



THE DEARBORN EXPRESS

SPONSORED BY THE
SOUTH LOOP REFERRAL GROUP
SERVING PRINTERS ROW AND
DEARBORN PARK

AL HIPPENSTEEL, EDITOR
JANICE KOERBER, ASST. EDITOR

Dearbornexpress.net



Security and Safety Meeting was held Oct 1st in the South Loop.

The meeting was hosted by Alderman King, Alderman Dowel and Alderman Sigcho-Lopez at Grace Place in Printers Row. Commander Pigott of the 1st District described the methods used to fight crime in the South Loop.



Commander Pigott

There was a Robbery at 8th & Wabash of three tourists. Police were able capture several of the perpetrators. There was a car jacking recently at 8th and State in a parking garage. There was a shooting in the parking lot at Canal & Roosevelt. It was a drug deal gone bad from people outside the area. The Walgreens at State and Roosevelt has problems with shoplifters. There are other issues such as Motorcycle noise. They are aware of it but can't chase 100 motorcycles because of the danger it possesses to the neighborhood.

Other issues included crime at the Skatepark at Michigan Ave and 11th St. Usually this occurs after hours and the police have put more personnel there. And homelessness. Homelessness is not a crime. They are using an approach modeled after San Francisco. They try to find housing for good candidates and health providers for both physical and mental needs.

At the Q and A part of the meeting, audience members expressed great concern of safety for the areas adjacent to the Jewel parking lot and across the street at the bus stop next to Walgreens.

- Robberies 8th & Wabash
- Robbery of Walgreens (State & Roosevelt)
- Canal & Roosevelt Shooting
- 21st and Michigan Shooting
- Motorcycle Noise
- Carjacking near 800 S. State
- Homelessness
- Skatepark

Oct 20, 2019

Vol. 7, No. 13

In this Issue



Beth Finke.
How My Seeing Eye Dog Led me to Game of Thrones

Page 9



Bonnie McGrath.
Kamala Harris wants Twitter to delete Trump's account and other recent stories of goofballs devaluing our freedom to see and hear what we want



Mondays with Mike:
Trains and automobiles, no planes

Page 5



Marianne Goss:
Vitamin D needs are bones of contention

Page 15

INDEX

Jazz Showcase.....	p 2
South Loop Neighbors	p 3
Bonnies Blog	p 4
Monday's with Mike	p 5
Lorraine Schmall's Book Review.....	p 7
Beth Finke	p 9
Newcity.	p 11
Marianne Goss	p 15
Theatre in the South Loop.....	p 19
Police Blotter	p 22
Real Estate	p 23,24

COMING TO THE JAZZ SHOWCASE

Sun, Oct 20, 4pm, 8 pm & 10pm.....Saxophonist The Rajiv Halm Quintet
 Mon, Oct 21, 7:30pm.....Roosevelt Presents – CCPA Jazz Combos
 Tues, Oct 22, 8pm & 10pm.....Bob Lark and Alumni Big Band
 Wed, Oct 23, 8pm & 10pm.....Vocalist Sarah Partridge Quartet
 Thurs-Sat, Oct 24-26, 8pm & 10pmPianist Chuchito Valdes Trio
 Sun, Oct 27, 4pm, 8pm & 10pm.....Pianist Chuchito Valdes Trio
 Mon, Oct 28, 7:30pm.....Roosevelt University Presents – CCPA Vocal Jazz
 Showcase and New Deal Jazz Ensemble
 Wed, Oct 30, 8pm & 10pm.....The Jeff Kier Quartet featuring: Jeff Kier-piano,
 Mike Hershenson-guitar, Lanny Grilly-drums, Rafe Bradford-bass
 Thurs-Sat, Oct 31-Nov 2, 8pm & 10pmTrumpeter Jeremy Pelt Quintet
 Sun, Nov 3, 4pm, 8pm & 10pm.....Trumpeter Jeremy Pelt Quintet
 Mon, Nov 4, 7:30pm.....Roosevelt University Presents – CCPA Large Jazz Ensemble
 Tues, Nov 5, 7pm, 8pm & 10pm.....Jazz Community Big Band
 Thurs-Sat, Nov 7-9, 8pm & 10pmVocalist Vanessa Rubin Quartet w/ Duncon
 McMillan- Hammond B₃, Perry Hughes-guitar



Dearborn Station

312.360.0234

806 S. Plymouth Court

CHICAGO, 60605

Jazzshowcase.com

CHUCHITO VALDES
MANO CON YUNFA

Oct 24-27

WYNTON FUELS BUDDY BOLDEN BIOPIC
DOWNBEAT
Jazz, Blues & Beyond

JEREMY PELT
SOUND SCULPTOR

JOSHUA REDMAN
LINDA MAY HAN OH

42nd ANNUAL STUDENT MUSIC AWARDS

Jeremy Pelt Oct 31-Nov 3

Welcome to Jazz Showcase where Jazz lives in Chicago since 1947. Our exclusive 170 seat venue features the best Jazz acts you'll find anywhere in the Chicago area. Tickets are now available online. Don't forget to sign up for our e-mail newsletter so you don't miss out on our upcoming shows!

www.roiholisticfitness.com

ROOTSTM
OF INTEGRITY
Holistic Fitness & Wellness

PILATES / YOGA / GYROTONIC®
HOLISTIC LIFESTYLE COACHING

Roots of Integrity, Holistic Fitness offers Pilates, Yoga, and GYROTONIC® training for individuals of all ages and ability levels. Our mission is to find the best holistic fitness program for your needs and interests to help you achieve overall well-being.

1006 S Michigan Ave. Suite 600 Chicago 60605
info@roiholisticfitness.com | 312.818.1191

GYROTONIC®, GYROTONIC EXHAUSTION SYSTEM® and GYRONESS® & Logo are registered trademarks of Gyrotonic, Sales Corp and are used with their permission.

