and a police department employee in the parking lot saw Shreffler walking toward the station with the gun.

Shreffler fled in his truck but was pulled over by Bradley police. Inside the vehicle, police found an unloaded gun and 420 rounds of ammunition.

Shreffler said in court last June a storage unit he rented had been broken into and that

it looked like "someone messed around with the gun." He was at the police station to turn the gun in.

Shreffler said he was in the area of the police station on personal business.

Assistant prosecutor Carol Costello said Shreffler has made multiple threats to numerous local police officers.

One Bradley officer was granted an order of protection in July when he found pictures of his home posted on Shreffler's Facebook page.

Attorney Gus Regas represented Shreffler.



Daily Journal/Scott Anderson

Will the construction ever end?

The Illinois Department of Transportation closed the Union Pacific Railroad grade crossing at U.S. Route 24/Illinois Route 1 on Tuesday morning in Watseka. The road will be closed for about eight days to allow the railroad to rebuild its grade crossing. Detour signs are posted for truck traffic to venture around the construction.

Stop signs

From page A1

The entire project will cost the city \$5,000, Tyson said. He said he expects the just-ordered signs should be ready to be put in place within two to three weeks.

"These signs will be very visible," he said.

Mayor Nina Epstein said several options were looked at — including making East Avenue a one-way street heading north.

Tyson also explained the illuminated signs have been shown to reduce by 53 percent the number of people who travel through stop signs, a recent study showed.

Some council members asked what happened to putting up a barricade. Epstein said the concern with a barricade is that it would keep people in the street and potentially allow it to put other motorists in danger.

Earlier this summer, a 41-year-old Kankakee man became the second person in 18 months to die after driving south down South East Avenue, crashing through a fence and landing in the river. Both this driver, Michael M. Howard, and the driver in the February 2015 fatal accident, Jessica Hinojosa, were intoxicated.

Jails

From page A1

The agency handles immigration offenders who are awaiting resolution of a case whether it relates to deportation or referral to another federal agency.

The private facilities the Justice Department will close are those housing inmates serving punitive sentences for criminal charges. A recent federal study found private facilities are less safe than those run by the government. Whether the federal government draws the same conclusion about immigration detention centers remains to be seen.

MTC Management and Training Corporation, of Centerville, Utah, still is pursuing construction in Pembroke Township, said Arnita Issa, the company's spokeswoman. The company has two private jails, which already have been affected by the Justice Department's ruling.

The company has been partnering with Hopkins Park Mayor Mark Hodge and the village council on the project for the past four years, Issa said. More recently, the idea started meeting resistance from local residents — including about 100 who attended a protest rally in July. Hodge said he is "neutral" on the matter.

"Washington has to decide who they are going to select," Hodge said. "We will probably see nothing until after the election."

Downey told county board members in July he submitted a proposal for the contract. A successful bid could help the county with its financial crisis and pay for an expansion of the county jail by 300 cells, he said.



Daily Journal/Mike Voss

Now a century old, Clarence Heldt is enjoying life at Heritage Woods after fighting and being taken prisoner during World War II and returning home to work on his family farm until he was 89 years old. Heldt is the second oldest resident at the retirement home. Next year, a third person will join the home's exclusive 100-club.

Heldt

From page A1

He had a Miller Lite surrounded by friends and family.

"I never expected this," Heldt told the crowd of about 60 people, wiping tears from his eyes. "I'm glad to see every one of you."

EARLY LIFE

Heldt was born on Sept. 6, 1916, on his family farm in Grant Park, where he lived and worked until he was 89 years old. He was the only child of Henry and Emilie Heldt and attended eight years of school in Sherburnville before he quit to help out on the farm.

He was 27 years old when he received his draft notice for World War II. He married his wife, Kathryn, whom he was married to for 60 years, before heading overseas to France and Germany.

Heldt fought in the Battle of the Bulge and was taken prisoner by the German forces. The U.S. Army private was liberated six months later as the war ended. He received a Purple Heart and Combat Infantry Badge for his service, and also shook Gen. Dwight Eisenhower's hand.

"I stayed on my family's farm until I did my duty with Uncle Sam," Heldt recalled. "I did what they asked me to do. That was the worst part of my life."

For his service, American Legion Post 755 of Manteno gave him a certificate of honor on Tuesday as a birthday present.

COMING HOME

Heldt hasn't told his three children much about his war experience,

preferring to keep it to himself.

"He didn't want us to feel uneasy," said his son, Bruce, who is a Vietnam veteran. "He just did his job and went on with his life. He did what he had to do. He raised a family and kept working."

Upon returning home, he became fascinated with John Deere tractors, preferring them over the horse-powered equipment his father used.

That obsession with John Deere happened by chance. Heldt tried to order tractors from Farmall, Allis-Chalmers and John Deere when he returned home. John Deere responded first, and Heldt stuck with them ever since.

Heldt was a fixture in the Grant Park community. He served on the Grant Park Elevator Board and helped the village develop its iconic grain bins. His name is listed on a plaque commemorating them.

He enjoyed farming so much, he kept harvesting oats, wheat and corn — among other crops — until he retired at 89 after a triple bypass heart surgery. Nonetheless, he took occasional trips away from the retirement home just to watch his family run the combines from a truck.

"Farming kept him young," said his son, Rich. "He loved to drive tractors, so we let him go. He's been so healthy all of his life, and he enjoyed John Deere tractors because they didn't have a mind of their own, unlike the horses his father used."

"He loved farming, and he still loves it," added his daughter, Susan Williams. "He was always working to make a living."

GOING FORWARD

Now a century old, Heldt is

"He enjoyed John Deere tractors because **they didn't have a mind of their own, unlike the horses his father used.**"

RICH, HELDT'S SON

enjoying life at Heritage Woods. He is the second oldest resident at the retirement home. Next year, a third person will join the home's exclusive 100-club.

Heldt still is a lifelong member of St. Peter's United Church of Christ in Grant Park. The church will have an open house on Sept. 18 to celebrate his birthday.

"He was very emotional today," Bruce said. "He knows he's 100 years old, but he just looks at it as a part of life. I think he's understanding how great of a milestone it is."

In addition to his three kids, Heldt has five grandchildren and three great-grandchildren. His children still reside in Kankakee County.

With Tuesday's celebration, he will have plenty of pictures and toy tractors to display in his room.

"I'm very surprised," Heldt said, pausing a moment to wipe tears away before giving way to a smile. "It was very kind for everyone to do this for me. It makes me happy."

POLICE BLOTTER

The following is a roundup of area arrests for serious crimes. Unless otherwise stated, all of the people listed have been arrested but not yet charged. They are presumed innocent until proven guilty in a court of law. Unless otherwise stated, the following are taken directly from police reports.

AGGRAVATED BATTERY

- Kankakee police were called to Presence St. Mary's Hospital for a report of a stabbing victim on Sept. 5. The victim said he was at a party with friends in the 900 block of East Willow Street. He said he was stabbed several times with an unknown object by an unknown individual. He had puncture wounds and cuts to his hand, chest, neck and leg. He became uncooperative with police.

DOMESTIC BATTERY

- Kankakee police arrested Jimmie M. Franklin Jr., 26, and charged him with aggravated domestic battery on Sept. 3. Police were called to the 200 block of Crestlane Drive. The victim said she and Franklin got into a physical altercation. A judge set his bond at \$10,000.

DUI

- Kankakee police arrested Dailynn Rae Shearer, 23, and charged her with driving under the influence of alcohol on Sept. 4. Shearer had crashed her vehicle on East Brookmont Boulevard. The officer smelled alcohol on her breath and had her perform field sobriety tests.

- Miguel Medina, 39, was arrested by Kankakee police for driving under the influence of alcohol on Sept. 4. Medina was found in the alley of 100 South Wildwood Avenue after a person called to report a drunk driver in the 200 block of South Schuyler Avenue. He failed field sobriety tests. He received citations for driving on a revoked license and operating an uninsured vehicle.

- Bradley police arrested Daphne Malynn LaGesse, 53, and charged her with driving under the influence of alcohol on Sept. 4. She was pulled over in the 200 block of West Congress Street after an officer observed her driving erratically.

GUN FOUND

- Kankakee police recovered a gun in the alley of the 400 block of South Lincoln Avenue on Sept. 2. An anonymous caller saw subjects in the alley with guns. The gun was found under a trailer by a garage. Seven people were detained. One was arrested for a violation of home detention. The other six were released.

RESIDENTIAL BURGLARY

- The owner of rental property in the 700 block of South Elm Street reported to Kankakee police someone broke into the home and stole a refrigerator and kitchen stove on Sept. 5.

BRIEFS

KANKAKEE

Man charged with DUI in head-on crash

A Kankakee man was charged with DUI on Monday morning after he allegedly caused a head-on collision on Illinois Route 17 at 7000W.

State police said John E. Brinkman, 58, was eastbound in his 2006 Toyota pickup truck when he crossed over and drove into a 2002 Chevrolet Avalanche with four people from Kankakee in it, including a 5-year-old boy. The crash occurred at 8:25 a.m.

Brinkman was airlifted to Advocate Christ Hospital in Oak Lawn with life-threatening injuries. The four people in the Chevrolet were transported to St. Mary's Hospital with minor injuries.

In addition to being charged with a DUI, Brinkman was cited for improper lane usage. His condition was not released.

— JOHN DYKSTRA

BOURBONNAIS

Shed destroyed by fire

A home in Tri-Star Estates sustained minor damage from a fire started by misuse of a fire pit on Monday in Bourbonnais.

According to Bourbonnais Fire Protection District, they were called to Berry Lane at 4 p.m. for a shed fire. The flames had spread to the house and an attached garage upon arriving.

The house had some minor smoke damage. The shed was destroyed, and there was heat damage to the garage.

The cause of the fire was ruled accidental. The loss was estimated at about \$5,000.

There were no injuries and Red Cross assisted the family.

— JEFF BONTY

COMMUNITY CALENDAR

Thursday, Sept. 8

Bradley-Bourbonnais Senior Citizens' Club Back-to-School Luncheon, Quality Inn & Suites in Bradley. Noon. Tickets on sale at 815-933-3060.

Max Armstrong: 'Stories from the Heartland', Kankakee Public Library, 201 E. Merchant St. 815-939-4564. 7 p.m. WGN's Max Armstrong will discuss his book, "Stories from the Heartland." Books will be available for sale and signing.

Friday, Sept. 9

NARFE (National Active and Retired Federal Employees), Village Grill Restaurant, 135 S. Schuyler Ave., Bradley. 815-929-3824. Noon lunch, 1 p.m. monthly meeting. Speaker from CUB (Citizens Utility Board). All welcome to come and participate.

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. Make a fun project.

Family Game Night, First United Presbyterian Church, 64 S. Walnut St., Manteno. 815-468-3275. 6 p.m. Food, fellowship and fun. Bring a snack or dessert to share and we will play games for all ages.

Amalgamation Art Exhibition, The Victorian House Art Gallery, 577 S. Main St., Bourbonnais. A three-person art exhibition. Photography by

Nate Mathews, paintings by Steve Sherrill and mixed media drawings by Stephanie Snider. Exhibition runs through Oct. 5. Gallery hours Monday through Thursday 4:30 to 7:30 p.m., Friday noon to 3 p.m. Reception Friday from 5 to 7 p.m.

Saturday, Sept. 10

Community Clean Up, meet at the Community Garden on Fifth Avenue, Kankakee, 8:30 a.m. to 12:30 p.m. Students and others in need of volunteer hours or community service hours, this is a great opportunity. A letter of validation will be sent on your behalf to recognize your efforts. 815-573-5456.

Community Reporter Day, 12:30 to 1:30 p.m., Pembroke Public Library, participants will learn how to brand a community by promoting what makes that area unique. There will be speakers, field trips and classroom instruction. 815-944-8609, pembrokepubliclibrarydistrictillinois.weebly.com.

Fourth annual Mother Daughter Tea at the B. Harley Bradley House, 701 S. Harrison Ave., Kankakee. \$40 for each mom/daughter and \$15 for additional guests. The house becomes an enchanted fairy forest from noon to 2:30 p.m. Includes gourmet lunch, visit from the fairy queen, gift bag, face painting and house tour. Seating limited, reservations necessary. Intended for girls ages 5-13. Fairy costumes welcome but optional. Tickets at wrightinkankakee.org or 815-514-5976.

Youth Organization Day, Pembroke Public Library District, 13130 E. Central Ave., Pembroke Township. 815-944-8609. 10:30 a.m. Youth organizations give presentations and offer activities for children ages 2 to 18. Those younger than 12 must be accompanied by a caregiver. A light snack will be served.

Greater Kankakee Compassionate Friends Walk to Remember, butterfly release and picnic, Perry Farm, Bourbonnais. 9 a.m. registration, 10 a.m. walk, 11 a.m. butterfly release, picnic to follow. Please bring a dish to pass. This is the group's only fundraiser for the year: \$10 for butterflies, \$10 for shirts, limited number available. For more information, call 815-468-8742 or 815-545-1686.

Book Sale, Pembroke Public Library District, 13130 E. Central Ave., Pembroke Township. 815-944-8609. All day. Proceeds go toward library programs.

Manteno American Legion Post 755 — Ladies Auxiliary, Fun and Laughter, 5:30 p.m. \$25. Event only will be open to ticket holders. Doors open at 5:30 p.m., dinner at 6 p.m., show at 8 p.m. Tickets purchased at the Legion or at 815-468-8324. \$25 per person in advance or \$30 after Sunday.

Dedicating the Lincoln Statue for the Abraham Lincoln National Cemetery, 20953 W. Hoff Road, Elwood. 1 p.m. Dedication of life-size bronze statue of President Abraham Lincoln. Behind the statue will be a limestone bench including five bronze plaques honoring each of the five military branches. Also, two bronze tablets will recount Lincoln as the founding president of the national cemeteries and include the last paragraph of Lincoln's second inaugural address. Call 630-327-8654, or visit online at ALNCemeterysupport.org.

Sunday, Sept. 11

81st annual Greek Festival, Annunciation Greek Church, 296 N. Washington Ave., Kankakee.

kee. Noon to 7 p.m. with short memorial service for the 15-year anniversary of 9/11. Shish kebab and Greek-style chicken dinners and homemade Greek pastries served all day. Greek folk dancers at 2 p.m. Raffle tickets for \$5,000 first prize and other monetary prizes available on church grounds. Bingo all day. 815-933-5284.

Kankakee Emblem Club hosts the family play "Sr. B's Bingo," Hilton Garden Inn, Kankakee. 1 to 5 p.m. \$20. A laugh-filled 90-minute play publicized as party, prizes and punishment, at 2 p.m. Advance tickets are \$20 and available at Love's Gifts in Kankakee, Joy's Hallmark in Kankakee and Tholen's in Bourbonnais. Tickets will be sold at the door for \$25. Cash bar and food available.

Annual Fall Art Stroll, Kankakee Train Depot, 197 S. East Ave., Kankakee. 11 a.m. to 4 p.m. Fine art for sale, children's activities, entertainment and food. Information at communityartscouncil.com or 815-933-2787.

Raifest, 11 a.m. to 5 p.m., Kankakee Depot, 197 S. East Ave., Kankakee. "Explore New Orleans by train" is the theme with an exhibit about New Orleans in the RR coach. Visit three model train layouts, tour the caboose and trolley car. Tickets: adults \$2, children 6-12 years old \$1, younger than 6 free.

Monday, Sept. 12

Sheldon Concord Township Blood Mobile, Sheldon Community Center, 12:30 to 6 p.m. The need is great for blood right now. For more information, call 815-867-7219.

Yoga at Your Library, Bradley Public Library, 296 N. Fulton Ave. 815-932-6245. 6 p.m. Mondays, Sept. 12 and 19 and Oct. 10 and 17. This four-session program is appropriate for yoga students 18 years and older, of all levels. Elizabeth James leads. Wear casual exercise wear, bring water bottle and yoga mat or beach towel. Signup required; stop by library. Waiver required;

complete at circulation desk.

Symphony Soiree, \$35. Hors d'oeuvres and desserts at the home of Allan Dennis, conductor of the Kankakee Valley Symphony Orchestra. Music by Lupe Carroll. 3 to 5 p.m., Sept. 18. RSVP requested by Sept. 12 at 815-214-9555 or emailing patricia465@comcast.net. All proceeds will benefit the symphony orchestra.

Tuesday, Sept. 13

Matter of Balance Fall Prevention Program, Options Center for Independent Living, free workshop at the Bourbonnais Township Park District Recreation Station, 770 N. Franklin Ave., Bradley. First of an eight-week class by certified instructors. Register at 815-936-0100.

Roper retirees, Paul's Place, Kankakee. Roper retirees and former employees breakfast gathering, 8:15 a.m. Paul's Place, second Tuesday of each month.

Wednesday, Sept. 14

GFWC IL Woman's Club of Kankakee Annual Fall Card Party, Civic Auditorium, 803 S. Eighth Ave., Kankakee. 815-939-0987. Doors open at 11 a.m. Tickets are \$8 per person. Refreshments served.

Overeaters Anonymous, Riverside Medical Center, 350 N. Wall St., Room C, Kankakee. 815-592-3012. Meets Wednesdays at 7 p.m. A 12-step support group to abstain from compulsive overeating and food behaviors. Free.

Thursday, Sept. 15

Food pantry, Gift of God Street Church, 660 N. Fifth Ave., Kankakee. 815-614-3785. Food pantry open 12:30 to 2:30 p.m. third Thursday of each month.

George Pullman, The Man and His Model Town, Bourbonnais Public Library, 250 W. John Casey Road, White Oak Room. 815-370-2027. 6:30 p.m. Historical interpreter C.J. Martello shares the remarkable story of George M. Pullman's project to create a community founded on

a working relationship benefiting the company and the worker. A mini book sale will be held beginning at 5:30 p.m. with books priced at 50 cents and \$1. For more information, call 815-933-1727, or visit bourbonnaislibrary.org.

Friday, Sept. 16

"Those Were The Days" Radio Players, Bradley Public Library, 296 N. Fulton Ave. Doors open at 6:30 p.m., event at 7 p.m. Live performances of classic radio shows. Seating is limited. No tickets needed; however, RSVP is highly recommended by calling 815-932-6245 or stopping by the circulation desk.

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. Make a fun project.

Saturday, Sept. 17

Walk to End Alzheimer's, Perry Farm Park, 459 Kennedy Drive, Bourbonnais. Raise awareness and funds for Alzheimer's care in our community, along with support and research. The Alzheimer's Association provides free, easy-to-use tools and staff support to help participants reach their fundraising goal. Registration is free, but participants are encouraged to contribute to the cause. Registration at 8:30 a.m., ceremony at 9:30 a.m., walk at 10 a.m. For more information, call 815-272-2010 or msorensen@alz.org.

Youth Organization Day, Pembroke Public Library District, 13130 E. Central Ave., Pembroke Township. 815-944-8609. 10:30 a.m. Youth organizations give presentations and offer activities for all children ages 2 to 18. Those younger than 12 must be accompanied by a caregiver. A light snack will be served.

Book Sale, Pembroke Public Library District, 13130 E. Central Ave., Pembroke Township. 815-944-8609. All day. Proceeds go toward library programs.

Carousel: A Concert, 7 to 9:30 p.m., Miner Square, 199 S. East Ave., Kankakee, next to the train depot (rain date Sept. 18). Enjoy this classic musical under the stars, and filled with many of the area's best talents. Bring your own lawn chairs, blankets and pillows. Food vendors will be available before and during the performance. 815-450-3888 or limelighttheatreworks@gmail.com.

Pork Supper, 4:45 to 7 p.m., Wilton Center Federated Church, 14101 W. Joliet Road, Manhattan, 815-932-9917. \$10 all-you-can-eat roast pork, dressing, gravy, real mashed potatoes, green beans, corn, cranberry relish, coleslaw, home-baked pies. Crafts and goodies also for sale. Valet parking.

Friday, Sept. 16 — Saturday, Sept. 17

Class of 1961 Reunion, Bradley-Bourbonnais Community High School. Reunion events will be at the Quality Inn & Suites in Bradley from 6 p.m. to midnight each night. For information, call 815-214-4189.

Sunday, Sept. 18

Peotone Fall Festival, free, Peotone H.A. Rathje Windmill 427 W. Corning Ave. 708-328-4072, peotonehistoricalsociety.org. Explore three floors of the largest Illinois windmill built in 1872, filled with antiques, exhibits and demonstrations of old-time crafts, including blacksmiths, spinning wheels, broom making, shoe making, loom weaving, an 18th century medicine man, woodcarving, bee handlers, stain glass artists, buckskin items, Native American flutes and many children's activities.

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National news

There's science behind the chirps, chimes in your car

Testing musical greetings meant to help you steer clear of trouble

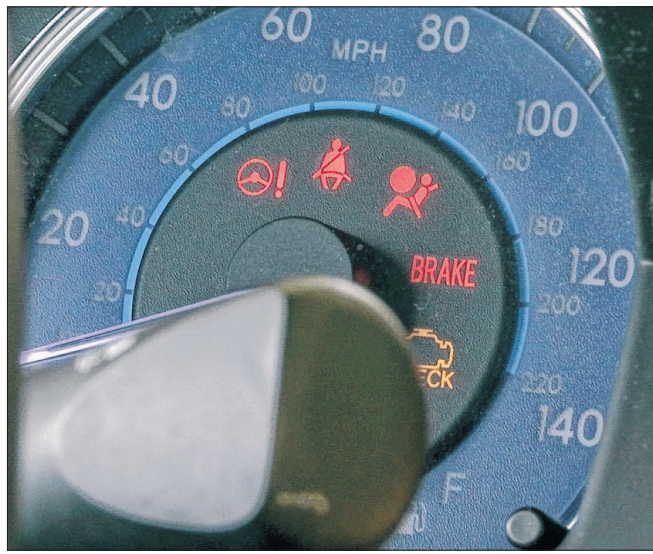
BY TOM KRISHER
AP Auto Writer

DEARBORN, Mich. — Whether it's the pleasant greeting when you slide into the driver's seat or a loud, annoying beep that warns you of an imminent crash, there's science behind the noises that your car makes.