Jim Wales, ABR, e-Pro
 Baird & Warner
 South Loop Office
 847-815-9459
Jim.wales@bairdwarner.com

Baird & Warner

Specializing In Printer's Row Properties

Nice & Distressed

**Furniture
 Décor
 Gifts**

Fresh Vintage Charm
 Historic Printers Row
 723 S Dearborn
 Chicago, IL 60605
NiceAndDistressed@gmail.com

South Loop Neighbors

South Loop Neighbors is a non-profit membership based organization dedicated to enhancing the quality of life in South Loop's neighborhoods and preserving the area's landmark districts.

South Loop Neighbors represents South Loop residents who are concerned about:

- Ensuring high-quality, reasonably-sized real estate development as well as infrastructure improvements that respect the unique character of our community
- Preserving and protecting the area's Landmark Districts, including Printing House Row and Historic Michigan Boulevard
- Promoting quality education, recreation, services, retail, community activities, and events
- Maintaining a socially, culturally, and economically diverse neighborhood
- Developing strong relationships with key city officials to ensure they respect, hear, and act on the concerns and ideas of the South Loop community. South Loop Neighbors serves members and residents within the area bounded by Congress Parkway to approximately 25th Street and from the Chicago River to Lake Michigan.

www.southloopneighbors.org

South Loop Neighbors

Jim Wales- President
Benjamin Cottrell- Vice Pres.
Dorothy Miaso- Treasurer
Rob Degnan- Secretary
Dennis McClendon- Director of Planning and Development
Roger Marsh- director
Christine Hunt- director

Loft Walk Sat. Dec 14 Noon - 5:00 pm

Deck The Halls!

Join the South Loop Neighbors for this years Loft Walk with the "Deck the Halls" theme returning for a 2nd year! Get into the spirit of the season while enjoying holiday decor and warming stations along the way at local retail galleries and cafes!

This highly anticipated event offers visitors a unique experience to see inside 8-12 urban residence and businesses. The self-guided tour begins at Grace Place (637 S Dearborn) where participants can either walk the route or take a free trolley!

[Tickets on sale now at this link!](#)

Willing to feature your loft or willing to volunteer? Send an email to loftwalk@southloopneighbors.org



899 S. Plymouth Ct.

312-922-5888

If it ain't broke, don't fix it, We'll take what you've got,
add what you want & make it great

Jaqi@JaqiGreenInteriors.com



Christine M. Hunt, P.C.
Attorney at Law

Family Law
Estate Planning
Business Formation

899 S. Plymouth Ct.
Suite G 10
Chicago, Illinois 60605

312-583-0847
ChristineHuntJD@gmail.com
www.HuntLawChicago.com

OPINION

The views and opinions expressed in this newsletter are those of the contributors and do not necessarily reflect those of the editor or South Loop Referral Group.

Kamala Harris wants Twitter to delete Trump's account and other recent stories of goofballs devaluing our freedom to see and hear what we want

I love saying what I want to in this blog. And when people sneer, snip and snipe about it, I like to remind them that a lot of soldiers fought so I could say it. (Thank you for your service.)

A good friend recently put a comment on Facebook. And I said I disagreed with it. And she said, "That's it. We won't discuss politics anymore." And I said, "Why don't we just move to North Korea?"

That solves that problem.

Everyone's in a bubble with a big DO NOT DISTURB sign on it these days.

Anderson Cooper was on a show not long ago where he admitted he doesn't read the president's tweets. Whaaaaaaaaaaaaa?? He's a reporter on CNN, covering the news of the day? And he's too delicate to read the Trump tweets?

If I were his boss, I'd fire him on the spot. He might think the tweets are too harsh for his snowflake mentality and his untamed tummy, but I'd say to him, "You [watched rats eating people's bodies](#) after the New Orleans hurricane! And you can't read a tweet from Donald Trump? You're fired!"

Presidential candidate Kamala Harris' big campaign issue these days is asking Twitter CEO Jack Dorsey to remove Trump's Twitter so he can't tweet. Of course, she's a senseless publicity monger. Nothing is done without her (or her people?) sizing up the headline ([and swag](#)) potential first. Apparently, she wants to stifle all communication from the White House.

Even Anderson is only personally declining to read the tweets. He's not trying to keep other reporters, citizens and Twitter followers from reading them.

But she wants to prevent everyone from reading the president's tweets. Who is she? God?

She [got down on Elizabeth Warren](#) at last night's debate for not supporting her idea. Warren makes sense.

It doesn't matter what crap Trump tweets, it has to be read by journalists and reported; backed up or disputed. That's what journalists are supposed to do with whatever spews from a president. No matter what the message. That's the job.

Harris is wrapped up in a disingenuous, phony and empty campaign of making catchy headlines for her own personal publicity purposes. She didn't learn much in law school if she thinks emanations from 1600 Pennsylvania Avenue, no matter how stupid or inaccurate, shouldn't be available to all.

No one should be shut down, president or not, asinine or not--unless they're literally crying "fire" in a crowded theater.

I've seen evidence lately that points out how dumb some Americans can be. Since the Founders got this big experiment going almost 250 years ago, [when they codified the importance](#) of freedom to write, read, say and hear whatever we want without government interference, there have been people who want to put the kibosh on....

Like one of my neighbors who asked another neighbor not to circulate [a neighborhood e-newsletter](#) anymore because she didn't like the political rhetoric. There are several bloggers whose work the editors include, but their posts actually make up a small part of this huge mishmash of neighborhood news that encompasses everything from information about new restaurants in the area and interesting book reviews to details about CAPS meetings and garage space for rent.

She didn't ask him to stop sending it to her. She asked him not to send it to anyone. He declined her request, pointing out that the publication is a neighborhood newsletter with lots of news for all to use.

Another guy wrote to the editor of the same e-newsletter, attacking the political ideas and the writing of a particular writer: me. He, too, implied that because he didn't like my writing or my point of view, it shouldn't be read by anyone.

Same with the friends of a friend who posts posts her Facebook friends don't like. Don't post them, they say.

Why not? This is America.