Nearly all automakers have engineers and others assigned to special groups that make sure musical greeting sounds are pleasant and that warnings such as forward collision alert are so annoying they get a driver's attention fast.

"It's critical," said Sean DeGennaro, a vehicle harmony engineer at Ford Motor Co. in Dearborn, Mich. "If we get it wrong, you don't know that you have low tire pressure, you don't know that you're low on fuel, and all of a sudden, you're stuck on the side of the road."

As recently as a decade



The Associated Press

The average car has 10 to 15 different sounds for anything from keys in the ignition with the door open to seat belt reminders. Some luxury vehicles, or even mainstream cars with a lot of advanced safety features, can have as many as 20 noises. That's only going to grow as more safety features are added on the way toward self-driving cars.

ago, there wasn't much research behind the chirps, bells and chimes inside cars. Most automakers had a dedicated speaker for the sounds, and some even used the crude noise from electrical relays for turn signal clickers and other alerts. But as more features have been added in

cars and trucks, the number of sounds has grown, and their functions have become more important.

The average car has 10 to 15 different sounds for anything from keys in the ignition with the door open to seat belt reminders. Some luxury vehicles, or even mainstream cars with a lot of advanced safety features, can have as many as 20 noises. That's only going to grow as more safety features are added on the way toward self-driving cars.

Teams at automakers, some with music backgrounds, come up with the sounds for the various devices. Then, they are often tested with real drivers to find out if they're annoying enough for emergencies and soothing enough for greetings. And the cars have to be programmed so the sounds coincide with dashboard text alerts.

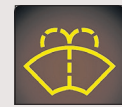
On Ford and Lincoln vehicles, the sounds run through the audio system to produce chords, said DeGennaro. The frequencies of major chords tend to be more soothing, while minor chords can be annoying. "It's up to us to pick the right frequencies that can deliver either the harsh or positive sound that we want," said DeGennaro, an engineer who sang in the choir and took music theory classes in high school.

It's then up to field tests with real drivers. Ford, General Motors and other automakers play different frequencies for drivers in tests and ask them to rate how pleasant or annoying they are. Sometimes, they want annoying, as in the case of the shrill staccato beeps that warn GM drivers to brake because they're nearing a collision.

GM only can do two single-frequency tones played over the audio system speakers, but it's testing more sophisticated sounds across the globe, said Andy Gellatly, the

Do you know your dash?

When something goes wrong with your car, a feature you should know about is activated. Do you really know what your dashboard is telling you when it illuminates a symbol similar to a hieroglyphic?



- 1. It's not a conductor's point of view; it's:**
A. Traction control malfunction
B. Washer fluid indicator
C. Security light



- 2. This fedora wearing symbol really is:**
A. Traction control
B. Oil pressure warning
C. Tire pressure warning light



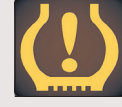
- 3. A pirate ship with its sails down really is:**
A. Antilock brake warning
B. Automatic shift lock
C. Engine temperature warning light



- 4. You are not getting three wishes; it's the:**
A. Fuel indicator symbol
B. Fog lamp indicator
C. Oil pressure warning



- 5. No, 'Yellow submarine' isn't on the radio:**
A. Engine warning
B. Fuel indicator symbol
C. Airbag indicator



- 6. It's not telling you the field goal is good; it's:**
A. Seatbelt reminder light
B. Tire pressure warning light
C. Fuel indicator



- 7. It's not a lego teaching you math; it's:**
A. Washer fluid indicator
B. Airbag indicator
C. Battery alert

Answers: 1. B; 2. A; 3. C; 4. C; 5. A; 6. B; 7. C

7 for 7: You are quite the mechanic who doesn't ignore these warnings.

5 or 6 right: You have the idea your car is telling you to do something, but what it needs is a bit puzzling.

4 or less: Dust off your owners manual and study.

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National news

1st manufacturing, now services signal cracks in economy

BY SHOBHANA CHANDRA
Bloomberg

Some cracks could be starting to appear in the picture of an otherwise resilient U.S. economy.

An abrupt drop in the Institute for Supply Management's services gauge on Tuesday to a six-year low is the latest in a string of unexpectedly weak data for August. Other less-than-stellar figures include an ISM factory survey showing a contraction in manufacturing; a cooling of hiring; automobile sales falling short of forecasts; and an index of consumer sentiment at a four-month low.

While there hardly is any evidence that growth is falling off a cliff, the run of disappointing figures make it tougher to argue the underlying momentum of the world's largest economy is holding up. It also potentially complicates the task of Federal Reserve policy makers, who are debating whether to raise interest rates as soon as this month; traders' bets on a September move faded further after the report on service industries, which make up almost 90 percent of the economy.

"The latest set of ISM numbers is shockingly weak," said Joshua Shapiro, chief U.S. economist at Maria Fiorini Ramirez Inc. in New York. "It certainly gives the doves at the Fed more ammunition. It makes the Fed's conversation at the September meeting that much more contentious."

The ISM's nonmanufacturing index slumped to 51.4, the lowest since February 2010, from 55.5 in July, the Tempe, Ariz.-based group reported. The figure was lower

than the most pessimistic projection in a Bloomberg survey. The ISM measures of orders and business activity skidded by the most since 2008, when the U.S. was in a recession. Readings above 50 indicate expansion.

Stocks fell, bonds climbed and the dollar weakened against most of its major peers after the data were released.

Shapiro said while his firm's forecast is for a rate hike at the Sept. 20-21 meeting, "it's a very close call and almost a toss-up" at this point given the recent data.

Goldman Sachs economists led by Jan Hatzius, who last week said the August payrolls gain was "just enough" for a large majority of Fed officials to support a September rate increase, on Tuesday said the ISM manufacturing and services gauges "may have some bearing" on the Fed's decision this month.

The setback to demand for services is a surprise given that households still are spending at a solid clip and home sales remain sturdy. The weakness across services and manufacturing might reflect adjustments to capital-spending plans amid declining corporate profits.

Seven of 18 industries in the ISM services survey showed a contraction in August, including retail; arts and entertainment; transportation and warehousing; and mining. That compares with three industries in the July survey.

The report "still reflects growth, just at a much slower rate," Anthony Nieves, chairman of the ISM nonmanufacturing survey, said on a conference call with reporters. Given that the July pace seemed



The Associated Press

Economists still project a third-quarter rebound in economic growth despite falling stocks, climbing bonds and the weakened dollar.

unsustainable, there's a need to see how the data pan out in the coming months before concluding whether the August slowdown is a trend, he added.

Some analysts were reluctant to take the reading at face value. Ian Shepherdson, chief economist at Pantheon Macroeconom-

ics, said the report looks similar to a "fluke." In a research note, he added the slowdown services was "just as big a mystery as the drop in the manufacturing index."

In the services report, the business activity index, which parallels the ISM's factory production gauge, dropped to 51.8 from the prior month's 59.3. It was the lowest level

since January 2010 and the steepest slide since November 2008.

Economists still project a third-quarter rebound in economic growth after an anemic first half. Nonetheless, the latest ISM report raises some concern about whether the weakness in manufacturing is spilling over into the broader services sector.

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National news

Why health care is different if you are poor or a minority

Attending to the 'human element' is key to keeping patients healthy

BY SHEFALI LUTHRA
Kaiser Health News (TNS)

Racial minorities and lower-income people typically fare far worse when it comes to health outcomes. And figuring out why has long been one of health care's black boxes. Forthcoming research might help shed light on what's driving those inequities — and how the system can fix them.

What is needed? Better bedside manner, so patients actually trust their doctors. Communication that easily is understood by everyday people. And transparency about what medical care costs, plus a willingness to discuss how price points fit into consumers' health decisions.

Those ideas were highlighted in a white paper presented last month at a health communication conference sponsored by the Centers for Disease Control and Prevention. The findings, which will be published in full later this fall, are based on interviews with 100 health professionals and 65 "disadvantaged patients," along with a nationally representative survey of 4,000 consumers. The examination is part of a larger project funded by the Robert Wood Johnson Foundation, a health-focused nonprofit. It was conducted by the Altarum Institute, a research and consulting organization.

The paper suggests "implicit bias" — doctors and nurses subtly or subconsciously treating some patients differently than others — or patients' perception of it could have consequences for people's health. Patients who felt they had experienced bias based on factors such as race, income or insurance were less likely to follow advice about medication, for instance, and ended up sicker in the long run.

"We, for a long time, have neglected the human element," said Chris Duke, director of Altarum's Center for Consumer Choice in Health Care, and the white paper's author. "The No. 1 predictor of patient satisfaction is if your nurse listened



Heidi de Marco/KHN

People on Medicaid, the state-federal health insurance program for low-income people, or who were uninsured, were more likely to perceive disrespect than those with private insurance or Medicare, which provides coverage for senior citizens and some disabled people. Income was the next predictor for how well people felt they were treated. After that came race.

to you. We neglect this at our great peril."

Duke stressed the research isn't enough to draw conclusions about causality — that feeling disrespected causes worse health. But the study builds on years of investigation that suggests implicit bias and how patients perceive it could contribute to differences in health outcomes.

Insurance status was the largest predictor of how patients viewed their doctor-patient interaction, Duke said. People on Medicaid, the state-federal health insurance program for low-income people, or who were uninsured, were more likely to perceive disrespect than those with private insurance or Medicare, which provides coverage for senior citizens and some disabled people. Income was the next predictor for how well people felt they were treated. After that came race.

Meanwhile, racial minorities and low-income people also were more likely to be sensitive to concerns about a doctor's bedside man-

ner, and to seek out someone they thought would treat them well, Duke noted.

Often, these patients cue in on subtle behaviors, such as the doctor not making eye contact or not asking questions about their symptoms and health conditions, their lifestyle or their preferences on how to manage a disease. But that can be enough, Duke said, to keep people from seeking care, or following through on medical advice.

He recalled one interviewee: a lower-income black woman with high blood pressure. She said her physician never asked her meaningful questions about her health, instead just writing her a prescription. She was so dissatisfied, she ignored the recommendation, meaning her condition only worsened.

"There's a huge need for provider training in communication and warmth, and the understanding that how you interact with your patients can have an implication ... on their health," he said.

That interaction could have major consequences for patients with chronic diseases, such as diabetes or heart problems, noted Ben Handel, an assistant professor of economics at the University of California, Berkeley, who has researched health consumer decision-making. These patients need regular follow-up, but they are less likely to seek it out because they aren't in significant pain. But if they don't get regular treatment, they could develop severe medical complications.

"If you feel like your doctor doesn't respect you, you're not going to go the doctor unless you have to — and preventive care is something you don't get unless you have to," he said. "And that kind

of stuff is in some ways the most important."

To address that, both Duke and Handel said it's worth examining how Medicaid pays doctors, so that they see more value in treating low-income patients. Currently, Medicaid reimburses physicians at a lower rate than do other insurance programs.

Encouraging more diversity in medical professions — from a racial and a socioeconomic standpoint — also could help, they said. That idea tracks with other suggestions researchers have made when brainstorming ways to tackle gaps in health care and to make the system more responsive to people who are typically overlooked.

"If you are a lower-income racial minority, and you walk into a hospital and none of the pictures of people look like you, and none of the staff looks like you, you may not feel welcome," Duke said. "People need to feel welcome for them to trust information, and trust guidance."

The paper also highlighted consumers' concerns about understanding their medical recommendations and how much their care costs. Expense in particular "is a big sticking point," Duke said, and it's something doctors have long been discouraged from discussing. But for patients, avoiding the subject means they're more likely to go without.

That's true across the board, but likely even more so for lower-income people, Handel said. "That's basic economic theory. If you're low-income and the marginal value of income is higher, you're going to be more price sensitive," he said.

The findings underscore a need for inclusivity, Duke said. "We heard many patients say, 'The system is for them and not for us,'" he said. "The fact that we have large disparities along the lines of income and race — it shows there's a lot of ground to be covered."

"People need to feel welcome for them to trust information, and trust guidance."

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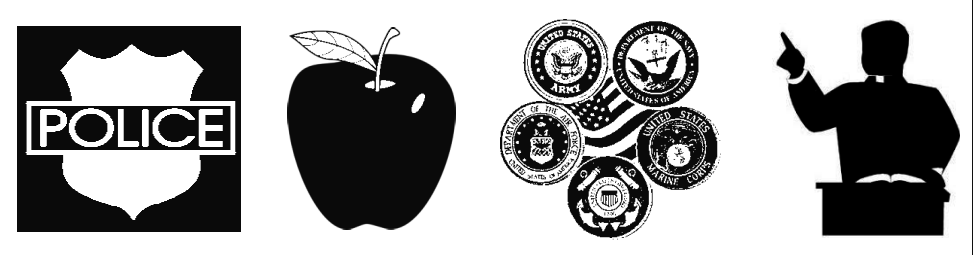
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657 E. Court Street
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OPINION

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

EDITORIAL

A business model from a bygone era

What we should really learn from Howard Johnson

Howard Johnson restaurants should have been a success story. Based in New England, it was an early adapter to the automobile culture. Many of its 800 stores were located near busy intersections — including the Boston Post Road from New York to Boston.

The ice cream and hamburger menu was well-suited to the American palate and its restaurants had a distinctive architecture. To this day, if you see orange and blue,

you think of HoJo's.

There is only one left now, in Glens Falls in upstate New York. About 80 percent of its business comes from tourists, people who might have bought a Howard Johnson's patty melt in years gone by. Those folks are nostalgic, and pick one up while on vacation. If only they had been regular customers, the chain would have flourished.

What happened? And why? Well, the decline of Howard Johnson was simultaneous with the growth of McDonald's and other fast-food franchises. Would America prefer to sit down, to be served by a waitress and to leave a tip? Or would

we pick up food wrapped in paper, on a plastic tray and bus our own tables, if the food was less expensive, and much, much faster? We now know the answer.

In today's media milieu, there almost is universal condemnation for business executives, of whom it is repeatedly said make too much money. What is often not realized is that a single business decision can change the lives of thousands of employees by preserving their jobs, or dooming them to obsolescence. Sometimes, a decision is what you do. Sometimes, a decision is what you fail to do.

Kodak developed a digital

camera in 1975, but dropped the idea because it was in the film business. It was in bankruptcy proceedings by 2012. Pan Am bought a fleet of energy-guzzling 747s just before the oil crisis. Montgomery Ward retrenched in the years after World War II while other retailers expanded and captured the postwar boom.

We think business is forever, but if you call up the original Dow Jones Index from 1896, you will only find one name, General Electric, that you recognize. The rest are gone, merged, renamed or reorganized.

Those executives who can analyze the future, and, thus,

save or create thousands of jobs are worth every penny. Howard Johnson survives as a hotel chain, but there is a lesson to be learned. The future belongs to no one. Wishful thinking must always be underlined by cash register receipts.

QUOTE OF THE DAY

"Fact is, inventing an innovative business model is often mostly a matter of serendipity."

GARY HAMEL

COMMENTARY

Thank God they work on Labor Day

Some jobs too vital for day off

Everyone loves a day off from work. In turn, everyone loves Labor Day.

No, not the amazing 2013 film starring Josh Brolin and Kate Winslet, but the holiday.

In the late 19th century, trade unionists thought it'd be a good idea to set aside a day to celebrate labor.

Today, Labor Day is celebrated on the first Monday in September, so if you're one of the lucky ones who aren't scheduled to work on Saturdays, you have a long weekend to look forward to each year.

But what about the not so lucky ones? Labor Day is great if you want to kick back all weekend long, eat barbecue and dread going into work Tuesday, but there are people who we depend on to be working for the good of everyone, 24/7.

Here are two examples of the people we're lucky to have working on Labor Day.

POLICE OFFICERS

Yes, police officers have been under increased public scrutiny of late.

The use of video and social media has made some of their mistakes more accessible for the world to see in this day and age. But that doesn't mean there aren't any good cops left in the system. We need good, loyal and, dare I say, law-abiding police officers on our side and working to protect us every single day. We need police who actually keep us out of harm's way and make us feel safe. Police we can count and depend on.

DOCTORS AND NURSES

Right now, doctors and nurses are working at area hospitals. Right now, nurses are keeping a close and attentive eye on my grandmother, as she has been hospitalized for observation. I spent much of last weekend with her, and I couldn't be more thankful or more grateful for the doctors and nurses who have helped her. Nurses and doctors pretty much have to be ready to go at a moment's notice, and they do so much, especially nurses.

Doctors are there to advise and do procedures and follow-ups, but nurses do everything else to make sure a patient's stay at a hospital is as comfortable as it can be.

Could you imagine if all nurses and doctors just got the entire day off? Hospitals would be in chaos, and no one would be looked after. So, I'm glad doctors and nurses don't have Labor Day off so my loved ones and yours can be taken care of.

If it weren't for these people who hold these jobs and many more, we'd all be in trouble. That doesn't mean the employees who work in a retail store don't deserve a day off, but everyone else can go one day without looking through racks of clothes, or looking through aisles of hardware.

People might get disappointed if they hear their favorite store is closed on Labor Day, but there are so many other important people working for you on that day who matter much more.

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.



KIERA ALLEN

Could you imagine if all nurses and doctors just got the entire day off?

FAMILY OWNED SINCE 1903

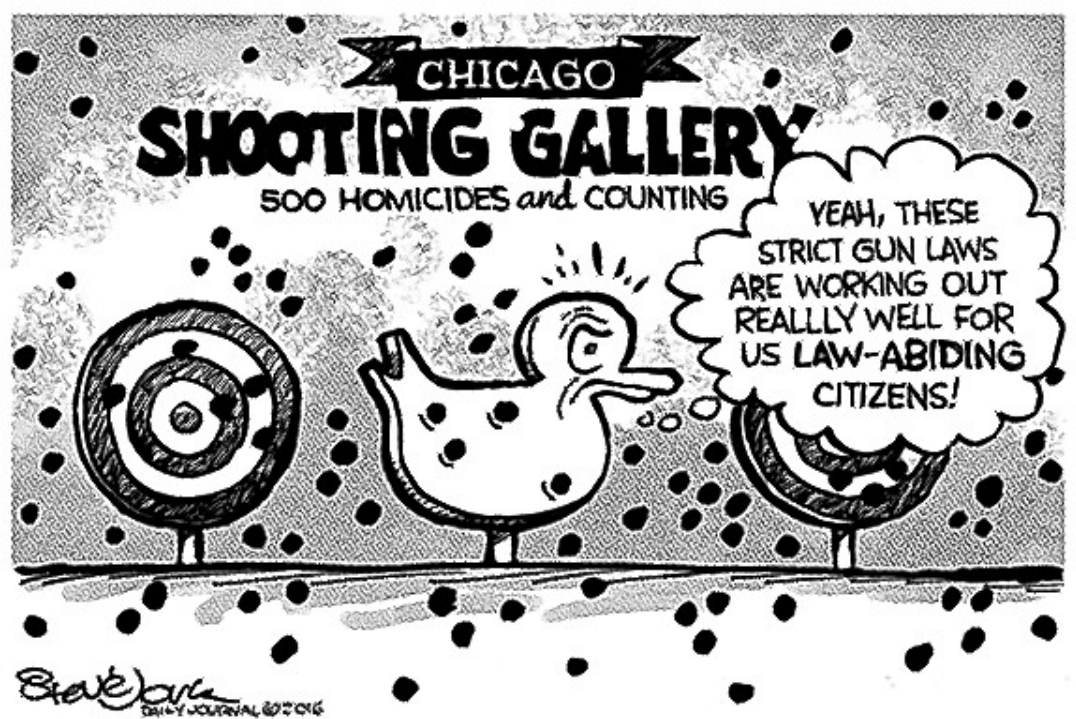
DAILY JOURNAL

Leslie Charles Small, 1886-1957 • Len Howard Small, 1914-1980
Jean Alice Small, 1914-2002

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YORK'S VIEW



VOICE OF THE PEOPLE

Backing Democrats has not lifted black population

Donald Trump or Hillary Clinton? I understand what I am about to say could start quite a controversy and might be misconstrued by many in Kankakee County. To quote Trump, "What do we have to lose?"

I am not advocating for Trump, Clinton or any other presidential candidate. I have been a registered voter since the age of 18, and have lived in Pembroke/Hopkins Park since 1952. In my opinion, Trump and Clinton are entertainers and use their political rhetoric to the extreme and I have not considered voting for either. However, I believe Trump's speech on the obstacles that African-Americans face in underprivileged, underserved and impoverished communities including their traditional voting habits was right on the mark.

All one has to do is take a tour through Pembroke/Hopkins Park, which is located about 70 miles from Chicago and 22 miles east of the Kankakee, and observe for themselves the economic conditions, lack of infrastructure and opportunities available for the residents living in this impoverished community.

The demographics of the two communities is largely African-American. For more than 60 years, Pembroke/Hopkins Park has been one of the most impoverished communities in the state of Illinois. For decades, Pembroke Township has been the subject of sporadic media coverage/news articles by the Chicago Tribune, New York Jet Magazine, the Kankakee Daily Journal, the City News and a documentary for the Oprah Winfrey Show, as well as having been described as the most impoverished community in the state of Illinois by three governors.

Dignitaries such as Barack Obama (when he was an Illinois senator), who brought along the Rev. Jesse Jackson Sr., visited and promised to help alleviate some of the impoverished conditions here. The following African-Americans who represent our district, Jesse White (secretary of state), Second Congressional District Robin Kelly, (state) Senator Toi Hutchinson, and, of course, Obama, as well as the locally elected officials whom all have once visited but not reached out to help improve the impoverished conditions here.

In my opinion, the hypocrisy by the elected African-American officials to alleviate obstacles in the African-American community is no different than billionaires Clinton and Trump, who prey upon the underprivileged for donations to their campaign.

For decades, established social service agencies outside the community of Pembroke/Hopkins Park has "systematically targeted" the zip code statistics of Pembroke Township/Hopkins Park by preying upon the most destitute and dependent impoverished communities in Kankakee County. They use the methodology of inclusion by selecting an African-American person or business that is willing to partner with their agenda as a buffer to

solidify being awarded millions of dollars of state and federal grants for programs with the pretense to alleviate the impoverished conditions in the community. This has failed even to the point of those outside social service providers not opening a satellite office in the community, nor attempting to partnership with a community base service provider in the community.

In my opinion African-Americans should realize the only separation of political parties is during election time when, traditionally, most African-Americans vote Democrat. In my response to Trump's question "what do we have to lose?" it's simple:

1. For those underprivileged and underserved African-Americans, who traditionally/consistently vote Democrat, it's the fear and risk of losing those benefits (government entities) that they haven't earned.

2. For African-American leaders and elected officials, it would mean they are no longer the gatekeepers for impoverished communities, which could limit their leveraging power on making deals to control the African-American vote.

3. For those African-Americans who believe they have achieved their goals, they have become complacent and do not feel they need to reach out to the disenfranchised African-Americans and assist in making changes to their impoverished communities. Those African-Americans have acquired a status above the not so well-off African-Americans and, by changing the way they vote, they would no longer have a say in the things that seem to be important to them, but really has no standing against the conditions the African-Americans in the impoverished communities live in.

Will the underserved, underprivileged and impoverished African-Americans continue to be institutionalized by traditionally voting Democrat or will they break the cycle and do their own research and vote for the best candidate who will get the job done and hold them accountable to their campaign promises? Those African-American voters who traditionally have voted Democrat must break that cycle of being controlled by the gatekeepers and become their own thinkers. They are more than likely to control the destiny of their families and the impoverished conditions in which they live.

John Howard
Pembroke Township

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.

Writers are limited to two letters per month.

Local health update Content provided by Riverside Hospital

MEDICAL

RIVERSIDE HEALTHCARE

SEPTEMBER 2016



HEALTH CURRENTS



WAVE

Riverside Healthcare Gives More than \$45 Million in Community Benefit to the Region

Continued Commitment to Addressing Community Health and Wellness Priorities

SUMMARY

Riverside Healthcare continued developing, expanding, and deepening the quality healthcare it provided the region in 2015. That outreach took many forms, including giving back over \$45 million in community benefit.

As outlined in Riverside's recently released 2015 Community Benefits Plan and Assessment Update, access to care was a top priority for the Kankakee-based health system. Access continues to be a focus of the organization as emphasized by the growth of the Riverside Medical Group provider network of primary care providers and specialists.

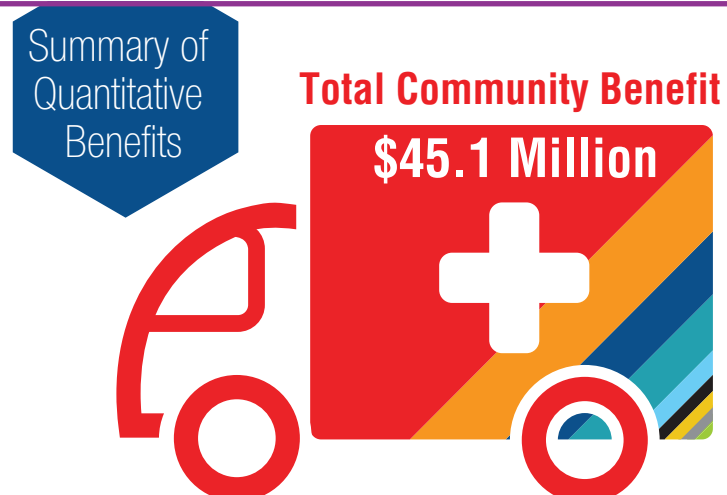
The income, employment, and insurance status of residents of Kankakee County result in Riverside caring for a large number of patients who are currently uninsured or underinsured, or for those whom public aid programs do not cover health care costs. Such care is included as part of Riverside's community benefit. Riverside further seeks to serve the community by partnering with community agencies including United Way, Alzheimer's Association, Lion's Board, Parkinson's Support Group, Gambler's Anonymous, Harbor House, Epilepsy Support Group, GROW, and many others.

67% of Riverside's services are provided to the elderly and the poor—some of the area's most vulnerable citizens.

Nearly half of the \$45.1 million in community benefits provided by Riverside in 2015 went toward subsidizing health services. This included Medicaid services for those in the state aid program, community health center services, ambulance services, health screenings, and mental health resources, among other services.

Upcoming Events
Find full details @ RiversideHealthcare.org

- Freedom from Smoking®**
September 13, 2016 @ 6:00 PM
- Walk to End Alzheimer's**
September 17, 2016 @ 8:30 AM
- Community Wellness Event – Navigating Hospital Admissions**
September 20, 2016 @ 5:00 PM
- Health Parents! Healthy Kids!**
September 21, 2016 @ 1:00 PM
- Therapy Dog Training Class**
October 1, 2016 @ 10:00 AM
- Free Parkinson's Disease Seminar**
October 6, 2016 @ 8:00 AM



Summary of Quantitative Benefits	
▶ Subsidized Health Services:	\$27,139,111
▶ Uncompensated Care:	\$8,995,959
▶ Government Sponsored Indigent Health Care:	\$4,496,471
▶ Charity Care:	\$3,312,574
▶ Volunteer Services:	\$788,389
▶ Education:	\$260,899
▶ Donations:	\$79,713
▶ Language Assistance Services:	\$19,115
▶ Other:	\$11,655

In 2015, Riverside's economic impact on Kankakee County was estimated as follows:

- 4,827 jobs provided
- \$253.1 million in wages paid
- \$121.5 million in retail sales
- \$7.6 million in retail sales tax
- Riverside remains the largest employer in Kankakee County.

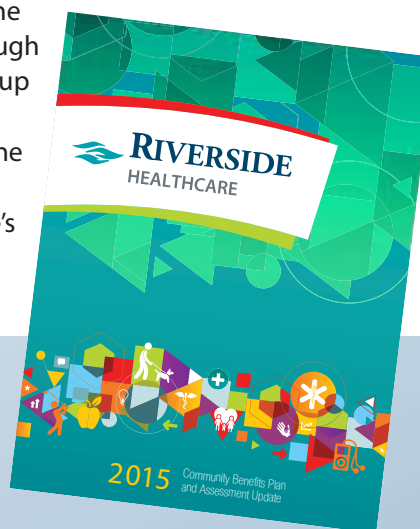
"This report really represents a year's snapshot in Riverside's lifetime commitment to the health of the community and the people who live and work here," said Kambic. "The numbers, although important, add up

to a sum greater than the total, and that is the difference we make every day in someone's life. It is our privilege and our purpose."

"We connect people with the highest quality health care and develop trusted relationships, giving them the knowledge and the resources to take control of their own health," said Phillip M. Kambic, Riverside Healthcare President and CEO. "Building stronger, healthier communities means building stronger, more positive relationships—relationships crossing boundaries of geography, age, income, race, beliefs or religion."

In 2015, Riverside's roster of employed providers, the Riverside Medical Group, grew to nearly 150, representing 23 specialties, serving 7 counties. Additionally, Riverside earned five top awards and recognitions, including being named a Truven Health Analytics 100 Top Hospital for the seventh time, and earning the 2015 Distinguished Hospital Award for Clinical Excellence for the third time.

To view Riverside's 2015 Community Benefit Report, visit www.riversidehealthcare.org/giving-back-to-the-community.html.



HEALTH CURRENTS



Look for HealthCurrents Monthly Video Newsletter on September 28.

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RIVERSIDE MEDICAL GROUP

Same-day Appointments



Photo/Tinker Parker

The appetizer platter from BrickStone Brewery.

Laugh and eat in Manteno on Saturday night

TV commercials now show you how detergents take out bloodstains, a pretty violent image there. I think if you've got a T-shirt with a bloodstain all over it, maybe laundry isn't your biggest problem. — Jerry Seinfeld, comedian

Everyone likes to laugh. These days, we all need a good belly laugh or two, don't we? I have a side-splitting evening planned for you — a comedy show (with professional comedians) and dinner, and it's happening right in Manteno.

The Manteno American Legion is hosting this event on Saturday, with comedians Henry Spoon and Gary Wheaton and your emcee, Rusty Martini.

Chicago comedian Spoon is known as the "mastermind of comedy." One of his catchphrases is, "Thank you very much. I wrote that myself."



TINKER PARKER
BEST BITES

Wheaton is not only a comedian but a singer/songwriter as well. He has several albums out including his single, "Summertime."

Martini is an ex-policeman who didn't begin his comedy career until he was 57. Martini will serve as the evening's master of ceremonies.

Doors will open at 5:30 p.m. with dinner buffet beginning at 6 p.m. Dinner buffet will

include chicken, roast beef, garlic mashed potatoes and salad bar. Tickets are \$25 before the show and \$30 on the day of the show.

The Manteno American Legion is located at 117 N. Walnut St., Manteno. Call 815-468-8324 for more information and tickets. Tickets are limited! Remember, Manteno American Legion helps our veterans.

...

My family made a little excursion to Merrillville, Ind., last week for a celebration. We had lunch at Abuelo's, an excellent Mexican restaurant. I usually don't write about chain restaurants, but this one does deserve some attention.

Our server, Murph, brought the table baskets of warm tortilla chips with salsa both hot and mild, homemade guacamole and pico de gallo.

I began with one of the specialty drinks, the Sangria Swirl: a mix of frozen sangria swirled with La Grandeza Margarita; it was deliciously tasty and icy. I think the next time I go, I'll order the Sangria Rocks made with Los Cardos Cabernet Sauvignon, Sutter Home White Zinfandel, Peach Schnapps, Gran Gala Triple Orange and Fanta Orange.

The menu is huge. You can order from a small computer at your table, but the wait staff was quick and efficient, especially for

See **BEST BITES**, page **B3**



Sara Moulton via AP

Watermelon and cantaloupe gazpacho is a refreshing soup.

Mark end of summer with fruity gazpacho

BY SARA MOULTON
The Associated Press

Watermelon and Cantaloupe Gazpacho

START TO FINISH: 3 hours 45 minutes (45 active)
SERVINGS: 8

6 cups coarse chunks plus 2 cups small cubes cantaloupe
2½ tablespoons fresh lemon juice
6 cups coarse chunks plus 2 cups small cubes watermelon
2½ tablespoons fresh lime juice
1 cup chopped strawberries
¾ cup crumbled feta
2 tablespoons shredded mint
1 small jalapeno or serrano, chopped, with seeds and ribs

In a blender, puree the coarse chunks of cantaloupe with the lemon juice until very smooth. Transfer to a pitcher and chill at least 3 hours.

Rinse out the blender, add the coarse chunks of watermelon and the lime juice and puree until very smooth. Transfer to a pitcher and chill for at least 3 hours.

To serve: Pour both soups from their pitchers into each bowl at the same time from opposite sides of the bowl so that the soups stay basically on opposite sides. Drop some of the cantaloupe cubes into the cantaloupe half of the soup and some of the watermelon into the watermelon half. Top each portion with some of the strawberries, cheese, mint and chiles.

Watermelon and Cantaloupe Gazpacho takes advantage of the wonderful melons that are abundant at this time of year. It's a refreshing end-of-summer soup. I call it a gazpacho, but I'm using the term very loosely because it makes no use of tomatoes. What puts it within shouting distance of the classic Spanish soup is that it's served chilled and it's chunky.

There are a few key steps in the making of it. Start by looking for the ripest melons you can find. The watermelon should have a large yellow or white mark somewhere on its skin. This tell-tale spot is the one on which the melon rested as it grew. The more pronounced the spot, the more time the melon has spent ripening. The cantaloupe should boast a rich golden color and smell strongly of, well, cantaloupe when you take a whiff of its stem end.

To achieve the smoothest possible texture, you will need to puree the melon in a blender. No other machine produces so creamy a result. To point up

and counterbalance the melon's natural sweetness, start with the suggested amounts of lemon and lime, although you may decide to add more if your melon is exceptionally sweet.

Heat, like acid, is another way to balance sugar, which is why I've built some chopped chiles into this recipe. But I also happen to be a fan of the hot stuff. If you're not, leave them

out. The feta cheese contributes not only to the unique flavor of the soup, but also adds a dose of saltiness, providing some welcome contrast to the sweetness of the fruit. But feel free to swap in sour cream if that's what you'd prefer. The mint is a strong accent all by itself, but you could replace it with basil and/or cilantro — or add them to accompany the mint. How-

ever you adjust the flavorings, be sure to serve the finished product chilled.

Sara Moulton is host of public television's "Sara's Weeknight Meals." She was executive chef at Gourmet magazine for nearly 25 years and spent a decade hosting several Food Network shows, including "Cooking Live." Her latest cookbook is "Home Cooking 101."

PET OF THE WEEK

Mastiff Rufus will miss his brother

EDITOR'S NOTE: Sheila Mailloux sent in her Pet of the Week two weeks ago. Rosco passed away from bone cancer on Sunday but we are running this as a tribute to the big fella!

NAME: Rufus, 5 years old, left, and Rosco, 4 years old

BREED: Old English mastiffs

A LITTLE BIT ABOUT US: My name is Rufus and I am the big brother to Rosco. Most people think we are twins and from the same litter but we are not. However, we were both born in west Kankakee.

We live with our parents, Allen and Shelia Mailloux, in St. Anne. We enjoy a large yard to play in and are spoiled rotten. Our breed is known in the dog world as gentle giants and has been around for several centuries. Many people are afraid of us at first sight because of our size. We usually weigh anywhere from 170 to 250 pounds. Combined, my brother and I weigh more



Submitted photo

Old English mastiffs Rufus, left, and Rosco. Rosco passed away Sunday from bone cancer.

than 400 pounds. Most people do not know we are big babies and probably more afraid of them than they are of us.

We enjoy a great life, which includes taking long rides in the car, going to the pet store for goodies

and sometimes to the doctor's office for those great vaccination shots. In January of this year, Rosco began to limp on his left rear leg and mom took us down to the University of Champaign to find out why. The news we received from the doctor was the worst news anyone could receive. The reason for Rosco's limping was bone cancer. We lost him this past Sunday.

In order to keep the pain under control while he suffered, he took medicine every four hours. Over the last few months, we have stopped playing in the backyard and taking the long walks through the woods we used to love to do. Rosco had a hard time walking and running like we used to do.

FAVORITE TOY: We love all toys but our favorites were the horse balls we played with in the backyard.

FAVORITE TREAT: Mom gives us these soft cookies which are quite tasty.

Win a T-shirt!

Submit your pooch or cat for Pet of the Week and, if they are chosen, you'll win one of these fun Daily Journal T-shirts. Email a photo, along with answers to the questions in this column, to: life@daily-journal.com.



TRICKS I CAN DO: We both could shake, speak and retrieve any balls.

IF I COULD SPEAK, I WOULD SAY: Rosco and I loved each other very much. I will miss him a lot.

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The Dish

Chenoweth will perform Broadway favorites in show

BY MARK KENNEDY
AP Drama Writer

NEW YORK — “Glee” and “Wicked” star Kristin Chenoweth is returning to Broadway this fall for a series of concerts celebrating the history of the Great White Way in what she vows will be a different show each time because the songs will change every night.

“I’m going to do my best to represent our community,” she said Tuesday, “and just as you can imagine, I’m going to try to do it all. So, if you would go ahead and start your prayers, that would be amazing.”

The Tony and Emmy winner will star in “My Love Letter to Broadway” from Nov. 2-13 at the Lunt-Fontanne Theatre. Music direction will be by Mary-Mitchell Campbell and costume design by Christian Siriano.

Chenoweth said she’s been putting the show together in her head for months — “actually, it’s my whole life, if I’m being honest,” she said — and the title came easily. “Then there are no rules. I can sing pretty much anything because my favorite thing is Broadway. I have been raised



Rich Fury/Invision/AP, **Kristin Chenoweth**

on music by Rodgers and Hart, and Bernstein, Porter and Gershwin, but there’s also now ‘Hamilton’ and ‘Wicked.’”

While she wouldn’t reveal her specific Broadway song lists, Chenoweth did say that “Popular,” her signature tune from “Wicked,” will be performed. “I’ve discovered if I don’t sing ‘Popular’ I could be shot, especially in the South,” she joked. “So I’m pretty sure that will show up.”

Tickets for the Broadway run go on sale Sept. 17 starting at \$67, with premium prices at \$249.



Submitted photos

Governors State University’s Center for Performing Arts presents the globally inspired operatic program “Music and Food Around the World” on Sept. 18.

Take musical and culinary trip around the world

DAILY JOURNAL STAFF REPORT

Governors State University’s Center for Performing Arts will celebrate the perfect pairing between food and music with a globally inspired operatic program, “Music and Food Around the World,” hosted by Southland favorite Michael Cavalieri.

The show will be 4 p.m. Sept. 18. The audience will be patrons seated on the stage with the artists, right in the worldly repertoire — including music and a sampling of food from Germany, Finland,

Romania, Spain, Wales, Norway, Czech Republic, Russia, France, Ireland and Italy. It’s a true trip around the world in 90 minutes.

The ensemble of singers will include John Conception, Desiree Hassler, Dan Richardson and Pamela Williams.

The performance is part of the Center’s “Opera Up Close” programming, which brings local artists from the Lyric Opera to the southland for intimate performances. A portion of the funding is provided by The Illinois Arts Council, a state agency.

GO!

WHAT: “Music and Food Around the World”

WHERE: Center for Performing Arts at Governors State University, 1 University Parkway, University Park

WHEN: 4 p.m. Sept. 18

COST: The \$53 ticket includes a sampling of food and wine. Parking is free.

BUY TICKETS: Online at centertickets.net, by phone at 708-235-2222 or in person at the Box Office (open 10 a.m. to 4 p.m. Monday-Friday, until 6 p.m. on Thursdays and two hours prior to performances).

Celebrating the lowly coffeepot

BY BETH J. HARPAZ
The Associated Press

It’s not unusual to see teapots on display in museums, celebrated for their beauty and craftsmanship. Often, they’re centuries-old artifacts, with fussy floral designs or painted scenes on porcelain or china, or silver teapots with intricate engravings or metalwork.

But what about coffeepots? They tend to be more utilitarian than decorative, the workhorses of our morning routines rather than the centerpieces of an afternoon ceremony.

And, unlike a pretty teapot that steeps and serves tea after a stovetop kettle has done the actual work of boiling the water, a coffeepot is more likely to do double duty, used for both making and serving coffee.

So, it’s a nice surprise — especially for those of us caught up in the current wave of coffee-mania — to find coffeepots in a museum. The contemporary design wing of the Indianapolis Museum of Art has several in its collection.

One of the most striking is a 1980s three-piece steel-and-copper espresso maker by Aldo Rossi called “La Conica.” The museum’s notes compare its sleek design to a building made of “simple geometric shapes (a sphere, a cone and a cylinder). ... The design plays with the idea of architectural form, reducing it to its simplest elements.”

Rossi’s own comments about La Conica recall a youthful interest in coffeepot design: “As a child, I spent hours drawing coffeepots ... these fantastic geometric forms represented my idea of beauty. I saw in them domes, towers, minarets and other buildings.”

“It’s fascinating to think of how the culture of architecture can be incorporated into the design of a tiny household object,” said Shelley

Selim, associate curator of design and decorative arts at the Indianapolis museum.

The Rossi design was part of a series commissioned by Alessi, a high-end Italian manufacturer. Another item on display at IMA is a continental coffee service from the 1930s with a tall, sleek cylindrical pot, with vertical lines decorating the top and horizontal lines at the bottom.

Anyone who owns or has seen an ordinary, old-school stovetop espresso maker will be delighted to know that the iconic Bialetti Moka coffee maker, originally designed in the 1930s, is in the permanent collections of several museums, including the Museum of Modern Art in New York. The Moka, as coffee-lovers know, is a marvel of engineering as well as design: It makes coffee by forcing boiling water up from the bottom chamber through the grounds basket into a pot with a pouring spout. The simple aluminum machine with eight sides has three screw-together pieces and a hinged cover with black plastic handle and top knob.

The Indianapolis Museum of Art has a slightly more elegant, less angular version of an espresso maker designed for Alessi by Alessandro Mendini in 2011.

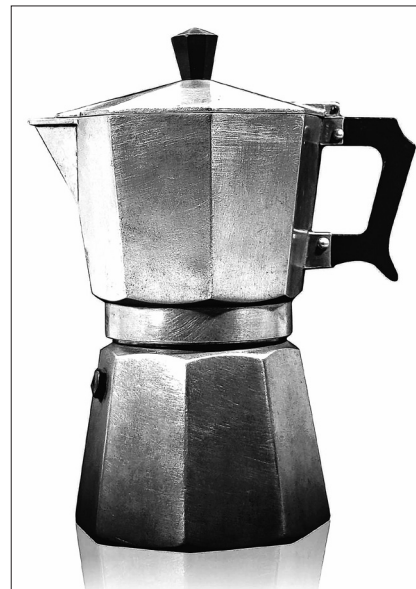
Selim says contemporary coffee-makers are emblems of their time in the same way that a 17th century silver teapot represents the era of global sea trade that put tea and coffee within everyday reach of European consumers.

“What’s really interesting about these designed objects is how they embody material cultural trends from the time they were made,” said Selim. “Objects that are contemporary now will have a totally different meaning in a museum ... as part of a long, historical thread as we move into the future.”



Indianapolis Museum of Art via AP

This coffeepot, designed by Aldo Rossi, is on display in the Indianapolis Museum of Art’s contemporary design wing. The three-piece steel-and-copper espresso maker is called “La Conica.”



Bialetti via AP

The Moka Express was invented in 1933 by Alfonso Bialetti and is in the permanent collections of a number of museums, prized for its simple but unique design and clever engineering.

Neighborliness and community: paying back past kindnesses

As I write this, we mark the last day of August. I’m just amazed at how time seems to fly by faster each year. Do we take enough time in our busy lives for God? Our children also need us in their lives so much. Let us pray for them daily so they will let God be their guide. Life doesn’t get easier, and his guiding hand helps so much.

Son Kevin (our youngest) had his 11th birthday on Sept. 2. It is unbelievable but true that he is that old and starting middle school (fifth grade). Son Joseph will be in eighth grade, the final year of his school years. Daughter Lovina will be in sixth grade.