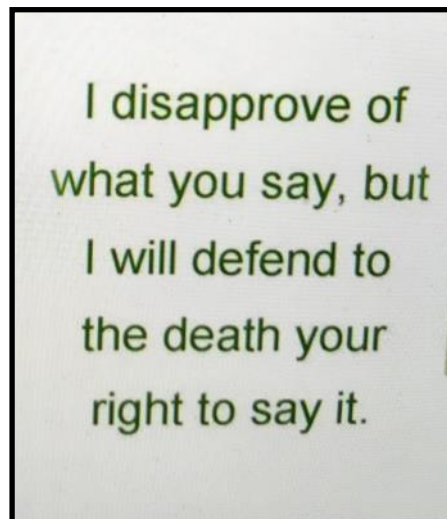
But she doesn't because she can't stand the grief. From them. Although others may think the posts perfectly acceptable.

My answer to all this is this: If something lands under your nose that you don't want to read because you don't like what it says and you don't agree with it, if it's online, delete it; if it's in the mailbox, throw it out; if it comes over the phone, check your caller ID and don't answer--or hang up if you do; and if it's in a magazine or a newspaper or a book that lands in your lap, don't read it.

But don't attempt to keep anyone else from seeing what you don't want to see or from hearing what you don't want to hear. Too many soldiers have died for too many years for the right of everyone to see what they want.

Bonnie McGrath

Visit my blog: www.chicagonow.com/mom-think-poignant/



OPINION

The views and opinions expressed in this newsletter are those of the contributors and do not necessarily reflect those of the editor or South Loop Referral Group.

Mondays with Mike:

by [mknezo2014](#) | July 22, 2019

Trains and automobiles, no planes



Just had a great weekend visiting a friend from the neighborhood who has since moved back to his hometown of St. Louis. I took the Amtrak with another Printers Row pal. The three of us originally met, where else, at [the late, great Hackney's](#). Miraculously, the trains to and from the Gateway City were very nearly on time. And though it was six hours, I wouldn't have traded it for a flight, which, door to door wouldn't have been much faster at all. Every seat on the train is roomier and more comfortable than a first class airline seat. And, heading to the café car gave us a nice walk.

As good as it was, I can't take a train in the United States without thinking of...Japan. Or Europe. But man, Japan. A bullet train to St. Louis would've been more like three hours. It also would have cost more, but bullets in Japan are just one option. There are always cheaper, conventional choices for the same routes. I have this dream: fast trains linking all the Midwest rust belt cities—Milwaukee, Detroit, St. Louis, Cleveland—throw in Minneapolis. We become a regional economic powerhouse. Climate change/real estate refugees from the West Coast and Sun Belt would flee to the region for affordable housing, abundant fresh water, and the ability to hop around the region to do business quickly and comfortably.

A person can dream.

Apart from that, having ridden the trains in Japan and in Europe, the physical plant here in the United States is embarrassing. I'm talking about tools, old rails, and junk just piled up along track lines and even inside the stations.

Anyway, back to the trip. At one point our St. Louis buddy was driving us back from a day in downtown St. Louis, and we got to talking about politics. Along the way, he said something interesting: "I'm a Democrat, but I'm not a liberal."

Over the weekend, the three of us talked about a lot of stuff. My fellow traveler from the neighborhood brought up an article he'd read about the student debt problem. Our St. Louis buddy said he wasn't sure what to think about it. "I'm not so sure I'm on board with just wiping it clean," he said. He went on. "But you know, maybe if someone's been on time for 10 years, then sure." We all

agreed that having people saddled with debt when they get out of college—and therefore unable to say, buy their own place—isn't good for the economy.



Those two moments kind of stuck with me. The first, about being a Democrat but not a liberal, spoke to the power of labels. The second, about student debt, illustrated how destructive labels can be to constructive conversation. My St. Louis friend would be chastised from the right as being, indeed, not just a Democrat, but a liberal, or worse yet, a socialist, for even considering forgiving debt. And from the left, he'd be called some sort of awful neo-liberal market worshiper. Both critics would have a laundry list of talking points they heard on Fox or MSNBC, and there the conversation would end.

Which is unfortunate. Because, as another of my many wise friends once said, "We never talk about the plumbing."

Which means, when I bring up the thing about the trains, we don't stop to brainstorm how train travel might be improved, is it a worthy investment for the public good...the plumbing. The practicalities. We'd never get that far. Because someone would reflexively condemn anything that sounded remotely like public transportation. And someone would fatalistically say we could never do something like that here in the United States.

And thanks to them, right now, that's right.

MOST RECENT EPISODES

PODCAST



October 9, 2019

"The Heartbeat of Wounded Knee"

This coming Monday, some states and cities will celebrate Indigenous People's Day, renamed from Columbus Day to honor the lives and history lost due to centuries of colonialism. Meanwhile, the few American Indian stories most Americans learn in school, like those found in Dee Brown's best-selling *Bury My Heart at Wounded Knee*, only reinforce simplistic narratives of genocide, disease, and suffering.



**Chicago Park District Park #543
(Informally known as Printers Row Park)
Advisory Council Election/Meeting
October 29, 2019 7 p.m.
637 S. Dearborn (Grace Place)**

Best posts for September, 2019 as named by the Chicago Tribune. Bonnie McGrath and Marianne Goss, two contributors to the Dearborn Express.



Bonnie



Marianne

Congratulations!

https://www.chicagotribune.com/redeye/ct-chicagonow-20-best-posts-of-september-2019-20191007-story.html?fbclid=IwAR3ipwKrXcH-DoT4NfpJuhFeKaQ4IPYNqF3mXorbh_AAF90a5DMwAV2h0aU



Neighbors who are interested in the legislative process and local activism meet each month on the third Monday of the month. Join Indivisible Printers Row (a chapter of Indivisible Chicago: <https://www.indivisiblechicago.com>) THIS Monday, 10/21 at the Bar Louie on Polk. Arrive early at 7pm for socializing and ordering your own refreshments. The meeting officially starts at 7:30pm. Our collective organizational structure means we'll need a couple of volunteers—one to lead the meeting and one to take the meeting notes. Everyone is welcome.

**Indivisible Printers Row (IPR)
Upcoming Monthly Meetings:**

**Monday, October 21st and
Monday, November 18th**

7:00-9:00pm

Bar Louie at 47 W. Polk St.



20% OFF First Time Clients

Spend \$50 & Get a FREE Pedicure
Hair. Nails . Wax . Skin . Massage

312-888-9265
DEARBORN STATION
47 W. Polk, Chicago, Ste.G4

**Mercy
BEAUTY SPA**

WHAT IF FITNESS WAS FUN?

Clark Street CrossFit welcomes EveryBody into our community.

This is a great community for CrossFit, especially if you are new to group fitness. There are lots of friendly people here at Clark Street Cross-Fit, from all walks of life and from all over the world. Everyone is very welcoming and encouraging. It is what we are known for.

Find out more by scheduling a free consultation and find out what CrossFit is all about and how Clark Street CrossFit make fitness fun

Mention our ad in Dearborn Express at time of inquiry we'll take 20% off your first month.



730 SOUTH CLARK STREET
info@ClarkStreetCrossFit.com
(312)535-3164
FaceBook/instagram
@clarkstreetcrossfit

**Turkey Chili
Season !**

Standing Room Only Chicago
610 S Dearborn Street
Chicago, IL 312-360-1776

Rebecca Makkai, **The Great Believers** (Random House)

Chicagoan Rebecca Makkai begins **The Great Believers** with a memorial after-party demanded by a young Nico Marcus, who threatened to impale his friends “not in a good way” if they sat around sobbing when he succumbed to AIDS. At his funeral mass in Highland Park, where none of his circle, nor his devoted sister, nor his long-time lover, were welcomed to pray, his family members talked about Nico “as if he died in adolescence.” Nico’s friends, some of whom fled, others who sped, and others, like Nico, who’d been exiled to Chicago because they were gay, grieved in Boystown with gallows humor and glib jibes, Cuba Libres and callous references to casual sex. They swore not to care about the families and communities and world that didn’t care about them: Too bad “if there were sandwiches laid out in some church vestibule; most of them were going to waste.”

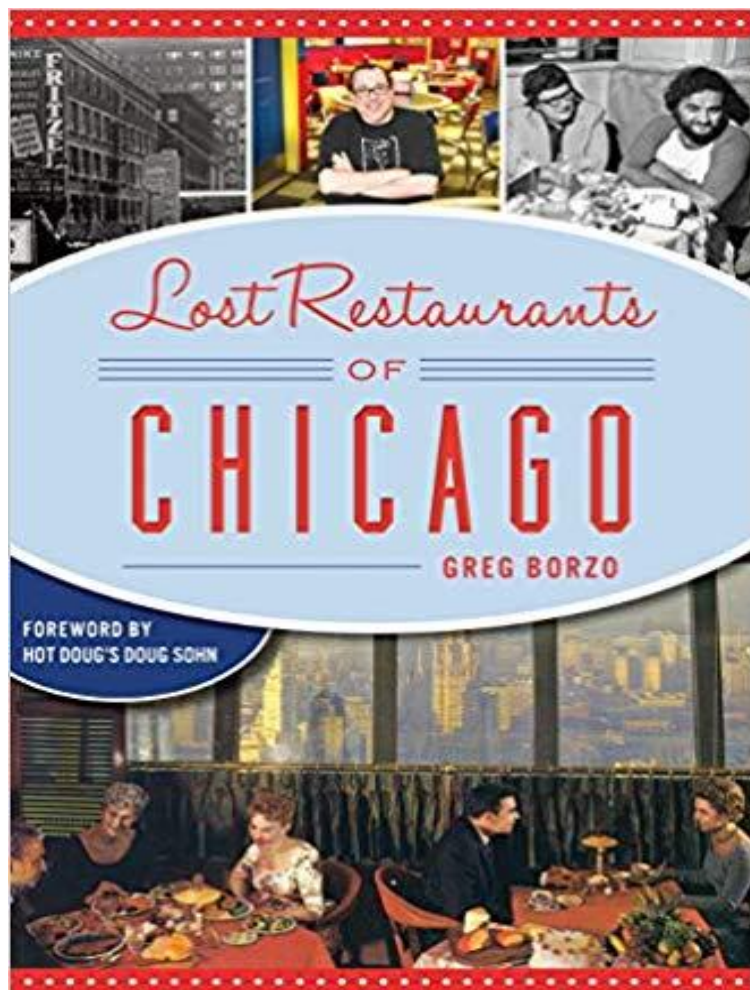
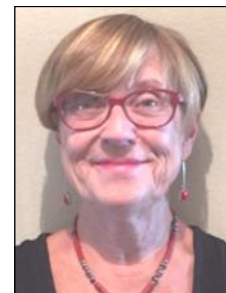
As were thousands of young men across the country, and too many to count in Chicago’s north side community—at first a haven where gay men could be themselves, but later a waystation to their graves. In the early 80’s when there was no treatment for HIV infection, hundreds were “already sick, hiding the lesions on their arms but not their faces, coughing horribly, growing thin, waiting to get worse—or lying in the hospital, or flown home to die near their parents, to be written up in their local papers as

having died of pneumonia.” Reagan was president, the Moral Majority spread fear, condemnation and blame, and these mostly young people caught by the virus were left to care for themselves.

Makkai writes about the usual stuff of young love and lust, fear and ambition, jealousy and uncertainty that was not unlike those of their heterosexual peers, except in one brutal way: their “usual dramas suddenly can carry a fatal charge.” The book is about loyalty—Nico’s sister becomes “Saint Fiona” the “patron saint of Boystown” and her energy and dedication to her brother and his friends change her life forever. It’s about loss: not just of young people but of many of their mothers, who’d already abandoned, forgotten, or simply didn’t know how to care for them. It’s about political movements and medical improvements. It’s about competition and wealthy benefactors and an old lady who lives in Door County. It’s about art and cults and the lost generation in 1920’s Paris. It’s about Chicago. It’s as long as *Moby Dick*, and just as epic. It’s won a bevy of prizes; it’s worth your perseverance. It’s history.