On Friday, we are invited to Mose’s brother, Joe’s, wedding. Joe and Mary will have their wedding at Mose’s parents’ house. Mary’s parents live in Wisconsin, and she has made Michigan her home for several years. Joe lives about one-and-a-half hours north of our community. They will live at Joe’s house after their marriage.

I was asked to be cook at their wedding. I have to wear a sage dress, cape and apron to the wedding. I was in luck as this was the same color the mothers wore at Mose and Susan’s wedding.

Mose and Susan are table waiters. Susan has to wear another shade of green. She finally cut out her dress, cape and apron last night. It looks like I will get the job of sewing it. With her working every day, she doesn’t get much extra time. Last Saturday, Susan and Mose went to help set tables for the wedding. Tomorrow (Thursday), I will go help get ready for the wedding. Not sure what jobs they will have for me but most likely bake pies, bread, etc. Lots of vegetables also have to be

cut up. I will take a casserole to help out with lunch.

On Saturday, a new family from Iowa is moving into our church district. They will make their home a few miles from here. Because they don’t have much family in the community, some members from our church will go help them unload and get settled in their new home. From what we heard, they have three small children. We wish them God’s blessing on their move.

It brings back memories of 12½ years ago, when we were making such a move. It’s a big change to move from the community where you were born and raised. We enjoy our new home and community, which made it easier to adjust to changes. The good deeds that were done to help make our move easier always will be remembered. Now, I hope we can go help lighten the load for someone else.

We canned another bushel of peaches yesterday. Now, we should be done canning until applesauce and grapes are ready to be canned.

I came across this recipe for “Turkey Cabbage Bake,” and because we have so much cabbage, I like to try different recipes with cabbage. Our children don’t eat cabbage so well. I always think I might find a way they will like it better. The meat doesn’t have to be turkey. It can be replaced with chicken or hamburger, etc. The crescent rolls could be replaced with regular pie dough.

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.

Turkey Cabbage Bake

- 2 8-ounce tubes refrigerated crescent rolls
- 1½ pounds ground turkey
- 1/2 cup chopped onion
- 1 teaspoon minced garlic
- 1/2 cup finely chopped carrot
- 2 cups finely chopped cabbage

- 1 can (10 3/4 ounce) condensed cream of mushroom soup, undiluted
- 1/2 teaspoon dried thyme
- 1 cup shredded part-skim mozzarella cheese

Unroll one tube of crescent dough into one long rectangle; seal seams and perforations. Press onto the bottom of a greased 13x9x2 baking dish. Bake at 425 degrees for 6-8 minutes or until golden brown.

Meanwhile in a large skillet, cook turkey, onion, carrot and garlic over medium heat until meat is no longer pink; drain. Add cabbage, soup and thyme. Pour over crust; sprinkle with cheese. On a lightly floured surface press second tube of crescent dough into a 13x9 rectangle, sealing seams and perforations. Place over the casserole. Bake uncovered at 375 degrees for 14-16 minutes or until crust is golden brown. Yield: 6 servings

Husband’s secret teenage affair has awkward epilogue

DEAR ABBY: When my husband was a teenager, he had an ongoing affair with his mother’s 20-plus-years-older friend “Nicolle.” He would call her by a nickname to signal he wanted sex.

Fast-forward three decades. His family, unaware of their illicit and illegal relationship, regularly invites Nicolle to our family functions. They even call her by that pet nickname, unaware of the connotations.

Their affair years before I met my husband.

But whenever she is around, she follows him like a lost puppy. How do I get over being uncomfortable and angry at her? I know the truth, but she doesn’t know I know. And, of course, my husband doesn’t want his family to know. What do I do? — **Knowing Too Much**



DEAR ABBY

DEAR KNOWING: Have you spoken to your husband about this? He should talk to Nicolle and say, “My wife knows about us, and she is bothered by it.” He also should tell her to stop

following him around or decline future invitations to the family gatherings.

DEAR ABBY: One of my dear friends is pregnant with her first child, and she couldn’t be more excited. Even though she’s only in her second trimester, her “baby bump” is conspicuous, and it seems people (friends, family and complete strangers) can’t help but comment that she seems “ready to pop.” When they learn she still has many weeks to go, invariably people ask if she’s having twins (she’s not). Her grandmother went so far as to ask for ultra-

sound photos to prove she’s carrying only one baby.

It has made my friend very self-conscious. Even though she’s in perfect health, the comments are really getting to her. Any advice on how to graciously deflect these unwanted comments? — **No Twins in the Twin Cities**

DEAR NO TWINS: When someone volunteers that your friend is so big she must be carrying twins, she should say, “Nope! Only one healthy baby in there, according to my obstetrician.”

She needs to remember there is no end to the insensitive personal com-

ments that people make, and that it’s important to keep her sense of humor and keep in mind she’ll have to hear them only for a few more months.

DEAR ABBY: My husband is in his mid-70s. We live in the Pacific Northwest. When the temperature is warm, my husband walks around the yard with his shirt off. He’s not fat, but he’s not thin either. He has gray hair on his chest. It looks awful and it’s embarrassing. I think it’s rude to the neighborhood ladies who see him walk around like this. What do you

think? — **An Eyeful in Washington**

DEAR EYEFUL: You might think an eyeful is awful, but unless your neighbor ladies complain, I’m advising you not to nag your husband about it. While you might find his gray chest hair unattractive, others might not find it offensive at all, and a man walking shirtless in his own yard is hardly shocking.

Dear Abby is written by Abigail Van Buren, also known as Jean Phillips, and was founded by her mother. Contact Dear Abby at DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Gardening season is not over just yet

Q: Now that my garden is basically over, what do I do to get it ready for next year? — Grace

A: Over? You may want to rethink that and plant some radishes, spinach, Swiss chard, lettuce and kale. Fall is a great time to grow these crops. They will be sweeter and tastier than those that matured in summer and you can keep picking right up to Thanksgiving.

But, if you are over it for this year, there are a number of things you can do to prepare for next year. The first is to clean it up carefully.

Diseases and many insects overwinter on debris left in the garden. Rake it off thoroughly, picking up and bagging every bit of plant material left behind, including roots. Sift through the soil to remove desiccated tomatoes and anything else that can reseed itself.

If you have any visible insects in the soil, spray them with Neem oil to interrupt their life cycle.

Begin adding layers of chopped autumn leaves and clean grass clippings. Add bags of composted cow

manure or other organic composts, layering these over the lawn waste. It helps them to decompose and keeps the wind from blowing them away.

You also might repair any structural problems and plan for supports that might be used next year. Clean and oil your tools and replace worn-out gloves, watering cans and hand tools now, while they are on sale.

Organize your seeds and file any plant labels for things you want to grow again, and make notes of the things that were disappointing.

Q: I have a beautiful orchid that was given to me when my mom died. It has finally finished blooming, so what do I do now to keep it growing? It is called Phalaenopsis. — St. Anne

A: Moth orchids are among the easiest to grow. They actually thrive on neglect. I am assuming it is in a plastic pot and planted in fir bark. You should be able to keep it in the same pot for another year before

repotting it.

Give it bright light but no direct sun and no direct heat from any appliance, vent or other source. Water it sparingly. Some people like to place a couple of ice cubes on the soil surface once a week to water it slowly. I usually give mine a drink over the sink each week, letting the water run through the bark.

If you place it inside another, decorative pot, make sure it still has good drainage and the pot doesn't collect any water. It needs to rest now, and during the winter, it would benefit from being kept in a colder room. This helps initiate flower buds. In the late winter/early spring, you can feed it with orchid food, and bring it back out into brighter light and warmer conditions.

Clean the leaves with a soft, damp cloth. When you are ready to repot it, use fir bark, no soil. And make sure the pot is meant for orchids and has plenty of air circulation. You also can place it outside for the rest of the warm weather this year (until nighttime temperatures dip below 50), and again next June. Just make sure it is in the shade. Orchids absorb moisture

and nutrients from the atmosphere.

Q: How long can I leave sweet potatoes in the garden? Mine have grown a lot of vines, which are still growing. Will they die back when the potatoes are ready like white potatoes do? Can I leave them into early winter to sweeten them? — Chebanse

A: Sweet potatoes are tropical plants and they will keep growing as long as it stays warm. It will likely take a frost to shut them down. But, don't risk leaving them in the ground into early winter; if the soil gets cold, they will rot.

I would dig one plant in September and see what you have. If you think they could get bigger, leave them alone for another few weeks. When you do dig them, it's important to let them air dry in the garage, laid out in a single layer and not touching, to cure. Do not get them wet; just brush off the soil as it dries. Cure them for a couple of weeks. This is critical to get them ready for storage.

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



DEB TERRILL
IN THE GARDEN WITH DEB

Best Bites

From page B1

a larger group. House specialties are Los Mejores De La Casa made with bacon-wrapped beef tenderloins. Mouth-watering and spicy.

Their Enchiladas De Cozumel is another house favorite: crepes filled with fresh guacamole, covered in a white wine sauce with seasoned shrimp, sea scallops, mushrooms, fresh spinach and roasted peppers.

My next visit will include their specialty Alambre De Camaron: bacon-wrapped shrimp stuffed with fresh jalapenos and cheese.

And the Salmon Santa Cruz, which Dave ordered, was a beautiful Norwegian salmon topped with a lemon wine sauce.

I opted for the chicken fajitas from the senior menu: a smaller portion for less money, yet, enough for another meal. It was served with charro beans, homemade guacamole, sour cream, shredded cheeses, pico de gallo and tortillas. When they say sizzling, they mean sizzling; excellent, spicy enough to make my eyes water but not spicy enough for the full tears.

They do serve vegetarian meals and have a large children's menu as well as a lunch menu with the same dinner items only smaller portions and less expensive.

The ambiance is designed as an open-air Mexican courtyard with artwork, greenery and traditional statuary.

Abuelo's is located at 8255 Georgia St., Merrillville. Call 219-769-6181.

Hours are 11 a.m. to 10 p.m. Sunday-Thursday; 11 a.m. to 11 p.m. Friday and Saturday.

BrickStone Brewery is one of my family's favorite places to eat, especially my son, Tim Markland, of Grant Park. It's hard to believe it's been 10 years since they opened their doors. As much as I travel to different restaurants, it's nice to know that some of them are serving BrickStone beer made right here in our community.

I met foodie friend Gwen Hopkins, of Bourbonnais, last week to catch up. We were lucky to find a table on the patio, and even more fortunate to have a gentle breeze blowing through.

BrickStone has a very diverse menu; from appetizers to entrees, they have just about everything.

I've tried just about everything from the starter menu. I especially like the Tomato Basil Bruschetta, but we opted for the BrickStone sampler. It has a little bit of everything: buffalo chicken rolls, crispy tenders, beer-battered onion rings, breaded pickle chips and creamy spinach & cheese dip.

BrickStone Restaurant and Brewery is at 557 William Latham Drive, Bourbonnais. Check out the menu on brickstonebrewery.com. Call 815-936-9277.

NBC, MSNBC to host forum

When is a debate not a debate? When it's the "Commander-in-Chief Forum" (7 p.m., NBC and MSNBC). The presidential candidates, former senator and Secretary of State Hillary Clinton and former host of "The Apprentice" Donald Trump, will take the same stage — but not at the same time — to answer questions about military policy and national security posed by American veterans of the wars in Iraq and Afghanistan.

The major party candidates also will meet in debates on Sept. 26 at Hofstra University, Oct. 9 at Washington University and Oct. 19 at the University of Nevada at Las Vegas.

On a similar note, "NOVA" (8 p.m., PBS, TV-PG, check local listings) presents "15 Years of Terror." Rather than recap the events of the "war on terror," it presents ways that terrorist organizations have employed emerging internet and social media tools to present a decentralized challenge — a band of "self-radicalized" soldiers ready to deploy crowd-sourced violence. Along the way, we have moved from the elaborate, years-in-the-planning operations like the attacks of 9/11 to freelance activities at the Boston Marathon, San Bernardino, Paris and Brussels.

At the same time, the two-way mirror of social media has allowed intelligence agencies to study the mindsets and motivations of potential threats. Can new technologies and psychological insights predict and prevent future attacks?

"Capturing Bin Laden" (9 p.m., American Heroes Channel) looks at the decade-long attempt to "smoke out" the terrorist leader at the center of the Sept. 11 attacks.

The family faces an election day reckoning on the two-hour season finale of "American Gothic" (8 p.m., CBS). This low-rated summer series is likely facing cancellation.

Fans of Guillermo del Toro's "The Strain," as well as his gothic sensibilities and lurid color palette, should enjoy the 2015 chiller "Crimson Peak" (9 p.m., Cinemax), starring Mia Wasikowska, Jessica Chastain and Tom Hiddleston.

TONIGHT'S OTHER HIGHLIGHTS

Athletes compete in the Rio Paralympics (6 p.m., NBCSN).

Contestants have five minutes to scour for 20 ingredients in a new challenge on a two-hour "MasterChef" (7 p.m., Fox, TV-14).

Live results on "America's Got Talent" (8 p.m., NBC, TV-PG).

Harvey mulls freeing Gallo to protect Mike on "Suits" (8 p.m., USA, TV-14).

Mel B goes "Running Wild With Bear Grylls" (9 p.m., NBC, TV-PG).

Sports talk on "Any Given Wednesday With Bill Simmons" (9 p.m., HBO, TV-MA).

It may come down to Barry and Molly against the caliphate on "Tyrant" (9 p.m., FX, TV-MA).

Elliot questions Mr. Robot's honesty on "Mr. Robot" (9 p.m., USA, TV-14).

Imma assumes control of the criminal clan on

"Gomorrah" (9 p.m., Sundance, TV-MA).

Gretchen enters therapy on "You're the Worst" (9 p.m., FX, TV-MA).

CULT CLASH

Kelly LeBrock and Anthony Michael Hall star in the 1985 computer nerd comedy fantasy "Weird Science" (7 p.m., BBC America). In 1999, Hall portrayed Bill Gates in the TV movie "Pirates of Silicon Valley." Noah Wyle played Steve Jobs.

SERIES NOTES

Julie Chen hosts "Big Brother" (7 p.m., CBS, TV-PG) ... On two helpings of "The Goldbergs" (ABC, r, TV-PG): musical theater (7 p.m.), relationship advice (7:30 p.m.) ... Illusionists audition on "Penn & Teller: Fool Us" (7 p.m., CW,

TV-PG) ... On two helpings of "Modern Family" (ABC, r, TV-PG): Gloria stuns Jay (8 p.m.), prom jitters (9 p.m.) ... On two episodes of "Whose Line Is It Anyway?" (CW, TV-14): Cheryl Hines (8 p.m.), Misty May-Treanor (8:30 p.m., r) ... Opening a food truck on "The Middle" (9:30 p.m., ABC, r, TV-PG).

LATE NIGHT

Whoopi Goldberg, Regina Hall and Chesley "Sully" Sulenberger are booked on "The Late Show With Stephen Colbert" (10:35 p.m., CBS) ... Jeffrey Tambor and Hailee Steinfeld visit "Late Night With Seth Meyers" (11:37 p.m., NBC).

Kevin McDonough can be reached at kevin.tvguy@gmail.com.



KEVIN McDONOUGH
TUNE IN TONIGHT

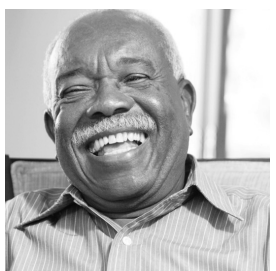
SENIOR FAIR

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Wednesday, September 21
8:30 a.m. – 3:00 p.m.

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Seeking Nominations

SENIOR CITIZEN OF THE YEAR

AN AREA RESIDENT who has had extraordinary achievements, one single deed or a lifetime of accomplishment. Winner will have \$100 donated by the Daily Journal in his or her name to a charity of choice.

SENIOR CITIZEN SERVICE PROVIDER OF THE YEAR

AN INDIVIDUAL OR ORGANIZATION who provides extraordinary service to our area seniors. Winner will have \$100 donated by the Daily Journal to their favorite charity.

Nominations may be made in writing and sent to: Senior Nominations, c/o Stacy Barclay, Daily Journal, 8 Dearborn Sq., Kankakee, IL 60901, by e-mail at sbarclay@daily-journal.com or by fax at 815-937-3362.

DEADLINE FOR NOMINATIONS:

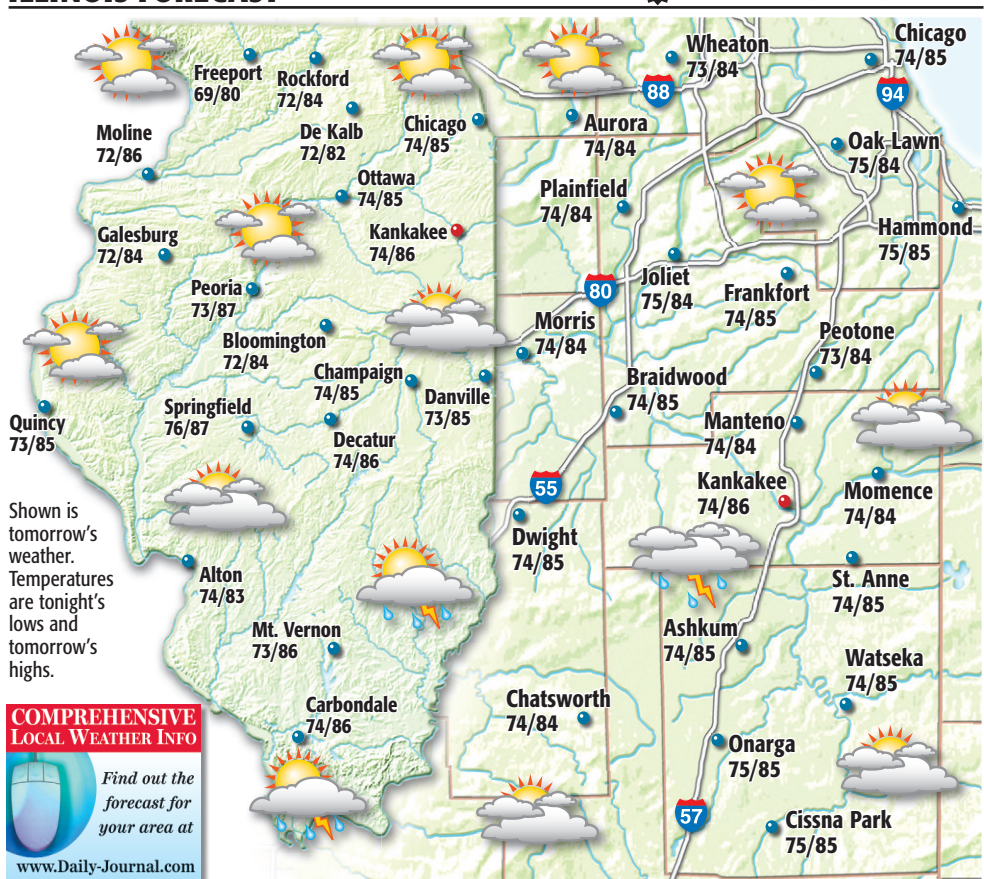
Friday, September 9, 2016

5-DAY FORECAST FOR KANKAKEE

TONIGHT	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LOW 74	86 66	79 67	75 53	74 54
Mostly cloudy, a heavy t-storm late	A morning shower; mostly cloudy	Rain and a t-storm in the morning	Mostly cloudy, a shower; breezy	Mostly sunny and pleasant

ILLINOIS FORECAST

AccuWeather.com



ALMANAC

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

Temperature

High	92
Low	71
Normal High	81
Normal Low	58

Precipitation

Yesterday	0.00"
Total month to date	0.00"
Normal month to date	0.63"
Year to date	26.72"
Normal year to date	27.50"

Cooling Degree Days

Yesterday	17
Month to date	307
Year to date	1000
Normal year to date	860

FARM REPORT

Mainly cloudy, warm and humid, a heavy thunderstorm late tonight. Winds southwest 7-14 mph. Chance of precipitation 60% with average relative humidity 85%. Humid tomorrow; a shower in places in the morning.

Growing Degree Days

Yesterday	32
Season to date	2909
Normal season to date	2557

SUN AND MOON

Thursday

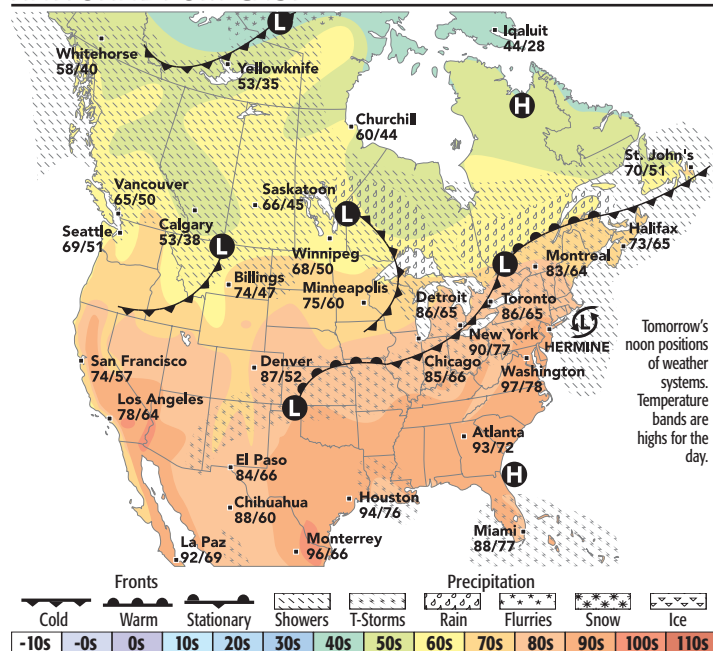
Sunrise	6:25 a.m.
Sunset	7:12 p.m.
Moonrise	1:08 p.m.
Moonset	11:24 p.m.

First Full Last New

 Sep 9 Sep 16 Sep 23 Sep 30

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

NATIONAL FORECAST



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	90/78/t	89/77/t	Geneva	83/55/s	81/58/pc	Paris	80/52/s	76/55/s
Baghdad	105/73/s	107/72/s	Hong Kong	87/81/t	89/80/sh	Singapore	88/80/t	88/80/pc
Amsterdam	79/58/s	72/57/s	London	73/59/s	72/61/pc	Sydney	72/57/s	74/57/pc
Athens	86/71/t	86/70/t	Madrid	93/63/s	90/60/s	Tokyo	85/75/r	85/74/sh
Bangkok	91/78/t	92/78/t	Mexico City	74/47/pc	74/48/pc	Toronto	86/65/t	84/63/pc
Beijing	90/62/s	90/63/pc	Moscow	64/48/c	58/44/pc	Vancouver	65/50/pc	66/53/s
Buenos Aires	68/49/s	73/52/pc	Oslo	71/57/pc	67/52/sh	Vienna	81/59/s	83/60/pc

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Local faces

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

Welcome to Las Vegas



Submitted photo
 Representing the Kankakee Brookmont Bowling Center Church Ladies Bowling League, team Windy City attended the Women's Championship in Las Vegas in June. Grand marshals, from left, are Billie Burell, Edwinah Price, Dorothy Price and Mary Sexton.

DAILY JOURNAL

Send us your photos for Local Faces

- 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.

Career center visit



Submitted photo
 Former Kankakee Area Career Center students from St. Anne recently visited the school. Pictured are Rashaad Addison, who is earning his master's degree in industrial organizational psychology after earning a bachelor's degree in psychology and criminal justice; his brother, Ryan, has completed an associate degree in culinary arts and is finishing his bachelor's degree in business; career center principal Bosa Goodale; and Ron Addison, who earned his bachelor's degree in aviation technology and has enlisted in the U.S. Army.

All in the family



Submitted photo
 Three cousins, Sharon (Martin) Riley, left, of Limestone; Margie (Martin) Geiken, center, of Aroma Park; and Charlene (Kleinert) Rieken, of Phenix, Ariz., were among many Martin relatives to reunite at the family's annual reunion held Aug. 21 at the American Legion Park in Chebanse.

BUSINESS

C

Editor: Chris Breach | 815-937-3316 | cbreach@daily-journal.com

Wednesday, September 7, 2016

BRIEFCASE

HEALTH CARE

Cardiologist Huynh joins Riverside

Riverside Healthcare announced recently added cardiologist Dr. Nha Huynh to Riverside Medical Group. She will be seeing patients at the Riverside Heart & Vascular Institute, at 500 N. Wall St. in Kankakee.

Huynh received her Doctor of Osteopathic Medicine from Midwestern University of Chicago College of Osteopathic Medicine in Downers Grove. She then completed her residency in internal medicine at Advocate Lutheran General Hospital in Park Ridge and went on to complete her fellowship in cardiology from Deborah Heart and Lung Center in Brown Mills, N.J.

For more information, visit myRiversideDocs.com, or call the Riverside Heart & Vascular Institute at 844-404-HRTS.

EDUCATION

KCC to host transfer fair

Kankakee Community College will host a transfer fair from 12:30 to 2:30 p.m. Monday in the college's atrium area and College Center. More than 50 public and private colleges and universities are expected to attend. The event is an opportunity for students to talk with college and university representatives about enrollment at the four-year schools.

Illinois public universities invited to attend are: Chicago State University, Eastern Illinois University, Governors State University, Illinois State University, Northern Illinois University, Southern Illinois University-Carbondale, Southern Illinois University-Edwardsville, University of Illinois at Chicago, University of Illinois at Springfield, University of Illinois and Western Illinois University.

Illinois private colleges and universities invited to attend include: Augustana College, Benedictine University, Columbia College, Concordia University, DeVry University, Eureka College, Illinois Institute of Art, Illinois Wesleyan University, Lakeview College of Nursing, Lincoln College, MacMurray College, Millikin University, North Central College, North Park University, Olivet Nazarene University, Rockford College, Roosevelt University, Trinity Christian College, Trinity International University and University of St. Francis.

Out-of-state universities invited to attend include: Ball State University, Purdue University, Purdue University-Northwest, Saint Mary-of-the-Woods College and St. Joseph College.

An evening College Fair also will be at KCC from 5 to 8 p.m. on Monday in the atrium area and College Center at KCC.



The Associated Press/Swayne B. Hall

From department stores to drugstores, retailers are asking consumers to enroll in rewards programs, also called loyalty programs, for access to better deals. But signing up might not be worth the hassle.

Are store rewards programs worthwhile?

Perks can vary

BY COURTNEY JESPERSEN
The Associated Press

You grab the gallon of milk you forgot yesterday, pick up the cheapest toothpaste and head over to the checkout line. Just when your quick trip to the grocery store is almost over, the employee at the register says, "Do you have a rewards card? It's free to join."

From department stores to drugstores, retailers are asking consumers to enroll in rewards programs, also called loyalty programs, for access to better deals. But signing up may not be worth the hassle.

"First of all, you're just going to be annihilated with emails," says Kurt Jetta, CEO and founder of retail and consumer analytics firm TABS Analytics. "It's not a weekly thing. It's a daily thing for most of these retailers."

The benefits of rewards clubs, however, include exclusive coupons, early access to sale events and rewards points that can be redeemed for discounts or products. That lures many shoppers to sign up. The 2015 Colloquy Loyalty Census found the average U.S. household is enrolled in 29 loyalty programs, but actively participates in only 12.

Rather than signing up for several programs, it might be more beneficial to stick with one or two you'll use frequently. Some retailers, such as Nordstrom and Best Buy, structure their programs so the heaviest spenders reap the greatest rewards.

To reach the highest tier of the My Best Buy program, for instance, members have to spend \$3,500 in purchases per calendar year. This unlocks a longer returns and exchanges window (45 days compared with the standard 15) and more points for purchases (1.25 points for each dollar spent

compared with 0.5 point).

"The perks really go with people who spend the most with a certain brand," says Bob Phibbs, CEO of consultancy firm The Retail Doctor. Phibbs recommends looking over your credit card statement to get a sense of where your money is going. If your spending habits show you're already loyal to a particular store or brand, you could get the most from a membership there.

If you've already signed up for several programs, read the fine print on promotions to help you cut back. Cancel memberships at stores that frequently send out offers with short expiration periods for points or strict purchase requirements.

Some rewards programs get better over time if you're willing to wait. Jetta describes rewards programs as an agreement between the store and the shopper: Customers provide demographic or contact information to sign up for a

program, and stores use the information to change programs in ways that could potentially retain more customers and increase spending.

In 2015, for example, Starbucks announced partnerships with Spotify and The New York Times to give members access to free music and content. "They could've built a program that was strictly based on buy 10 coffees, get one free, but they've now extended it across the store," says Jeff Berry, senior director of research and development at data analytics company LoyaltyOne. "They've really tried to create relevant benefits to their customers."

So, when should you add another store rewards program card to your already crowded key ring? Enroll only if you shop at a store frequently, and you'll actually use the benefits.

Otherwise, politely decline when the cashier asks you to sign up.

'First of all, you're just going to be annihilated with emails. It's not a weekly thing. It's a daily thing for most of these retailers.'

KURT JETTA, CEO AND FOUNDER OF TABS ANALYTICS

MAINSTREET: EMPATHY

Stepping into another's shoes is not easy, but is essential

"Too often, we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around." — Leo Buscaglia

In a July column, I wrote about what it will take to thrive in the future. Beyond the emphasis on technology, I mentioned some of the soft skills based on relationships and working with others. One of the most important of these skills or attributes is empathy, which I want to expand on in today's column. Whether at home, work or play, empathy is something we all can improve on.

In the original article, I said, "With all the automation, smartphones and high-tech instruments in our lives, people more than ever want to be understood and have sincere personal attention." Meg Bear, of Oracle, stated, "Empathy is the critical 21st century skill."

Empathy is the ability to put yourself into someone else's shoes and feel what they are feeling. Empathy, according to researchers, increases prosocial actions that encourage us to help others. While sympathy is related to empathy, they are different constructs. According to the website diffen.com: "Empathy is the ability to experience the feelings of another person. It goes beyond sympathy, which is caring and understanding for the suffering of others. Both words are used similarly and often

interchangeably (incorrectly so), but differ subtly in their emotional meaning."

Dr. Ronald E. Riggio cites the work of psychologist Mark Davis on empathy. Davis suggests there are three types of empathy. The first is a cognitive approach where we try to put ourselves into someone else's situation or place. This is not as easy as it seems. When doing that, though, it might be a good thing to check out our perspective of another's situation by asking them directly to see if we have it right.

The second type of empathy is being able to feel another person's emotion. This might involve experiencing another person's distress and pain. This can be helpful to the other person and even to us, but we have to be careful not to overdo it for their sake and ours. If feeling another person's pain leads us to just feeling sorry for them, it might not be very productive. On the other hand, letting people express their feelings can be very caring. For men, many times we just want to rush in and solve a problem where, in fact, the other person first wants a chance to just express their distress.

The third type of empathy, empathetic concern, is generally the most effective. It allows us to recognize another person's emotional state, tune in to that state and, if distressful or negative, express and show appropriate concern. Of course, many times a solution or help is appropriate and we need to use our judgment in terms of the

amount of help that is called for and what we can do so as not to create dependency but empowerment for the other person.

In his book, "The Squeaky Wheel," Dr. Guy Winch suggests some situations where we can apply empathy. I will take three of his and give you examples. First, we can use empathy when we want to understand someone better. Many times, we have a natural disagreement with someone else and our first reaction is to clam up and say nothing but then harbor anger or resentment. Empathy might involve taking a deep breath and asking follow-up questions of the other person or trying to figure out the other person's situation. On any given day, the other person might be having a good day, an ordinary day or, perhaps, a bad day. An empathetic approach considers the other person's mindset and situation as well as our own.

Secondly, if we find ourselves in a more open but unproductive argument with a spouse or co-worker, taking the time and effort to slow down or even stop for a few minutes and thinking empathetically really can help. Too many people steer away from conflict entirely and, in many cases, that can be even worse. Setting a tone of compassionate listening and speaking, when tempers rise, can lead to a better solution.

Thirdly, at times it may be hard for us to naturally connect to another person emotionally or to their plight. We get so busy with all of our own concerns that, unless we deliberately monitor what is going on around us, we might miss others' distress.

This is especially true for people who suddenly become quiet and withdrawn. At that point, we need to step up and, in a sensitive way, try to connect with that person.

Winch summarizes what it takes to be empathetic in a wide variety of situations. He says, "Experiencing empathy requires a Jedi mind trick of sorts, albeit one we do to our own minds. It involves directing our awareness to a place our mind does not go of its own accord—to what it feels like to be another person—lingering there for a moment so we register the emotional and cognitive landscape, and then returning to our own reality."

Dr. Don Daake is a professor of business at Olivet Nazarene University. He also is the director of the Weber Leadership Center. He holds a Bachelor of Science from Kansas State University, 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 ddaake@olivet.edu.



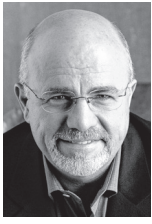
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No, don't borrow from your 401(k)

DEAR DAVE: My wife and I make \$100,000 per year combined, and we have about \$12,000 in credit card debt. We also owe another \$80,000 in student loans, and our kids' private school education costs \$1,000 per month. Is it OK for me to take a loan against my 401(k), which is invested in mutual funds, to clean up the credit card bills? — **Stephen**

DEAR STEPHEN: I wouldn't do that. If your 401(k) is invested in good mutual funds, it's likely you'll miss out on some pretty good rates of return. But that's not the big-



DAVE RAMSEY

gest reason this is a bad idea. The biggest reason is when you leave your company — and you will leave, whether it's because you get a better job, you get fired or you die — that loan is considered an early withdrawal. If you don't repay it within 60 days, you'll get hammered with a 10 percent penalty plus your tax rate. You easily could lose about half of what's in the account.

If you want to start paying off debt, my advice is to start doing things to generate extra income and begin living on a tight budget. Grab an extra, part-time job for

a while, too, and have a big garage sale. Sell so much stuff the kids think they're next! You need to work a serious debt-busting plan.

The good news is it's only \$12,000. Knocking out the credit card debt won't be so bad, and with your income, the kids' school isn't unreasonable. It's the \$80,000 in student loans that's killing you. Scrape together and save every penny you can find each month, and put that toward paying off the credit card debt. Then, roll that amount over, add anything else you can come up with, and attack those student loans.

You can do it, Stephen. — **Dave**

KICKED OUT; WHAT NOW?

DEAR DAVE: I'm 19 years old, and I just got kicked out of the house after wrecking my dad's truck. I've got a job making \$12 per hour working about 40 hours per week, and I'm living with a friend at his apartment. I have a goal of going to college, and I'd like to get out of my friend's place as soon as possible. Do you have any advice for someone just starting out? — **Brandon**

DEAR BRANDON: That's a tough situation, buddy. I'm sorry things worked out that way with your dad. You're going to need more money than what's coming in, so let's prioritize things.

Your first goal is food, and your second goal is to help your friend a little bit with the rent. After that, you need to save up and get a car as quickly as possible. I'm talking about a total beater — a \$500 to \$1,000, mechanically sound, basic, ugly car. They're hard to find, but they are out there.

After you've done this and gotten some stability in your life, start thinking about saving for a little bit better car. This might mean picking up an extra part-time job for a while. Then comes piling up some cash so you can get your own place. Let's get all this out of the way before you start thinking about school. Right now, you barely

have a place to live, and you've got nothing to drive. Listen, I love your motivation and the fact you have dreams and a goal to better yourself. You've been through a lot, but let's get the basics taken care of first, introduce a little stability into your life, and then we can start coming up with a plan for school and a long-term future. Good luck, **Brandon**. — **Dave**

Dave Ramsey is America's trusted voice on money and business and CEO of Ramsey Solutions. He has authored seven best-selling books. Follow Dave on Twitter @DaveRamsey and on the web at daveramsey.com.

Readers share 'fixed it myself!' savings stories

For me, a large part of living a super-couponing lifestyle is about applying a frugal mindset to everything on which I spend money. It's not simply about using coupons whenever possible — it's also about getting the best prices for the things I need.

In previous columns, I've shared the philosophy by which my parents raised me: Don't pay someone to do something you can do yourself. Fortunately, parents that weren't afraid to put tools into their daughter's hands and teach her how to do everything from automotive maintenance to hanging and finishing drywall raised me. The kids in my family grew up thinking that about everything could be fixed if it broke, and if Dad was working on something, we were expected to roll up our sleeves and jump in, too. (This also is the reason on a recent impromptu visit to my parents' house, I found myself on the garage floor helping Dad bleed the new brake lines on his truck ... while I was wearing a dress.)

I understand not every task at hand is going to fall into everyone's skill set, but the do-it-yourself mindset has saved me an enormous amount of money during the years. If something breaks, my first instinct is to try to fix it, not to replace it. Here are some emails from readers who wrote to share their savings after tackling their own repairs:

DEAR JILL: I read one of your columns about saving money by not calling a service person right away. I analyzed my broken glass-top element for the stove. At first, I thought I would just order a whole new element, but upon looking at it realized I probably could replace just the glass top, which is what I did. When I called customer service, the rep said the price "probably would not be much different" and couldn't give me a price for just the top. He transferred me to parts, and that rep said, sure, the glass top could be ordered separately. Did I want it shipped overnight for \$32 or two-day for \$18? I ordered it, removed the old one and put on the new one

myself. I saved myself \$207! Anyway, thanks for that column. — **Michaela M.**

DEAR JILL: I remember reading your story about your daughter repairing her car with the help of YouTube.

I am not a handy person at all, but when the taillight went out on my car recently, instead of taking it to the car dealer, I went on YouTube and searched my car's make and model and "taillight." There were multiple videos showing exactly how to do it. I went to an auto parts store (first

time for that, too!) and used a book there to look up the bulb I needed. Then I took it home and changed it myself with just a screwdriver. It is a small thing, but I wanted to thank you. It makes me think about the other things I can learn to do, and it saved money, too. — **Eric K.**

DEAR JILL: Our washing machine stopped working recently, and the tub wouldn't spin. It is more than 20 years old, so my husband started talking about getting a new one. I remembered a column where you talked about fixing your washer or dryer, so I went online and found out the problem was probably a drive belt. I was on a site called WikiHow, and it did not look too difficult to fix. I ordered the belt online, and it was only \$26! Once it came, I needed a star tip screwdriver to open the panel, but a trip to the hardware store took care of that.

For less than \$35, our washer is working great again, and my husband was so impressed. I'm thinking you saved us at least \$400 toward a new washer! You often talk about saving money, but I am happy we are not sending another appliance to a landfill unnecessarily, too. — **Miranda B.**

Jill Cataldo, a coupon workshop instructor, writer and mother of three, never passes up a good deal. Learn more about Super-Couponing at her website, jillcataldo.com. Email your own couponing victories and questions to jill@ctwfeatures.com.

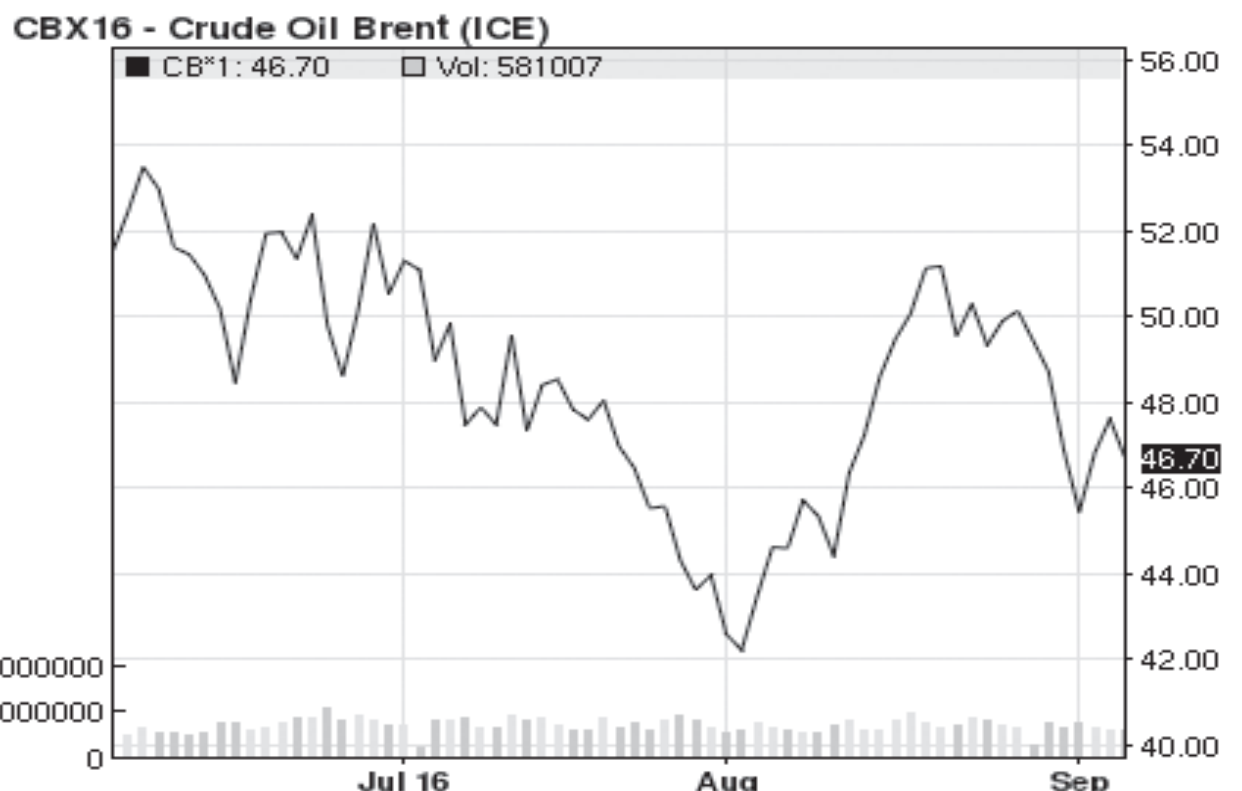


JILL CATALDO
COUPON QUEEN

AG GRAPHS: 3 MONTHS



CRUDE OIL: 3 MONTHS



I'm a compulsive chopper, but no longer a compulsive shopper

I just did something I haven't done in years. I took the weekend and the holiday off. It was wonderful. We had friends over for a barbecue. And I made salsa — from scratch.

I used my absolute favorite kitchen gadget, the Vidalia Chop Wizard, to chop the stuff that needed chopping (tomatoes, onions, bell peppers, jalapeno, garlic, cilantro). This thing is amazing.

Using the Chop Wizard, I was able to chop the tomatoes quickly into uniform slices without launching seeds and pulp across the room or turning the whole

tomato into a squishy mess. Then, I chopped the other ingredients and mixed them all together with lime juice, salt and pepper. I was done in about 5 minutes. Yum!

I love my Chop Wizard. I look for things to chop just because it's so much fun. I'm a chopping fool! And the results are always so amazing. I even took my Chop Wizard to the office a while back and held a demonstration for my (tolerant) staff.

I know I run the risk of sounding like a paid Chop Wizard spokesperson. (I'm not, although that might not be such a bad gig, now that I think

about it.) It's just that this gadget is such a time-saver, and given the fact it makes me want to make stuff from scratch, it's a money-saver, too.

I bought my first Chop Wizard years ago in response to a late-night TV infomercial. Remarkably, it still is being produced and now is available in stores and online for about \$20. I can't say everything I've purchased through an infomercial or PBS special has turned out quite as well. I've been burned a number of times when my compulsive nature met a weak moment head-on. It makes me queasy to think back on all the junk I've bought and all the money I've wasted during the years.

When I say I am compulsive, I mean that with a capital C. So, how do I deal with compulsiveness when it comes to buying stuff? I have these specific questions written on a flowchart that I keep close by, and I force myself to answer them when I'm thinking about buying something.

- Do I need it?
- Can I afford it?
- Do I already have something that will do?
- Can I wait for a more reasonable alternative?
- Am I certain I have located the best deal?
- Am I willing to submit to a self-imposed cooling-off period to think it over?

You wouldn't believe how many

times these simple questions have stopped me short and saved me from making a foolish purchase. But there have been just as many times this exercise gave me the confidence and certainty I needed to make a purchase.