Lorraine Schmall

Dearborn Park, October, 2019



Susan Bass Marcus writes and illustrates fiction, essays, and reviews. Her Dragonwolder fantasy novels, *Malevir: Dragons Return* and *Where Dragons Follow*, offer a world of dragon clans, an enigmatic menace the Malevir, sprites, goblins, questing humans, and magical giants. Her musings appear weekly on her blog, “About Susan Marcus,” <https://susanbassmarcus.net>. Both paperbacks are available at Sandmeyer’s Bookstore.

Welcome to Sandmeyer's Bookstore!

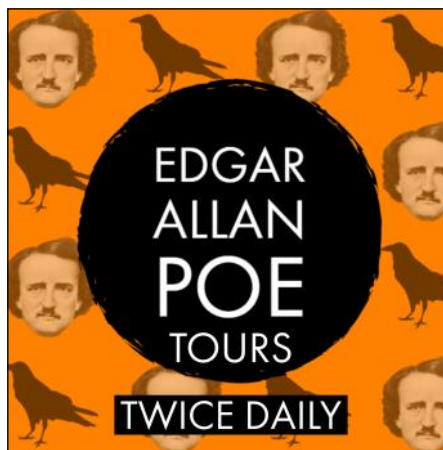
Independent. Local. Family-owned.
From the moment you walk into Sandmeyer's Bookstore, you can tell the difference.



714 S. Dearborn
312.922.2104

Sandmeyer's Bookstore has served Chicago's South Loop since 1982, providing quality new books and unbeatable service. A true mom-and-pop shop, Sandmeyer's Bookstore has been family-owned and operated since the beginning.

Come browse our extensive collection of new releases, travel guides and children's books. Whether it's a fresh copy of an old favorite or the latest bestseller, you're always going to find something good at Sandmeyer's



Edgar Allan Poe Tours

Beginning October 21 and lasting through Halloween, celebrate spooky season with Edgar Allan Poe-themed tours at the American Writers Museum! Our knowledgeable and fun Storytellers will take you through our exhibits on a journey full of fright, mystery, and suspense. Offered twice daily at 1:30 pm and 4:00 pm, October 21 – October 31.

From talking ravens to thumping tell-tale hearts, you'll dive into

Poe's work and see how his legacy continues to impact the world today. Learn about those who influenced Poe, like Washington Irving, and those who Poe influenced, like H.P. Lovecraft, and see how American writing flows from one generation to the next. Take a moment at the end of the tour to write your own terrifying tale or petrifying POEm on one of our typewriters, and we might feature it on our blog.

When you arrive, let AWM staff know you are here for the Poe Tour. Tours are twice daily, at 1:30 pm and 4:00 pm, October 21-October 31. Tours are included with museum admission and typically last around 20 minutes.

American Writers Museum
180 N. Michigan Avenue,
2nd Floor
Chicago, IL 60601

<https://americanwritersmuseum.org/>



Writing Out Loud

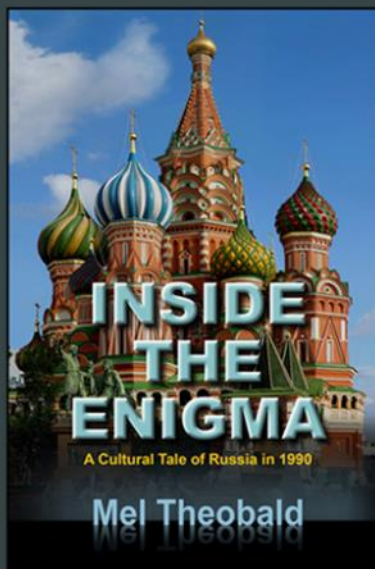
what a blind teacher learned from leading a memoir class for seniors

Beth Finke

Inside the Enigma

A Cultural Tale of Russia in 1990

by Mel Theobald



"*Inside the Enigma* sweeps you along like the very best fiction, all the more captivating because it really happened. An ordinary guy becomes caught up in high-level wheeling and dealing during a critical moment in international relations. Along the way he discovers hidden art treasures, gets to know the passionate men and women who create them – and recaptures meaning and purpose in his own life. With those four great themes and an inexhaustible wealth of twists and turns, this book will enthrall you from the moment you enter its unique world."

For complete details, please go to:
www.insidetheenigma.com

Hardcover, 406 pages

For ordering information, email:
theobaldart@gmail.com

Gerald de Jaeger
Author of *The Million-Dollar Parrot*
and three other books

Safe & Sound Blog by Beth Finke

<http://Bethfinke.com/blog>



[How My Seeing Eye Dog Led me to Game of Thrones](#)

A week ago today I had a short one-on-one conversation with George R.R. Martin. He's the guy who wrote the book *Game of Thrones*. And yes, the conversation was quite short. But still....

The back story: last Thursday the Chicago Public Library and Chicago Public Library Foundation honored George R R Martin with their Carl Sandburg Literary Award, and [I was one of 85 authors with ties to Chicago](#) to be invited to the ceremony.

I thought it'd be a somewhat small affair, but more than 900 civic, cultural and business leaders were there to celebrate and support Chicago's public library. Eighty-five tables, and one Chicago-tied author was seated at each one. The group at my table were all from the [Chicago Community Trust](#), an organization that had sponsored a bunch of cultural events during the 25th anniversary of the signing of the Americans with Disabilities Act. Thanks in large part to the Chicago Community Trust, I experienced many, many cultural events in 2015 (like architectural tours of Frank Lloyd Wright homes and visits to art museums) I might not have tried otherwise. We had a lot to talk about!

George R.R' Martin was available for photos after the ceremony, but only if you came in a group of 8. My friend Heidrun Downing was with me, and we glommed on to a group of six strangers to wait in line.