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. This column will answer questions of general interest, but letters cannot be answered individually. Mary Hunt is the founder of DebtProofLiving.com, a personal finance member website, and the author of "Debt-Proof Living," released in 2014.



MARY HUNT
EVERYDAY CHEAPSKATE

THE MOTLEY FOOL: TO EDUCATE, AMUSE & ENRICH

MY DUMBEST INVESTMENT

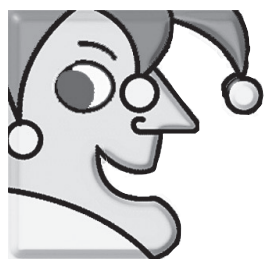
Not-so-smooth sailing

In 2007, I bought 100 shares of Evergreen Solar on the recommendation of someone I trusted. At one point, my investment was up 92 percent, but, thinking the company was solid, I neglected to place a trailing stop order to lock in my gains. I went on a sailing trip with no internet access for a while. When I returned, Evergreen had dropped by more than 90 percent. The company went bankrupt, and my shares are now worthless. This was probably my dumbest investment. — N.V.W., Jamaica

Ouch. A trailing stop order likely would have helped you, but it doesn't always do what you want it to. It permits you to leave an order in place to sell your holding if the price drops by a specified percentage or dollar value. Thus, if the stock creeps up, you don't need to keep resetting your stop order. If you set it at 10 percent and your holding drops by 11 percent one day, the order will be trig-

gered and your shares sold.

The order can fail you, though, if a stock drops gradually over time, never by enough to trigger the sale. It also cannot work well if a stock plunges very quickly, when there might not be time for your order to be fulfilled at your desired price. It's best to keep an eye on any holdings that might be volatile.



ASK THE FOOL

Capital gains taxes

Q: Are capital gains taxes the same no matter how much I earn? — C.R., La Crosse, Wis.

A: Nope. For many folks, the long-term capital gains tax rate is 15 percent. It can be zero, though, if you're in the 15- or 10-percent tax bracket, and if you're in the highest tax bracket, it's 20 percent. Some high earners also will face a 3.8 percent Medicare surtax on their net investment income. Short-term gains (from assets held for a year or less) are taxed at your ordinary income tax rate.

If you have capital losses, you can use them to offset your gains and reduce your tax bill.

Q: Can you have too many shares of one stock in your portfolio? — T.S., Philadelphia

A: It's not the number of shares that matters, but their total value. You might have 1,000 shares of one stock, worth a total of \$5,000, and 100 shares of another stock, worth \$10,000. Focus on the percentage of your portfolio that each stock represents — and don't let any one stock's percentage get too high.

For instance, if one holding represents, say, 25 percent of your entire portfolio, that's rather risky. If the stock plunges, your portfolio will take a big hit. Thus, if one holding grows into too big a chunk of your portfolio, consider selling some shares of it.

On the other hand, if you hold gobs of stocks, and your biggest holding represents just 2 percent of your portfolio, that's not ideal, either. If that stock doubles or triples, its overall effect will be small.

For many people, about 10 to 20 stocks is a good number of holdings — enough for diversification, but not more than you can keep up with.

FOOL'S SCHOOL

Social Security tips

Social Security is vastly important to most retirees,

often providing more than half of their income, and in many cases more than 90 percent. Thus, it's critical to make smart decisions about it. Here are some tips:

- Find out how much you can expect to receive by visiting the Social Security website at ssa.gov and setting up a "my Social Security" account. (To give you a rough idea, the average Social Security retirement benefit was recently \$1,350 per month, or about \$16,000 per year, while the maximum benefit for those retiring at their full retirement age was \$2,639 per month — or about \$32,000 for the whole year.) Knowing what you can expect can help in retirement planning.

- Know that you can control how much you receive, to some degree. Your "full" retirement age is between 65 and 67, depending on your birth year, but you can start collecting your benefits as early as age 62. Collecting early will make your checks smaller, but you'll get more of them, so it can be close to a wash. For every year you delay collecting from your full retirement age to age 70, you can increase your benefits by 8 percent. Delay from age 67 to 70, and your checks will be about 24 percent bigger.

- Don't think you'll receive little or no benefits if you haven't earned much taxable income in your life or if you're widowed or divorced. Those who are married, divorced or widowed might be able to claim benefits based on their current, ex- or late spouse's earnings record — generally collecting between 50 and 100 percent of the spouse's benefit. (Divorced persons need to have been married for at least 10 years and to not have remarried.)

- Benefits are calculated based on your earnings in the

35 years in which you earned the most money (adjusted for inflation). Aim to work at least that long, if you can.

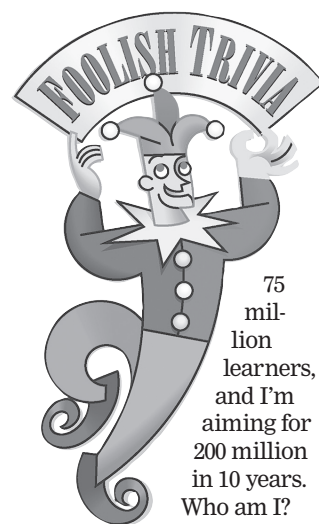
- Finally, read up on spousal strategies, as coordinating when you and your spouse start collecting benefits can make a big difference.

FOOLISH TRIVIA

Name that company

Founded in 1940 and with annual revenue near \$100 billion and 100,000 employees worldwide, I'm America's second-largest private company. Based in Kansas, I'm a conglomerate with businesses related to oil, chemicals, polymers, minerals, fertilizers, forest products, ranching and more. My brands include Lycra, Georgia-Pacific, Dixie, Brawny, Quilted Northern and AngelSoft. I produce all kinds of things, such as automatic paper towel dispensers, asphalt, fertilizer, fabrics, plywood, packaging, air bags, gasoline, water filters, flooring and electronic components. Despite all that, I might be better known for being run by two brothers who are major contributors to conservative causes. Who am I?

Last week's Trivia answer
I trace my roots back to 1724, when a publishing company I later acquired was founded. The organization with my current name was born in 1844 as a building company in England. Today, based in London, I'm the world's biggest education company, employing more than 35,000 people in more than 70 countries. I used to own The Financial Times and related publications, but sold that unit to a Japanese company last year. I rake in close to \$6 billion annually. My products and services serve



Pearson)

THE MOTLEY FOOL TAKE

A money mouse

Walt Disney (NYSE: DIS) is the undisputed global entertainment king, with enormously valuable brands such as Disney itself, ESPN, ABC, Pixar and Marvel. In addition, it has the intellectual rights to many of the most valuable fictional characters and franchises in the world.

The company has a fairly unique business model, with the ability to monetize its assets via multiple platforms. For example, a massively successful movie such as "Fro-

zen" or "Star Wars: The Force Awakens" presents opportunities in areas such as toys and merchandising, home entertainment, live shows and theme park attractions.

Many consumers are shifting from cable TV toward online streaming alternatives, and this is putting some pressure on Disney's networks division. To offset this, Disney has taken a 33 percent stake in the video-streaming service BAMTech, a leader in sports streaming. Meanwhile, its other segments such as movie studios and parks continue to perform well.

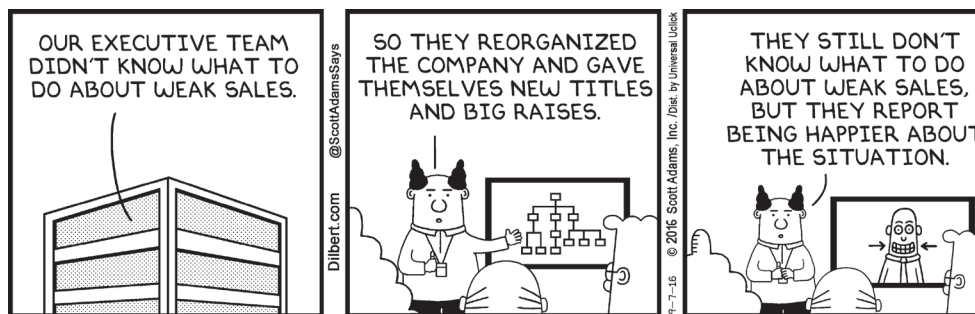
Disney produced almost \$13 billion in revenue during the quarter ended on April 2, up 4 percent over the year-ago quarter, while adjusted earnings per share, up 11 percent, posted the 11th consecutive quarter of double-digit growth.

Disney's stock was recently trading 20 percent below its peak, with its price-to-earnings ratio of 17.4 below its five-year average. The stock recently yielded 1.5 percent and is worth considering as a long-term holding. (The Motley Fool owns shares of and has recommended Disney)

INTEREST RATE: 10-YEAR T-NOTE



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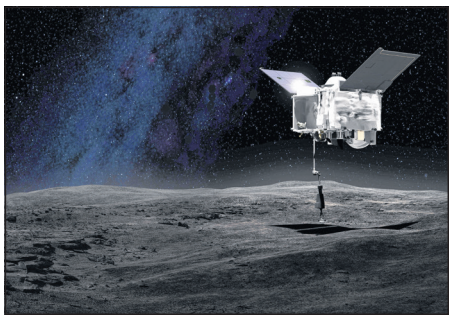
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OUR WORLD

NATION



NASA/Goddard Space Flight Center via AP

This artist's rendering shows the OSIRIS-REx spacecraft contacting the asteroid Bennu with the Touch-And-Go Sample Arm Mechanism.

NASA chasing down asteroid to scoop up samples

NASA is going after an asteroid this week like never before.

It's launching a spacecraft to the exotic black rock named Bennu, vacuuming up handfuls of gravel from the surface, and then in a grand finale, delivering the pay dirt all the way back to Earth.

The mission will take seven years, from Thursday night's planned liftoff from Cape Canaveral to the return of the asteroid samples in 2023, and cover an incredible 4 billion miles through space.

It promises to be the biggest cosmic bounty since the Apollo moon rocks, hand-picked and delivered by astronauts in the late 1960s and early 1970s.

Carlson settles suit against Ailes, Fox News for \$20M

Former Fox News anchor Gretchen Carlson settled her sexual harassment lawsuit against Roger Ailes for a reported \$20 million and a public apology Tuesday, ending the case that triggered the downfall of the cable channel's chief executive.

Carlson alleged in a lawsuit filed two months ago that she was demoted and let go at Fox because she rejected Ailes' sexual advances and complained about workplace harassment.

In a statement, Fox parent company 21st Century Fox said: "We regret and apologize for the fact that Gretchen was not treated with the respect and dignity that she and all of our colleagues deserve."

Carlson was paid \$20 million, according to a person familiar with the settlement who spoke on condition of anonymity because the terms were confidential. Ailes did not pay any of the settlement, said his lawyer, Susan Estrich.

Execution drop makes some think death penalty is dying

Is the death penalty in America gradually dying?

There have been just two executions since May 1 and the total for 2016 probably will hit a 25-year low.

Execution drug shortages, sometimes grotesque errors in death chambers and legal challenges to sentences imposed by judges have contributed to a dramatic decline in the number of states that are carrying out executions.

Just three states, Texas, Georgia and Missouri, are using the death penalty with any regularity, though Texas has not executed anyone since April. Four executions are scheduled in the state before the end of the year.

— THE ASSOCIATED PRESS

Senate returns, fails to pass Zika bill for 3rd time

Back from a seven-week break, the U.S. Senate failed for the third time Tuesday to pass a bill that would provide funding for Zika research and prevention.

Democrats, who also blocked the legislation in June and July, opposed it again over concerns about budget cuts in the bill, as well as language that would disqualify Planned Parenthood from receiving grant money to combat Zika in Puerto Rico, where the virus is widespread. Democrats also objected to a provision that would have loosened environmental regulations temporarily on pesticides.

The bill needed at least 60 votes to overcome a key procedural hurdle. It fell short, 52-46.

— MCCLATCHY WASHINGTON BUREAU (TNS)

US: Most humpback whale populations recovering

In a triumph for the global movement to save whales from oblivion, the U.S. government on Tuesday removed most of the world's humpback populations from the federal list of endangered species, with some glaring exceptions on the West Coast.

The National Oceanic and Atmospheric Administration announced that nine of 14 groups of whales around the globe have recovered to the point that they no longer qualify as endangered, though the giant mammals will still be protected from human hunting and other threats.

But the whales that feed and cavort off the shore of California, delighting whale-watchers and boosting coastal economies, were not taken off the list, because of ongoing threats posed by vessel collisions and fishing gear entanglements.

— THE MERCURY NEWS (TNS)

Sioux get partial pipeline stop

Tribe says workers have harmed cultural sites

BY PADMANANDA RAMA
The Associated Press

WASHINGTON — An American Indian tribe succeeded Tuesday in getting a federal judge to temporarily stop construction on some, but not all, of a \$3.8 billion four-state oil pipeline, but its broader request still hangs in the balance.

U.S. District Judge James Boasberg said Tuesday that work will temporarily stop between North Dakota's State Highway 1806 and 20 miles east of Lake Oahe, but will continue west of the highway because he believes the U.S. Army Corps of Engineers lacks jurisdiction on private land.

He also said he'll rule by the end of Friday on the Standing Rock Sioux Tribe's challenge of federal regulators' decision to grant permits to the Dallas, Texas-based operators of the Dakota Access Pipeline, which will cross North Dakota, South Dakota, Iowa and Illinois.

A weekend confrontation between protesters and construction workers near Lake Oahe prompted the tribe to ask Sunday for a temporary stop of construction. Four private security guards and two guard dogs received medical treatment, officials said, while a tribal spokesman noted that six people — including a child — were bitten by the dogs and at least 30 people were pepper-sprayed.

Dakota Access attorney Bill Leone said during Tuesday's



The Associated Press

Heather Mendoza, center, with her sons Tusweca Mendoza, 10, right, and Omaka Nawicakincinjin Mendoza, 7, of Arlington, Va., originally from Pine Ridge, S.D., hold up signs outside U.S. District Court in Washington, D.C., on Tuesday.

hearing that if it weren't for the stoppages, the section in question would be finished by the end of this week.

Standing Rock Sioux tribal chairman Dave Archambault II issued a statement after the ruling, saying: "Today's denial of a temporary restraining order ... west of Lake Oahe puts my people's sacred places at further risk of ruin and desecration." Attorney Jan Hasselman with Earthjustice, who filed the broader lawsuit on behalf of the tribe, noted the tribe will "know more by the end of the week about where we're heading."

A spokeswoman for Energy Transfer Partners didn't immediately respond to telephone messages requesting comment.

Leone also said in court that

there were two more attacks on crews in North Dakota on Tuesday. Morton County Sheriff Kyle Kirchmeier said law enforcement officers pulled back from responding to a report of 150-200 protesters gathered at a construction area on private land because they determined it wasn't safe to respond.

He said some protesters had hatchets and knives, and two secured themselves to heavy equipment. No pipeline workers were at the site, and no arrests have been made.

Over the weekend, workers allegedly bulldozed sites on private land that Hasselman said in court documents was "of great historic and cultural significance to the tribe." The tribe's cultural expert, Tim Mentz Sr.,

said in court documents that the tribe believes there are human remains in the area and that it wants "an opportunity to rebury our relatives."

"The elders say that reburying can help deal with the loss and hurt of disturbing these graves," he said.

Lawyers for Energy Transfer Partners filed court documents Tuesday morning denying that workers have destroyed any cultural sites and asking the judge to reject the tribes' request for a temporary work stoppage. The company said it "has taken and continues to take every reasonable precaution" to protect cultural sites.

The U.S. Army Corps of Engineers didn't oppose the tribe's most recent request, with Assistant Attorney General John Cruden saying in court documents that "the public interest would be served by preserving peace."

The tribe's outstanding lawsuit attempts to halt construction of the pipeline, which is due to be finished this year. The suit says the project violates several federal laws, including the National Historic Preservation Act, will harm water supplies on the reservation and downstream and disturb ancient sacred sites.

Hundreds of protesters have camped out near the reservation for weeks. Green Party presidential candidate Jill Stein, who advocates for clean energy, spent Monday evening with them and used red spray paint to write "I approve this message" on the blade of a bulldozer, a spokeswoman said. Kirchmeier said authorities plan to pursue charges of trespassing and vandalism against Stein.

ILLINOIS



Chicago Tribune via AP

A member of the Chicago Police Department shines a light as Lacoah Curtis, right, cleans up her family's barbecue at the scene of a double shooting in Ogden Park on Monday in the Englewood neighborhood of Chicago.

13 shot to death, dozens wounded in Chicago shootings

Thirteen people were shot to death during the Labor Day weekend in Chicago, making it the deadliest holiday weekend of one of the deadliest summers the city has experienced in decades.

The police department also said the 13 were among 43 people who were shot during the weekend. Among those was a pregnant woman who delivered a nearly full-term baby after she was shot in the abdomen. The woman, whom police say was not the intended target, was listed in critical condition Tuesday. The infant's condition has not been released.

The holiday weekend slayings come amid a dramatic spike in homicides. The department also said the weekend slayings pushed to 488 the total of slayings for the year — surpassing the 481 homicides that the police department said were recorded for all of last year.

University of Illinois re-evaluates global strategy

University of Illinois officials are re-evaluating the institution's international strategy because of uncertainty over the state budget, shelving a planned office in India.

Interim Provost Edward Feser said the India office was gearing up for its formal opening last October. The campus decided to put the project on hold as it looked for ways to offset a huge drop in state funding. The move freed up \$107,500 for the 2016 fiscal year.

The school still maintains a representative in New Delhi to interact with the government, maintain a fundraising account and create connections in the community, said university Vice President and Chief Financial Officer Walter Knorr.

Fire hits meatpacking plant in Monmouth, idling 1,600

A fire at the Smithfield meatpacking plant in Monmouth has temporarily idled about 1,600 workers there.

— THE ASSOCIATED PRESS

WORLD

UNICEF says 28 million children uprooted by global conflict

Some 28 million children around the globe have been driven from their homes by violent conflict, with nearly as many abandoning their homes in search of a better life, UNICEF said in a report.

The report released Tuesday found while children make up about a third of the world's population as of 2015, they accounted for about half of all refugees, with the number of child refugees having doubled in the past decade.

According to the report, there were 10 million child refugees and one million child asylum-seekers, whose status had not yet been determined. The remaining 17 million children displaced by conflict remained within their home countries' borders.

Philippine president regrets remarks toward Obama

Philippine President Rodrigo Duterte expressed regret Tuesday over his "son of a bitch" remark while referring to President Barack Obama, in a rare display of contrition by a politician whose arc of profanities has unabashedly targeted world figures including the pope and the U.N. chief.

In a statement read out by his spokesman, Duterte said that while his "strong comments" in response to questions by a reporter "elicited concern and distress, we also regret it came across as a personal attack on the U.S. president."

Police find explosives, bomb materials in Northern Ireland

Police say they have found large quantities of explosives after searching 12 properties in Northern Ireland.

The head of the Police Service of Northern Ireland's crime operation unit said Tuesday that "a significant amount of terrorist material" had been uncovered in searches that began two weeks ago in the Larne area north of Belfast.

Assistant Chief Constable Will Kerr said the material included "explosive devices, chemicals for use of bomb making, ammunition, and a firearm."

Officials have warned dissident republicans who reject the peace process pose a substantial threat of terrorist attacks.

French woman who received world's 1st face transplant dies

Isabelle Dinoire, a French woman who received the world's first partial face transplant, has died more than a decade after a complex and daring operation that set the stage for dozens of similar transplants worldwide. She was 49.

Her life with a new face was a miracle to many, but was also marred by infections, kidney trouble and hypertension linked to her treatment.

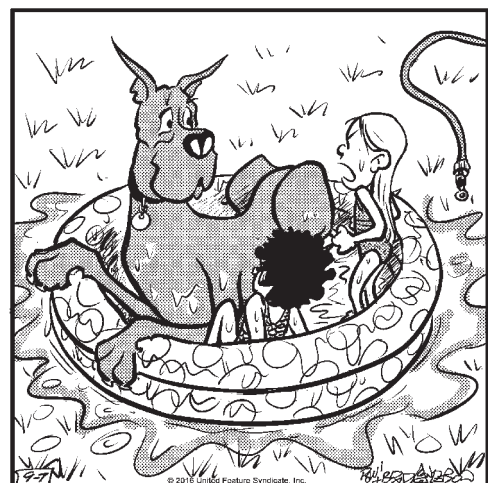
After being severely disfigured by her pet Labrador, Dinoire was given a new nose, chin and lips in a ground-breaking, 15-hour operation in 2005 in the Amiens hospital.

The hospital said Dinoire died in April, but didn't announce it until Tuesday because the family wanted to mourn privately.

— THE ASSOCIATED PRESS

Comics

MARMADUKE BY BRAD ANDERSON



"No more diving, Marmaduke. We're tired of filling up the pool."