Once told it was our turn, I commanded, "Whitney, forward!" Sure enough, Whitney led us right to George R.R. Maartin's knee. The conversation went like this:

Beth: George, do you like dogs?

George: Well, um, they're okay. I'm more of a cat person, though, really.

Beth: Oh, well, let me get her to lie down so she won't get in your way. "Whitney, down!"

Whitney refuses to lie down.

Beth: Oh, sorry. Let me try again. She's getting old and tired of her job – she'll be retiring in December.

George: What happens to them when they retire? Will you keep her?



That's me standing on the left; my friend Heidrun is sitting in front of me. If you look hard, Whitney's in there, too. Oh, and George is there in the middle.

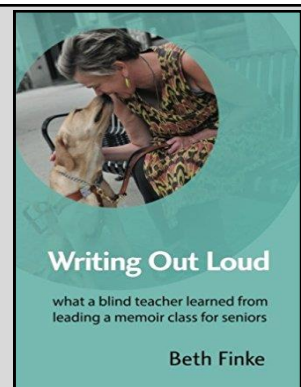
Beth: Well, I could bring her back to the Seeing Eye and they'll find someone to take her, I could find a friend to take her, or I could keep her, but I live in a highrise, and...

Photographer: Okay, okay, everyone look this way -- smile!

And there you have it. My moment of Zen. The event was elegant from beginning to end, and those of you old enough to appreciate author James Thurber will understand when I describe the entire evening this way: a Walter Mitty experience.

*PS: National Public Radio host Scott Simon was at the event as well -- he was the one who interviewed George R R Martin on stage. I would have loved to have a conversation with him about his Weekend Edition Saturday show on NPR, mention my availability for an interview, hand him a copy of *Writing Out Loud*, that sort of thing. But alas, after the ceremony Scott was nowhere to be found. I forgive him for not seeking Whitney and me out, though. I found out later he must have had to leave early to put together a spot he was doing with my favorite young Chicago sports announcer. You can [watch Scott Simon's wonderful piece about Jason Benetti here](#), and when you're done with that, [Scott Simon's candid interview with my new friend George](#) is available on YouTube, too.*

Beth Finke's books: "Safe and Sound", "Long Time No See" and "Writing Out Loud" can be purchased at Sandmeyer's Book Store.



Music@Grace

Free Rush Hour Concerts
Thursdays, 5:30 p.m.

Post-concert reception

Fall 2019 Performances

September 19 | String Chamber Music

October 17 | Woodwind Chamber Music

October 24 | Piano

November 7 | Brass Chamber Music

November 21 | Anastasiya Ganzenko, flute

Grace Place
637 S. Dearborn St.
Chicago, IL 60605

Presented by:



Josephine Beavers & The Ed Vodicka Quintet: Jazz & The Great American Songbook

November 1 & 2 @ 7:30 pm - 9:00 pm

PianoForte Studios, 1335 South Michigan Ave
Chicago, IL 60605 United States

\$25

Vocalist Josephine Beavers celebrates the pre-release of her landmark recording "Prime Time" with music from Jazz & The Great American Songbook. Josephine will be joined by the Ed Vodicka Quintet featuring trumpet master Orbert Davis at Chicago's charming and intimate concert venue, PianoForte Chicago on South Michigan Avenue.

Choose from two evenings — Friday November 1st, or Saturday November 2nd!

Doors open at 6:30pm for refreshments, with the performance beginning at 7:30.

See more about Josephine at www.josephinebeavers.com

... and [listen to a montage](#) from her soon-to-be-re-released album "Prime Time" recorded at Capitol Studios, mixed by Grammy Award Winner Al Schmitt, and featuring Conte Candoli, Pete Christlieb, Larry Bunker and Andy Simpkins among many others!



PianoForte Studios,
1335 S. Michigan Ave.

<https://www.pianofortefoundation.org>

Best Indian and Nepali food at Curry house

Our recipes are simple, natural, low fat, and authentic. Prepared from the freshest chicken, lamb, seafood, and vegetables.

10% Off total bill when
mentioning this ad.

CHICAGO
CURRY Indian
house &
Nepalese
Cuisine

899 S. Plymouth Court

312.362.9999

KURAH

MEDITERRANEAN



Kurah Mediterranean offers a unique culinary experience within the South Loop neighborhood of Chicago.

With a dining room that includes a capacity of one hundred guests, a Private Room, mezzanine level dining area, and patio seating availability, Kurah is a full-service Mediterranean restaurant with various salad, appetizer and entrée platters suitable for any occasion.

(312) 624-8611

1355 S. Michigan Avenue Chicago, IL
www.kurahchicago.com

HALF SOUR

Neighborhood Cafe & Bar



755 S. Clark St.



www.halfsourchicago.com
@halfsourchicago

*Mention The Dearborn Express
for a neighborhood discount

When I'm Fifty-Five: Chicago International Sticks (Mostly) To The Basics



"The First Rainbow Coalition"

October 11, 2019 at 8:00 am by [Ray Pride](#)

The most basic questions are being asked again and again about the persistence of the feature filmmaking form for the immediate future and years beyond. How will the collective experience of moviegoing, shared by diverse audiences persist and evolve? As the Chicago International Film Festival christens its fifty-fifth excursion in October, we checked in with artistic director Mimi Plauché, managing director Vivian Teng, senior programmer Anthony Kaufman and programmer Sam Flancher.

"On the industry side, it feels that while filmmakers, producers and distributors navigate the shifting landscape, film festivals still play an important role in the life of a film," Plauché says, in a city with fifty or more fests each year. "Film festivals can be the platform to introduce audiences and distributors to new work and emerging artists, as well as create buzz around upcoming releases. And, in many cases, festivals serve as a theatrical exhibition opportunity for films [that will be released in other formats]."

"The sheer amount and range of quality work that we are able to see and consider is encouraging," Flancher says. "It's easier than ever to make a film and submit it to festivals, and that democratization of the art certainly improves our program. This year's shorts program includes many alumni as well as award-winning shorts filmmakers returning with a feature in the Documentary Competition. It's exciting to see evolution take place within a filmmakers' body of work, and we cherish our ability to share that with audiences. I was an intern during the fiftieth festival five years ago, a whirlwind time to get involved. This is my fourth year overseeing the short film program, and I think I've done well to identify new filmmaking talents and build relationships with shorts filmmakers from Chicago and all over the world. As the decade turns over, I'm excited to see where these filmmakers go next, and to continue to find new voices worth showcasing and supporting." Click here for the rest of the story.

<https://newcityfilm.com/2019/10/11/when-im-fifty-five-chicago-international-sticks-mostly-to-the-basics/>

NEWCITY newcity.com

The fifty-fifth Chicago International Film Festival runs October 16-27 at River East. [Chicagofilmfestival.com](http://chicagofilmfestival.com)

[Ray Pride](#)

Ray Pride is Newcity's film critic and a contributing editor to [Filmmaker magazine](#).

His history of Chicago "Ghost Signs" in words and images is in the works. Previews on Twitter (twitter.com/chighostsigns) as well as photography on Instagram: [instagram.com/raypride](https://www.instagram.com/raypride).

Twitter: twitter.com/RayPride.

Chicago's only condominium management firm specializing exclusively in vintage buildings. Property managers for Peterson Lofts, Harrison Street Lofts and The Moser Condominiums. All located in Printers Row



**PRAIRIE SHORES
PROPERTY MANAGEMENT
LLC**

**700 N. Sacramento Blvd. Suite 301
Chicago, Illinois 60612
773-878-3300 tel.
773-878-3306 fax**

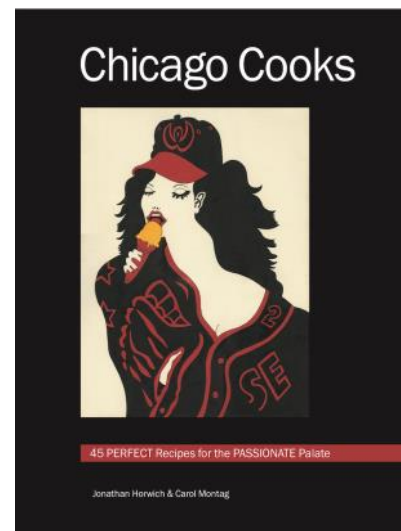
www.PrairieShoresManagement.com

*In Chicago Cooks: 45
Perfect Recipes for the
Passionate Palate*, the
basics are covered for
any kind of meal.

Not every food category is included here, but the ones we have chosen represent a foundation any cook will need to provide for a family or to entertain brilliantly. We hope you will trust us and try these recipes so that you can experience food made with care and passion, food that stimulates your palate, and inspires you to share each recipe with those you love.

The two authors are long-time residents of Chicago. Returning to Chicago after 40 years in California as a jazz producer and recording engineer, **Jonathan Horwich** has continued pursuing his passion for music and high quality sound. **Carol Montag** grew up in St. Louis, MO and came to Chicago to attend The University of Chicago and never left. She has been an educator for 52 years as a classroom teacher, school administrator, and educational coach.

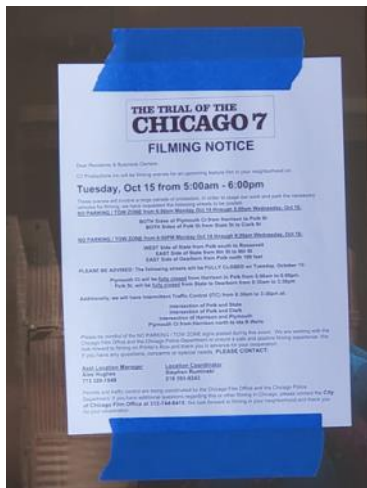
<https://www.chicagocooks.net/>
Available at Sandmeyer's and
Amazon.



Tuesday, October 15, 2019

Aaron Sorkin's "The Trial of the Chicago 7" Filming on Plymouth Ct Today

It looks like Aaron Sorkin's upcoming movie, The Trial of the Chicago 7, is filming in the Sloop today:



For those not familiar with the premise - [the movie's IMDB page](#) says:

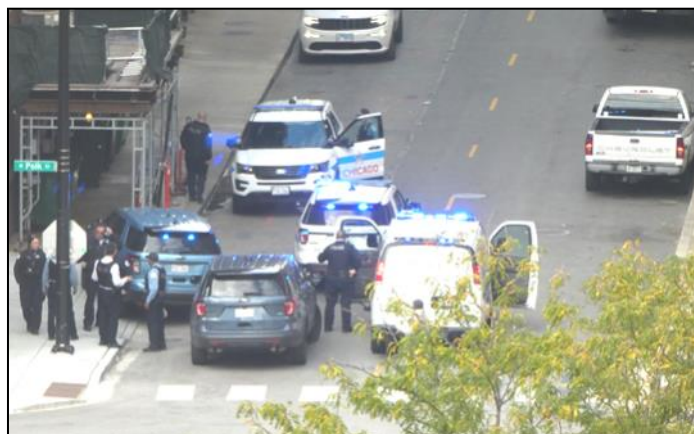
The story of 7 people on trial stemming from various charges surrounding the uprising at the 1968 Democratic National Convention in Chicago, Illinois.

Beyond an intriguing (local) premise, the cast looks stellar: Jeremy Strong (Kendall from the hugely popular show Succession), Yahya Abdul-Mateen II, Sacha Baron Cohen, Joseph Gordon-Levitt and Eddie Redmayne.

<http://www.sloopin.com/>



On Wednesday Oct. 16th, filming of the "Chicago 7" was on Plymouth Ct. and Polk St. On the following day, the real cops showed up to arrest a crime suspect at the very same location.



ATHLETICO
PHYSICAL THERAPY

LIVE PAIN FREE
Request your free injury screen* and get back to doing the things you love.