OFF THE MARK BY MARK PARISI



WOLF IN SHEEP'S CLOTHING

BABY BLUES BY KIRKMAN AND SCOTT



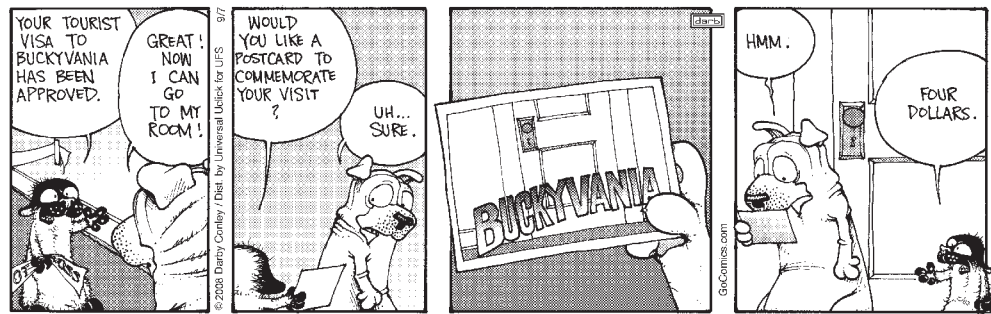
B.C. BY JOHN L. HART



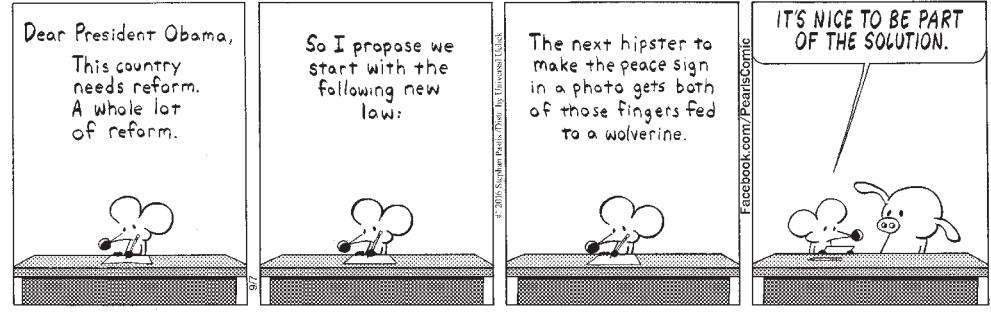
BREVITY BY GUY AND RODD



GET FUZZY BY DARBY CONLEY



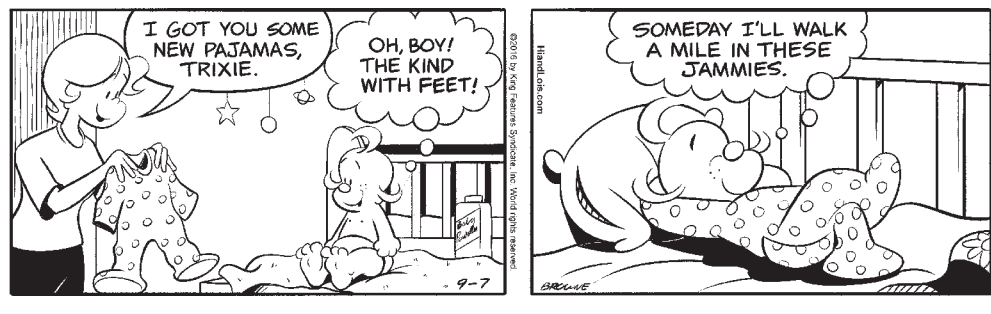
PEARLS BEFORE SWINE BY STEPHAN PASTIS



FOR BETTER OR FOR WORSE BY LYNN JOHNSTON



HI AND LOIS BY DIK BROWNE

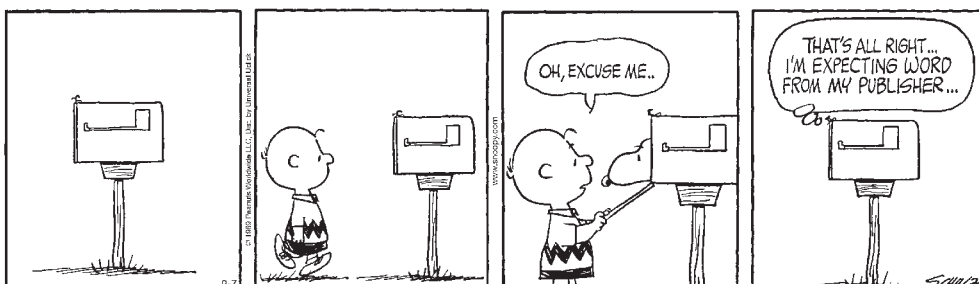


PICKLES BY BRIAN CRANE

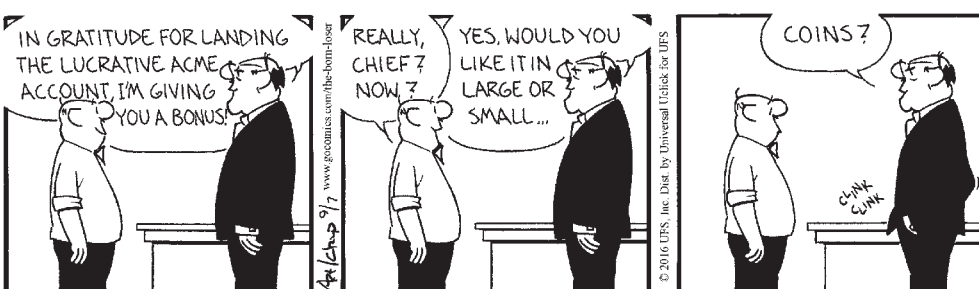


Comics

PEANUTS BY CHARLES SCHULZ



THE BORN LOSER BY ART SANSON



MARY WORTH BY SAUNDERS AND GIELLA



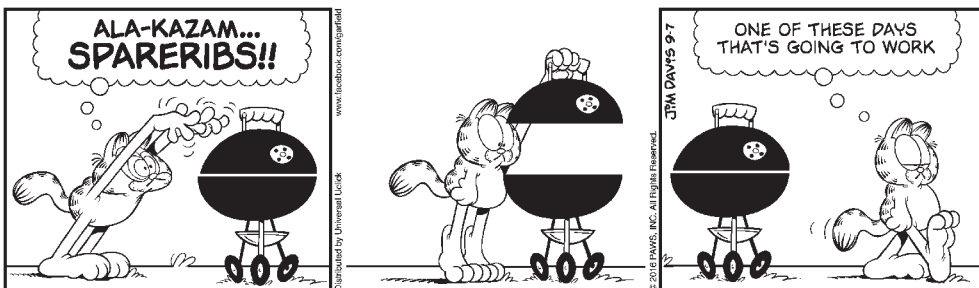
ZITS BY SCOTT AND BORGMAN



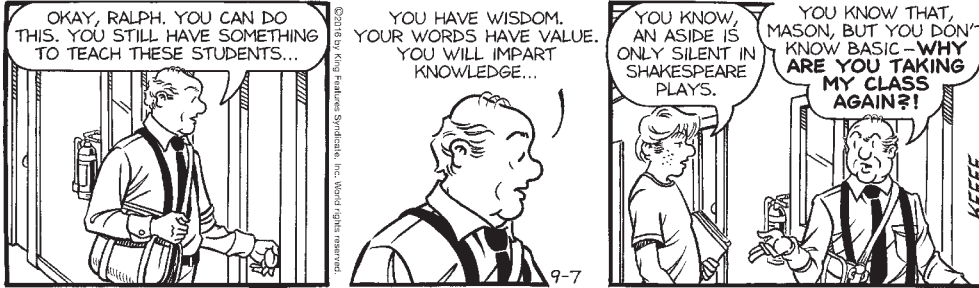
FRANK AND ERNEST BY BOB THAVES



GARFIELD BY JIM DAVIS



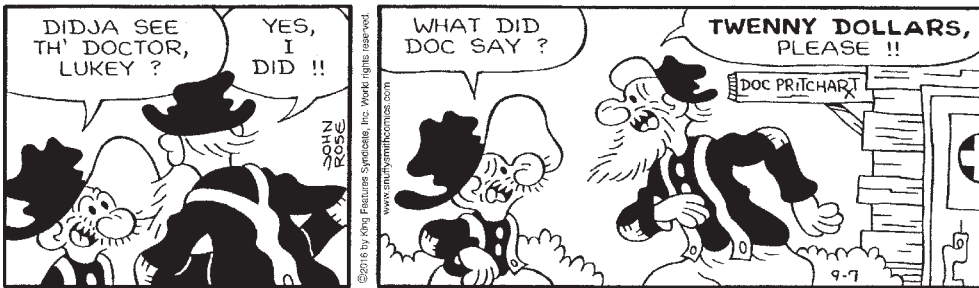
SALLY FORTH BY HOWARD AND MACINTOSH



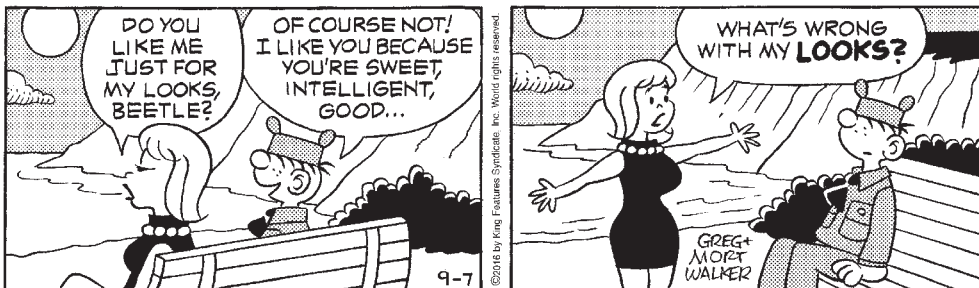
BLONDIE BY YOUNG AND LEBRUN



SNUFFY SMITH BY FRED LASSWEL



BEETLE BAILEY BY MORT WALKER



HAGAR THE HORRIBLE BY DIK BROWNE



DAILY JOURNAL

DailyJournalJOBS.com



For Employment Advertising Please Call Liz at 815-929-7496 or Email lmadsen@daily-journal.com



TELECOMMUNICATOR

KanComm, the combined 911 emergency communications center for Kankakee County, is seeking applicants for the position of telecommunicator. Applicants who successfully complete a stringent screening process that includes an exhaustive background investigation, drug screen, psychological evaluation, computer based interactive proficiency exam and interview will be placed on an eligibility list to be considered for future openings.

KanComm telecommunicators receive emergency 911 calls and dispatch appropriate police, fire or emergency medical services.

The successful applicant will have:

- Excellent interpersonal skills
- Be able to multi-task
- Have excellent computer and typing skills

Willingness to work a schedule that includes weekends and holidays, occasional mandatory overtime and any one of 5 different shift schedules is also required.

Starting pay of \$33,000 plus overtime and excellent fringe benefits including paid time off, deferred compensation, health insurance and pension. Bilingual candidates receive an additional monthly stipend.

Interested parties must attend a 30-60 minute orientation session to be held **promptly at 12:00 PM on Thursday, September 15, 2016** – OR – **7:00 PM on Wednesday, September 21, 2016** at KanComm administrative offices, 2380 W. Station St. Kankakee, IL 60901.

No one will be admitted after the posted start time.

The entrance for the orientation session is on the east side of the building. At the orientation session applicants will receive information about the job, application packets and questions will be answered.

The Kankakee County Emergency Telephone System Board is an equal opportunity employer.

Where are you looking for your next employee?



DailyJournalJOBS.com

To advertise contact Liz at 815.929.7496 or lmadsen@daily-journal.com

Jobs

Community Outreach Coordinator/Educator

Harbor House Domestic Violence Agency is seeking a full-time Community Outreach Coordinator/Educator.

This position develops, promotes, and maintains a wide range of public awareness concerning the effects of domestic violence and about the services offered by the Organization; educates the public on intervention and prevention measures of domestic violence, assists with receipt and disposition of donations from the community.

Job requirements include a Bachelor's degree (B.A.) from four-year college or university or one to two years related experience and/or training or equivalent combination of education and experience. Strong public speaking skills are required.

Interested candidates should email a cover letter and resume to: **outreach@harborhousedv.org**

NO phone calls accepted.

Jobs

RN – OB

Full time night shift (7p – 7a) position available for an enthusiastic, caring nurse. 36 hours weekly, with occasional weekends. Full benefit package. Competitive salary with an excellent benefit package. We are looking for an energetic, dependable individual with previous experience in labor & delivery.

Please apply online at: **www.gibsonhospital.org**

Gibson Area Hospital & Health Services
E.O.E.



Jobs

CLIENT ADVOCATE

Harbor House Domestic Violence Services is looking for a part-time Client Advocate. The Client Advocate assists with the general operation of organization, victim services, answers phone and hot-line; provides clients with crisis intervention, support, assistance and information, and other shelter-supporting duties as assigned. This is an entry level position.

We are looking for one person to cover approximately 16-24 hours per week on rotating shifts which will include some weekends.

Please send your cover letter and resume to: **clientadvocate@harborhousedv.org**

Jobs

Domestic Violence Crisis Counselor – Part Time

KCCADV/Harbor House is seeking a part-time Domestic Violence Crisis Counselor.

KCCADV/Harbor House is seeking a part-time Domestic Violence Crisis Counselor. This position provides: aid, counseling and support to adult clients on issues of domestic violence, domestic violence crisis intervention, domestic violence education, and domestic violence advocacy in compliance with ICADV and Harbor House protocols. Candidates must possess a Bachelors Degree from a 4-year college or university.

Interested parties should email a cover letter and resume to: **PTCrisisCounselor@harborhousedv.org**

No phone calls will be accepted.

Jobs

Part-time Legal Advocate-Iroquois County

Harbor House Family Violence Services is accepting resumes for a Part Time Legal Advocate in Iroquois County. Legal Advocates assist clients by screening for, and assisting in paperwork preparation of, Orders of Protection, hotline coverage and crisis intervention, providing emotional support to clients during divorce & family court cases, and other activities as required. Bachelor's degree from a four-year college or university or one to two years related experience and/or training or equivalent combination of education and experience is required.

Interested candidates should submit a resume with cover letter to: **IroquoisLegalAdvocate@harborhousedv.org**

No phone calls accepted

Jobs

Full-time management position needed for our Kennedy Drive store. Paid vacation and bonuses available. Salary negotiable.

Please apply in person at: **Mancino's Pizza & Grinders**
200 N Kennedy Drive
Bradley, IL



BARTENDERS & WAIT STAFF
Fran's on 17
Call 815-932-6986

DENTAL ASSISTANT
Clinical dental assistant needed. Will train. Experience preferred. Must be available evenings & Saturday mornings. Send resume to: info@drMarch.net or mail to: **517 S. Governors Hwy Peotone, IL 60468**

CONSTRUCTION LABORER
Immediate position for a small business. Must have valid drivers license and be able to travel Monday-Friday. Call Chris at 815-953-4433

Jobs

WAREHOUSE OPENINGS

Forklift Clamp / Reach Truck Experience a plus

Must be able to lift up to 70 # High School / GED Required
\$12/hr + Shift Differential

To apply:
www.searsholdings.com/careers
Req #765691BR Warehouse
Kmart DC - Manteno

We are an EEO Employer.
We support a drug-free workplace

Dental Assistant
Needed for busy dental office. Experienced preferred. Send resume to: Box 279 c/o DAILY JOURNAL 8 Dearborn Square Kankakee, IL 60901

DRIVERS
Full and Part-Time Local and OTR Class A CDL Required 3 yrs. experience Required Benefit Package Reliable Hours Dependable Equipment
Schmidt Trucking, Inc.
Phone: 815-472-3600 or Fax: 815-472-3606

DRIVERS
Hoekstra Transportation wishes all a Safe and Happy Labor Day! Call Stephanie 815-2Be-Home or 815-223-4663 email: 2behome@hoekstra-trans.com www.2behome.com

DRIVERS
We're looking for a few good drivers! Are you one?
A.N. Webber Inc.
\$.42 Regional \$.39 OTR \$17.55 hourly
BCBS Health Ins.(low cost) Dental & Optical Available Paid Holiday & Vacation, 401K Equal Opportunity Employer
Call "Buffalo" Bill Burns: 800-435-0940
Apply Online At: www.anwebber.com

JUST POSTED
JANITORIAL POSITIONS
Hiring 2 part-time jobs, early morning and late evening Monday-Friday in Grant Park and Manteno. Apply at: **Service Master**
253 S. Wall St., Kankakee, IL

LAWN CARE
Part time help. Experienced only. Bush trimming/ edging/weed whacking.
Call 815-304-9315

RESTAURANT
Anthony's Pizzeria & Pub
Experienced Bartender & Server, Pizza Maker & Pizza Delivery. Apply in person at: 63 N. Main St. Manteno, IL

Chicago Tribune
ROUTES AVAILABLE
Bonfield/Herscher \$200/\$250 per week For details call 815-278-4035

SEASONAL HARVEST HELP
For fall harvest/tillage. CDL not required. Send resume: **Kip Harms, P.O. Box 82 Cullom, IL 60929 815-689-2242**

SEASONAL
Rental company seeking seasonal employee. Must be able to lift 100 lbs. and have a valid drivers license. Call 708-297-0556 email: gam1981@comcast.net

VIRGIN RENT-TO-OWN
is looking for a part-time **Product Technician.** Hours are 20-25 hours per week. Duties include: helping with deliveries, returns, cleaning of product and showroom, and whatever tasks may be assigned. Must be able to lift up to 75lbs unassisted and 300lbs assisted. Saturdays are required. Please stop inside for an application. Serious inquires only please! Drivers license is not required but would be helpful.
1670 E Court St
Kankakee.
No phone calls please!

WAREHOUSE
Be able to lift up to 50 lbs. Mon. - Fri. 7:30 am - 5:00 pm Sat. 8:00 am - 2:00 pm
Same Day Tees
112 S. First St.
Peotone, IL 60468
Email resume to: pete@samedaytees.com

Parade
Get Cooking
Inside the Weekend Edition.

DAILY JOURNAL

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DAILY JOURNAL



Services

To place an ad, log onto
6ClicksToSell.com

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Drainage Systems, Window
Wells, Sump Pumps, Crawl
Spaces, Yard Drainage
866-851-8822 or 815-515-0077
Veteran Owned Business

Childcare

No individual, unless licensed or holding a permit as a child-care facility, may cause to be published any advertisement soliciting a child care service. A child care 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))

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

Public Notices

Environmental Impact Statement under the National Environmental Policy Act of 1969 (NEPA) is not required. Additional project information is contained in the Environmental Review Record (ERR) on file at the Village of Cabery at the above address and may be examined or copied upon request or at Piggush Engineering 586 William Latham Drive, Suite 8, Bourbonnais and may be examined or copied weekdays 8:00 A.M. to 3:00 P.M.

PUBLIC COMMENTS

Any individual, group, or agency may submit written comments on the ERR to the Village of Cabery. All comments received by September 22, 2016; will be considered by the Village of Cabery prior to authorizing submission of a request for release of funds. Comments should specify which Notice they are addressing.

ENVIRONMENTAL CERTIFICATION

The Village of Cabery certifies to DCEO that Ray Jepsen in his capacity as Mayor consents to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process and that these responsibilities have been satisfied.

DCEO's approval of the certification satisfies its responsibilities under NEPA and related laws and authorities and allows the Village of Cabery to use Program funds.

OBJECTIONS TO RELEASE OF FUNDS

DCEO will accept objections to its release of fund and the Village of Cabery's certification for a period of fifteen days following the anticipated submission date or its actual receipt of the request (whichever is later) only if they are on one of the following bases: (a) the certification was not executed by the Certifying Officer of the Village of Cabery; (b) the Village of Cabery has omitted a step or failed to make a decision or finding required by HUD regulations at 24 CFR Part 58; (c) the grant recipient or other participants in the development process have committed funds, incurred costs or undertaken activities not authorized by 24 CFR Part 58 before approval of a release of funds by DCEO; or (d) another Federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the required procedures (24 CFR Part 58, Sec. 58.76) and shall be addressed to Illinois Department of Commerce and Economic Development (DCEO, CDAP Unit) at 620 East Adams Street, Springfield, Illinois 62701. Potential objectors should contact DCEO to verify the actual last day of the objection period.

Ray Jepsen
Mayor
Village of Cabery
103 South Ames Street
P.O. Box 144
Cabery, IL 60919

NOTICE OF SALE

Notice is hereby given that on August 25, 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 9:00 A.M., on September 19, 2016 at 1 Stuart Drive, Kankakee, IL 60901, which bids will be opened at 9:00 A.M. on September 19, 2016 in

Cleaning

NEW TODAY

HOUSECLEANER

Will clean your home or apt, will use own cleaning supplies & vacuum. Lynn 815-401-8878

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MVP Replacement Windows

Specializing in Bay, Bow & Picture Windows, Sliders, Double Hung, Casement. Mario Velazquez(Owner) Licensed, Bonded & Insured 25 Years Experience 815-603-2759

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A-Z handyman. Quality service. Floors,drywall, tile. You buy we install. Call 815-685-5980

Lawn & Garden



Bushes, Trees, Sodding. Decorative Stone & Blocks. Retaining Walls, Driveways, Patios, Sidewalks & Steps out of paving blocks or concrete. 815-472-6300

GROW N MOW

Bush Trimming
Gutter Cleaning
815-939-0121

SHARP CUTS LAWN CARE

\$25 most residential yards! (residential lot 150'x50') Commercial & Landscaping Licensed, bonded & insured Lee LaMontagne 815-592-5441 Ask about our Apartment Building Discount

Lawn & Garden

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•Tree & Bush Trimming & Removal • Stump Grinding Fast Friendly Service Call 815-573-3612

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VILLA PLUMBING

Repairs, installation and maintenance, drain routing, sewer repair. *24 Hours *Reasonable Rates *Senior Discounts *FREE Estimates 815-519-2490 lic #J187492

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Locally Owned and Operated- est. 1970 Roofing-Siding-Gutters Windows-Doors Licensed • Bonded • Insured "Quality Exterior Installers" Call: 815-806-4923 lic#104-002993

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Roofing, Siding, Windows, Doors, Interior Painting, & All Types of Flooring •FREE ESTIMATES• Call 815-573-3612 Licensed ~ Bonded ~ Insured



Make Money While Getting Rid Of Unwanted Items.

That's the appeal of a garage or yard sale. However, it can take a little more than moving the "stuff" from the closet or basement into the garage or yard. These helpful tips can help your sale go from ho-hum to don't miss!

- REMEMBER THAT THE GOAL OF THE SALE IS TO GET RID OF THINGS:** The money earned is definite plus, but the purpose is to sell unused items while clearing closets and decluttering other areas of the household. The more you have, the more successful the sale. The best sales have a variety to attract all age and gender of buyers. Have children's clothing and toys, household items, furniture, appliances, tools, yard and garden equipment, jewelry, linens and such.
- GROUP LIKE ITEMS TOGETHER:** The more eye-appealing the set-up, the more people will stop and the more they will shop. If you have sets, of say baby clothes, band or pin together and fold neatly. It pays to be organized. Have things clean. Dust or wipe off.
- DISPLAY UNUSUAL ITEMS ON A SEPARATE TABLE:** Put broken or mismatched jewelry with craft supplies. Have specials where shoppers "buy one, get one" free. Give the 20th customer a discount on the total purchase. Announce specials every hour or half hour. Use the same methods successful retailers use. Be creative!
- FREEBIES CAN HELP:** Stuffed animals do not sell very well. Consider giving a child one. That makes mom more apt to shop longer. Another tactic that makes shoppers linger is to offer free coffee or lemonade.
- PRICING IS IMPORTANT:** Resale shops and other garage sales are good sources. Label goods to indicate condition, "like new," "never used," "complete set/all parts included" and "repair needed" to help shoppers make a decision without having to distract you from paying customers. Place price tags at the same location on clothing, at the neck or at the waistband for jeans and slacks. Be prepared for lower offers. Decide prior to sale whether you will accept a lower amount and on which items. Remember, the goal is to sell as many things as possible.
- CHOOSE THE RIGHT DAY:** Saturday is the most popular day to shop. However, many dedicated garage sale shoppers watch for sales on other days knowing they will have first choice on the items. Be aware when setting your hours that you may have early-bird shoppers, but you can put "absolutely no early sales" in the advertisement for the sale.
- INCLUDE DETAILS IN YOUR AD:** Include the town, directions, day/dates of sale, hours, featured items and whether more than one family is participating. Check local ordinances governing yard and garage sales.

Source: Scripps Howard & Daily Journal Staff

Ready For a Successful Sale? Advertise in the Daily Journal!

You can call 815.937.3340 or submit online at www.daily-journal.com/GarageSales

Ask about a custom Facebook Post!

Ads can be placed at either of our locations
8 Dearborn Square, Kankakee | Northfield Square Mall, Bourbonnais

DAILY JOURNAL

FAMILY OWNED SINCE 1903

Farms & Acreage

Farms & Acreage

78.05 Acres+/- Kankakee County, Illinois

Sept. 15th Auction!

Catherine O'Neill Farm Sealed Bid Auction. Located 1/4 mi. west of the Indiana state line near Grant Park. Don't miss your opportunity on this productive farm!

Call for details. www.soycapitalag.com

David Klein, Auctioneer
John Tammen, Broker
Call 815-936-8978 or
800-532-LAND or email
jtammen@soybank.com



Public Notices

the Kankakee Area Special Education Cooperative's Conference Room, real estate containing 2.1 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 \$500,000.00 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



Home REAL ESTATE

To place an ad, log onto
6ClicksToSell.com

Mobile Homes for Sale

2009 DUTCH
2 bdrm, 2 bath, 2x6 walls, thermal windows, 8x20 covered deck, 8x12 storage building, Senior Park. Lot rent under \$200 \$20,000 815-515-0412

MOBILE HOMES

For sale in Chebanse, IL area. Quiet neighborhood, owner will finance. Call 815-697-3031

Realtor Guide

**COLDWELL BANKER
Residential Brokerage
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Single Family Homes

AROMA PARK Ranch located on Iroquois river south of Aroma Park. 3 bdrm, 2.5 baths, large family room with fireplace, basement, 2 car garage. Extra lot with 30x60 Pole Bldg. \$159,900 Call 815-325-1493

BOURBONNAIS 293 Delmont 3 bdrm ranch, 1.5 baths, 1 car garage, hardwood floors, fenced yard, a/c. \$119,900 815-922-7983

BRADLEY Stone/Stucco Duplex, 276/278 N Monroe, each unit 1,000 sq ft, 2 bdrm, air, stove, frig, laundry area, 50yr roof, all electric, 10% net at \$115K price, contract possible. 803-803-1659

KANKAKEE, 668 S. Evergreen Ave. 4 bdrms, fenced in yard, 2 car garage, full basement. Certified lead free, \$800/mo + 1 mo security dep. Sec 8 OK 815-347-9009

ST ANNE, For sale by Owner 24 W. Circle Dr. 3 bdrms, owner financed, no credit check, low down pmt 815-666-3377

Townhouse/Condo



MANTENO - Stonegate Villas 2 Bedrooms, 2 Bath, over 1500 sq ft., 2-car attached garage with cabinets. Manteno school district, Open split floor plan, south facing sunroom with French glass doors. All appliances stay including washer and dryer, 2 walk in closets. Clubhouse with exercise area and pool. Easy access to I-57 Neutral colors, new carpeting, and new hardwood floors. A/C \$161,900 For more information contact William at wregnier39@gmail.com or 815-791-9062



Home RENTALS

To place an ad, log onto
6ClicksToSell.com

Apartments Unfurnished

BOURBONNAIS, 2 bdrm townhouse \$900/mo. No pets. Call 815-409-5310

JUST LISTED
BOURBONNAIS 2 bdrm upper, 1.5 bath, behind the mall. \$900 month, small pets welcome. 708-846-2771

BOURBONNAIS 854 Gettysburg Dr. 2 bdrm lower, stove & refrig, water & sewer incl. No pets. \$725/mo. 815-933-6282.

BOURBONNAIS, 865 Gettysburg Dr. 2 bdrm, \$750.00
BRADLEY, 148 Ridgeview Ct. 3 bdrm updated duplex \$900.00
KANKAKEE, 1168 S. East Ave. 3 bdrm., \$700.00

SUN RIVER TERRACE, 7442 E. Second St. 1 bdrm., \$500 All + dep. No Pets 815-935-0828 or 312-636-4384

BOURBONNAIS AFFORDABLE NOW! MOVE IN SPECIAL! 2 & 3 bdrms townhomes w/1 car attached garage. 815-530-0186

BOURBONNAIS - Deluxe 2 bdrm townhouse. Refrigerator, stove, washer & dryer hookup & sewer furnished. \$850 mo. 815-939-3466

BOURBONNAIS lower level 2 bdrm apt., water, sewer, garbage & heat furnished. No pets, \$785/month Call 815-405-5331

BRADLEY, 1044 W North St. efficiency. \$480 mo. Alpha report required. No pets. 815-450-8048

BRADLEY 1 bdrm upper, utilities and cable included. No pets. \$600/month + security. Call 815-370-9929

SPORTS



HIGH SCHOOL SWIMMING



Daily Journal photos/Scott Anderson

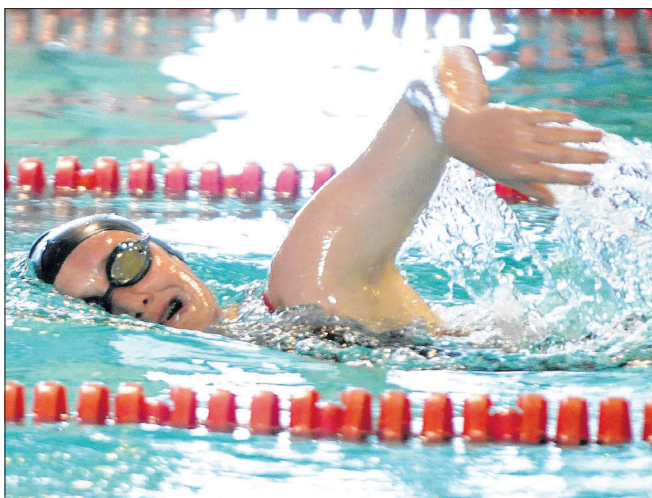
Kankakee's Elise Boudreau swims the butterfly leg of her 200-yard individual medley event at the dual meet held against Bradley-Bourbonnais at BBCHS on Tuesday afternoon.

Kays edge out Boilermakers

Williams, Baron lead the way

BY HANNAH BEVIS
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In the first dual meet of the season between Kankakee and Bradley-Bourbonnais' swim teams, it was the Kays who swam away with the win, topping the Boilers 97-86 in Bradley's home pool. Kankakee took home nine first-place finishes, including three by Jenna Williams (100-yard butterfly, 100-yard backstroke and 400-yard freestyle relay) and three from Riley Baron, who won the 500-yard freestyle and was also a member of the 400-yard freestyle relay and 200-yard medley relay teams. Kyra Blain and Gabby Schultz also turned in two place finishes, joining Baron on the 200 medley team in addition to Blain's win in the 100-yard freestyle and Schultz's top finish in the 100 yard breaststroke. Elise Boudreau joined Boudreau and Baron in the 400-yard relay and earned a medal of her own in the 200 yard individual medley. "It's always fun to come here because it brings out the best in both teams. It's always



Bradley-Bourbonnais' Amanda Hinderliter swims the 200-yard freestyle during the dual meet held against Kankakee at BBCHS on Tuesday afternoon.

fun for me to see all the people in the crowd because we swim summer leagues together, so I know a lot of the parents of the Bradley kids," Kankakee head coach Jo Grogan said. "It's really like a homecoming." Also earning points for the Kays were Rebecca Staniszeski, who earned the top spot in the 200-yard freestyle, and Madysan Beasley, who turned in the second fastest time behind Williams in the 100-yard butterfly and competed on the 200-yard medley relay. Megan Partin also contributed to Kankakee's victo-

ry as one of the members of the 400-yard freestyle relay. Bradley's Megan Schroeder played a part in both first place finishes for the Boilers, taking home the 50-yard freestyle in a time of 25.57, about 3 seconds faster than Kankakee's Gabby Schultz, who turned in a 28.01 for second place. Schroeder was also a member of Bradley's 200-yard freestyle relay, in addition to Kenzie Chalifoux, Connie Vi and Amanda Hinderliter that took home the Boilers' other first place finish. Though 10 of Bradley's

swimmers competed at the Lockport Invitational, this was most of the team's first swim meet of the season, and head coach Scot Boudreau thought some swimmers had "nervous jitters." The Boilers have struggled early in the season due to a number of factors beyond the team's control. "We've been trying to get them fine tuned at practice, but we've had to deal with illness, injury, heat that plays into it, so those things complicate things," Boudreau said. "Not to make up excuses because Kankakee came in here ready to go and had a good meet." A bright spot for the Boilers in the loss was their diving performance, which saw Elizabeth Noble and Kate Brezinski finish first and second, respectively, by a fairly comfortable margin. It's a big step up from last year, when the team didn't have a single diver competing. "Alexa Salkeld and the diving coaches really turned that program around as far as having no one competing to having three of them on the board today and two of them doing very well at the varsity level right now, and the third one (Madeline Vana) right behind them," Boudreau said.

HIGH SCHOOL VOLLEYBALL

Rumble between rivals goes to Manteno

Panthers win last two sets

BY ALLAN SCARABELLO
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MANTENO—Throw records out the window when Manteno and Peotone face off. The Panthers came in winners of eight in a row including a tournament victory at the Manteno Early Bird over multiple local teams this weekend. Peotone didn't look intimidated by the neighboring school which is sitting perfect on the year.

The Blue Devils, behind dominant Division I prospect Brylee Kelly, earned a first set victory.

However, the talented, deep and resilient Panthers recovered and edged Peotone 23-25, 25-10, 25-17 on Tuesday.

"We have a rivalry with Peotone, so we come in nervous and kind of off," Manteno's Nora Crockett said. "We settled the nerves in the first game and unfortunately lost a close game, but the second and third game we had a fresh start. Volleyball is a game where you start over with no time limit. We relaxed and played like we know how to play."

As is always key with beating Peotone, the Panthers needed to limit the Wichita State commit Kelly. That responsibility rested on the shoulders of middle blocker Madie Monk, who was outstanding with five of the team's 10 blocks helping shift momentum Manteno's way.

"We shut her down. You

can tell we were in her head," Monk said. "I feel it also got us into a more positive state of mind."

While the Panthers did have the upper hand on Kelly in the second and third games, the junior showed her outstanding power and leaping ability putting away the final ball of the first game.

Manteno coach Cheryl Davis raved about Kelly's skills.

"It's no different with her or Katie [Kidwell]; you have to score when they're in the back," Davis said. "That's your entire philosophy. Your goal is to try to keep it tight, get hands on them when they're in the front and score when they're in the back row."

While Monk was dominant at the net, Crockett took over the match offensively. The senior had nine kills, including three in four points shooting down a late Blue Devils rally in game three. Her 12 digs left her one kill short of a double-double.

"She had some really crucial swings," Davis said. "Times when we needed points to move forward with momentum, she had really nice swings."

It's never good losing a set, but perhaps it gave Manteno a test it needed as it begins the meat of its schedule.

"They showed what kind of character they have," Davis said. "They used their experience and mental toughness."

With the perfect start, expectations are growing in Manteno.

"We're off to a really good start and we have a lot of potential," Crockett said. "Hopefully, we make a run toward state."

"We're off to a really good start and we have a lot of potential. Hopefully, we make a run toward state."

NORA CROCKETT,
MANTENO VOLLEYBALL PLAYER

STATE HIGH SCHOOL FOOTBALL NOTES

Burtis filling void for Boilermakers

Concerns surrounding Bradley-Bourbonnais' offense are beginning to fade with emergence of quarterback Morion Burtis Jr.

A Class 7A state semifinalist last fall, heavy graduations meant the Boilermakers were left to reshape their offense in the offseason with new starters at quarterback, running back and at one receiver spot.

Burtis has answered the call through two contests. He has displayed dual-threat capabilities in back-to-back wins to open the season for the No. 6 ranked team in Class 7A.

Burtis ran for 179 yards and two touchdowns during a Week 1 win over Champaign Centennial. He followed up that debut last Friday with 81 yards and two rushing scores against Kankakee while also going 14 of 18 for 101 yards and a touchdown through the air.

Bradley-Bourbonnais travels to South Holland on Friday to take on fellow unbeaten Thornwood.

— KYLE NABORS, DAILY JOURNAL

CONFERENCE CRAZINESS

The Southwest Suburban already has one of the oddest alignments in the state.

The closure of Lincoln-Way North at the conclusion of the 2015-16 school year coupled with the defection of Joliet West and Joliet Central to the Southwest Prairie left the league's membership with a very odd 13 members.

The league won't crown a champion in 2016 because it can't. With 13 members it is impossible for everyone to play one another, but what it might do after a fast start in the nonconference schedule is place the most members in the IHSA Playoffs from one free-standing conference ever.

The league is off to an 18-8 record start after two weeks and it looks entirely possible there's at least eight playoff teams in the 13-team grouping. With a few breaks, it's possible that the league could net as many as 10. And while the winning percentage of the

league is certain to go down in the coming weeks as most of the teams are playing one another, a three or four loss team in the Southwest Suburban will be as battle tested as anyone come playoff time.

— STEVE SOUCIE, DAILY JOURNAL

WOLVES COME UP BIG

Prairie Ridge took a huge step toward the Fox Valley Conference title with its 31-20 victory over Huntley Friday night.

The Wolves — 2-0 and No. 2 in The Associated Press Class 6A poll last week — jumped out to a 17-0 lead early in the third quarter and did not let the Red Raiders get closer than 10 points after that.

Quarterback Samson Evans carried 24 times for 203 yards and two touchdowns, while throwing for another score. The Wolves' defense turned in another solid performance, almost holding Huntley (1-1) to 13 points. The Raiders scored their final touchdown with eight seconds remaining.

Prairie Ridge now has beaten Cary-Grove (26-14) and Huntley, which were expected to be the other two top teams in the FVC.

"It's a matter of keeping the guys focused now for the next seven weeks," Wolves coach Chris Schremp said. "Every team in our conference seems to have a D-I player, and those players can turn games around. We just have to keep level-headed."

— JOE STEVENSON, NORTHWEST HERALD

HIGH-FLYING 'HAWK

Plano did a commendable job of limiting Johnsbury running back Alex Peete to 128 yards on 22 carries in the opener, a 32-20 Skyhawks' victory. But Peete broke loose in Friday's 46-21 win at Rochelle with 248 yards in 18 carries.

Peete had touchdown runs of 70 and 66 yards for Johnsbury, which is 2-0 and was ranked No. 6 in Class 4A.

— JOE STEVENSON, NORTHWEST HERALD



Daily Journal/Nicholas Holstein

Bradley-Bourbonnais will have its hands full this season in a loaded SouthWest Suburban Conference schedule. Here, standout Camron Harrell (6) tries to find a path to run during the school's Week 2 win over Kankakee High School.

CARY-GROVE BOUNCES BACK

Cary-Grove struggled to sustain drives in its 26-14 season-opening loss to Prairie Ridge, but racked up 466 total yards in a 42-14 victory at McHenry Friday.

Fullback Tyler Pennington ran 16 times for 133 yards and three touchdowns and running back Ryan Magel ran 10 times for 87 yards. The Trojans (1-1) were No. 7 in Class 6A last week.

Jackson on track: Marengo's Jarren Jackson did not have large rushing numbers in the Indians' 29-28 victory over Winnebago in the opener, but carried 37 times for 208 yards in their 38-7 win against Elmwood Park.

Marengo (2-0) was No. 7 in Class 4A

last week.

— JOE STEVENSON, NORTHWEST HERALD

HURRICANES UNTESTED

Marian Central outscored its first two opponents, 91-0, and will learn more about itself Friday when Benet Academy (1-1) comes to George Harding Field. The Redwings were a Class 7A playoffs quarterfinal team last season.

Marian has several new starters at key skill positions, led by running back Brian Niemaszek, who has 196 yards in two games.

— JOE STEVENSON, NORTHWEST HERALD

See FOOTBALL NOTES, page D3

MILWAUKEE 12, CUBS 5

Hammel hit hard in 1st inning

BY ANDREW GRUMAN
The Associated Press

MILWAUKEE — With the postseason approaching, Jason Hammel is hurting his chances of claiming a spot in Chicago's playoff rotation.

Hammel surrendered five runs in the first inning and ended up allowing nine runs — eight earned — over 5 2/3 innings in the Chicago Cubs' 12-5 loss to the Milwaukee Brewers on Tuesday night.

"Just too many pitches up in the zone," Hammel said. "I didn't really set the tone for us early. This one is on me. Obviously, it doesn't sit well, but we're fortunate to have a very comfortable lead right now. I'll just brush this one off and move on."

The NL Central-leading Cubs had won seven of eight and were 41 games over .500 after winning Monday's series opener.

But Milwaukee rallied from a 1-0 deficit as its first seven batters reached against Hammel (14-8). Jonathan Villar homered on Hammel's second pitch, Ryan Braun had an RBI single, Domingo Santana singled in two runs and Martin Maldonado added a



The Associated Press/Morry Gash

Chicago Cubs starting pitcher Jason Hammel surrendered five runs in the first inning.

Cubs' magic number to clinch division:
10

sacrifice fly. Hammel allowed more

runs to the Brewers in the first inning Tuesday than he had in any of his 14 previous career outings against them — the right-hander entered 10-1 with a 2.50 ERA against Milwaukee.

"We haven't had a first

inning like that," Brewers manager Craig Counsell said. "He's been tough against us. You get to him before they get in that rhythm and take advantage of it."

Hammel has a 9.35 ERA over his past four starts, a stretch that also includes an outing against Pittsburgh on Aug. 31 in which he gave up one run over six innings.

"I just haven't had a good feel for my slider over the last few," Hammel said. "I'm just trying to feel it right now. I had a good curveball today, but not having that slider, that's usually my pitch when I'm behind in the counts."

After allowing five runs in the first, Hammel allowed just an unearned run over the next four innings before giving up the three-run home run to Ryan Braun in the sixth.

TRAINER'S ROOM

Activated from the disabled list before Tuesday's game, Cubs RHP Hector Rondon allowed a run in his first inning since Aug. 16.

UP NEXT

Cubs LHP Mike Montgomery (1-1, 4.09 ERA) will start the series finale against the Brewers. He has a 4.01 ERA in five starts and a 2.29 ERA in 37 relief appearances for Seattle and Chicago this season.

WHITE SOX 2, DETROIT 0

Gonzalez stifles Tigers

BY PAUL LADEWSKI
The Associated Press

CHICAGO — After losing 12 times in 17 games to the contending Detroit Tigers, the Chicago White Sox hit their Central Division rivals where it hurt on Tuesday night.

Jose Abreu hit his fifth homer in seven games, Miguel Gonzalez came off the disabled list to pitch 6 1/3 innings of six-hit ball and the White Sox cooled off the Tigers 2-0.

Detroit fell one game behind Baltimore for the second AL wild card and stayed 4 1/2 games behind first-place Cleveland in the division.

"Always," Gonzalez said when asked whether the outcome had more significance against a division foe. "We're here to compete. We're not going to give in until the last day of the season. That's what we're all about."

The Tigers went 0 for 8 with runners in scoring position and left nine men on in their fourth loss in 15 games.

Abreu connected off Matt Boyd (5-3) in the second for his 23rd homer as Chicago got its third win in nine games.

Gonzalez (3-6) struck out four in his first start since Aug. 11 following a groin injury.

"Gonzo was great," manager Robin Ventura said. "I don't know if you could expect much more out of him, coming off the DL and against a line-up like this, to be able to come back."

Nate Jones retired four straight hitters before David Robertson worked around a

hit and a walk in the ninth for his 34th save in 41 tries to complete the seven-hitter. J.D. Martinez led off with a drive down the left-field line, but a replay review ruled it to be a foul ball, not a home run.

"It was foul," Robertson said. "I knew it right away. I needed one instant replay to go my way."

Martinez followed with a single and Erick Aybar walked with one out, but Jarrod Saltalamacchia popped out and pinch-hitter Tyler Collins struck out in Detroit's 10th shutout of the season.

Gonzalez retired nine straight until allowing singles to Martinez and call-up Casey McGehee in the seventh. Dan Jennings came in and issued a walk to load the bases. Then Jennings struck out pinch-hitter Jacoby Jones and Nate Jones fanned Cameron Maybin to end the threat.

Boyd allowed two runs and eight hits while striking out six in seven innings. He has allowed three or fewer runs in his last 10 starts.

"The other guy was a few pitches better than me," Boyd said. "Just got to be a little better."

TRAINER'S ROOM

A day after Ventura suggested struggling RHP James Shields (5-17, 6.07 ERA) could be shut down because of a bad back, Shields felt better and was expected to start Saturday.

UP NEXT

The clubs meet for the 19th and final time as White Sox LHP Jose Quintana (11-10, 3.05 ERA) faces RHP Anibal Sanchez (7-13, 5.70).



The Associated Press/Charles Rex Arbogast

Chicago White Sox starting pitcher Miguel Gonzalez (3-6) struck out four in his first start since Aug. 11 following a groin injury.



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