NOW OPEN

Athletico Printers Row
557 S. State St.
312-361-0261
athletico.com/PrintersRow

*Per federal guidelines, beneficiaries of federal funded plans are not eligible for free injury screens.

SOUTH LOOP MARKET

FOOTBALL SEASON

BEER, WINE & SPIRITS

GROCERIES PRODUCE DELI

POWER HOUR TO HAPPY HOUR

FROM WORK, TO FUN
MONDAY-FRIDAY
4PM-7PM

SX SKY BAR

808 SOUTH MICHIGAN AVENUE
CHICAGO | 60605

RESERVATIONS : RSVP@SXSKYBAR.COM
773.633.0214 | SXSKYBAR.COM

Wednesday, October 2, 2019

[Molly's Cupcakes Brings An Alternative Option to Night Time Activities](#)

Dessert options in the Sloop have always been spotty. Yes, most restaurants have options but sometimes it's nice to just go somewhere else for dessert.

An ice cream shop is usually the defacto "dessert" spot in a neighborhood, but for some reason the Sloop doesn't have a real spot that focuses on the cool treat. Yes, we have a couple Baskin Robins scattered throughout the neighborhood, but that's not really the vibe we're talking about.

[Gordo's Ice Cream](#) in Printers Row is one option that has certainly scratched the sweet tooth itch for the neighborhood. If you're really twisting our arm you could maybe argue that [Stan's Donuts on Roosevelt](#) or [Little Branch Cafe](#) are options - although they're not open late for a post meal dessert.

Which brings us to the new Molly's Cupcakes at 1150 S. Wabash. While Molly's has had immense success across the city, we were curious to see how it would do in the Sloop. [It's been open for just over a month now](#) and judging by our first visit this past Saturday night, the neighborhood is ready to support their delicious doughy business.

On Saturday night around 10pm, it certainly didn't have a line out the door, but was busy.

There were college kids playing board games on the swing chairs at the front of the establishment. A multi-generational family sitting at the communal tables enjoying the unique cupcakes. A middle aged daughter with her mom plotting which desserts they were going to try and a group that appeared to be on a double date nerding out on the ridiculously over-sized chalkboard:

All that said, it was nice to see a variety of neighbors doing something at night in the Sloop that didn't rely on alcohol. While we certainly appreciate imbibing in the Sloop and around town, options are critical to a thriving neighborhood and it appears Molly's may in fact provide a new option for residents.

Welcome to the Sloop Molly's!



<http://www.sloopin.com/>

South Loop Entrepreneurs

will be meeting the 2nd Tuesday of each month. The next formal gathering with peer coaching will be **November 12th, 6 PM** at Lakeside Bank, 1350 S Michigan Ave. Each evening features a presentation by an entrepreneur in the South Loop, followed by breakouts to consider questions in smaller groups, and "collective wisdom," as we share something we've learned with the whole roup. Follow us on facebook.

South Loop
Entrepreneurs



IMPACT

PHYSICAL THERAPY

At IMPACT, we treat patients from start to finish with a wide range of physical therapy and athletic recovery services. Our model is comprehensive care designed to heal and strengthen our patients by enhancing recovery, preventing injuries, and improving performance.

Stop in today for a free wellness consultation or recovery session!

SOUTH LOOP CLINIC

1103 S. State St. Ste 300
Chicago, IL 60605
312-877-5101

ImpactPhysicalTherapy.com
ChicagoRecoveryRoom.com

deep roots

natural medicine

ACUPUNCTURE
HERBAL MEDICINE
MASSAGE

deerootsnm.com

1006 S. Michigan Ave. #604 Chgo IL 60605

Spa Anjou

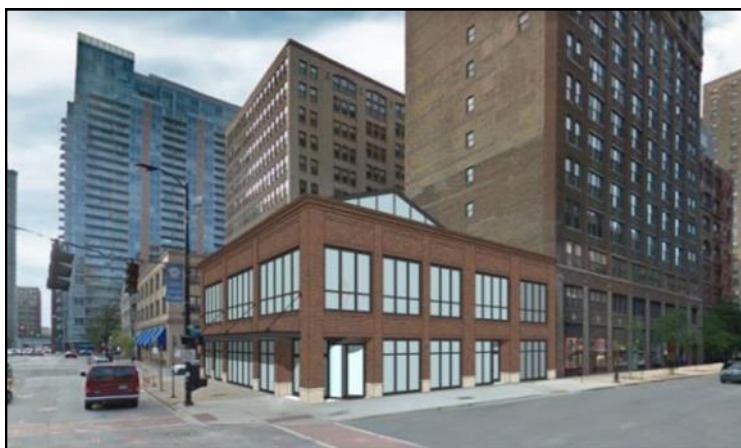
Manicure, Pedicure, No-chip Manicure,
Waxing, Facial, and Massage

724 S. Dearborn street,
Chicago, IL 60605
(312) 962-5800
www.spaanjou.com

M – F 11:00am – 8:00pm
Sat: 9:00am - 6:00pm
Sun: 10:00am - 6:00pm



Progress on the future home of Roots Pizza. If they can make good progress, they can open by June, 2020. Quad City style pizza with a huge beer list. <https://www.rootspizza.com/> Photo Oct 20, 2019.



Rendering of what the Roots Pizza at Polk and Dearborn.

Join the 2020 Census Team
 BE A CENSUS TAKER
 Apply online!
2020census.gov/jobs

2020 Census jobs provide:
 Great pay
 Flexible hours
 Weekly pay
 Paid training

For more information or help applying, please call
 1-855-JOB-2020
 Federal Relay Service:
 1-800-877-8339 TTY/ASCII
www.gsa.gov/fedrelay
 The U.S. Census Bureau is an Equal Opportunity Employer

South Loop Memory Café

The South Loop Memory Café is a monthly social gathering for persons living with dementia and their family, friends and care partners.



Meeting Place:
 Second Presbyterian Church
 Fellowship Hall
 1936 S. Michigan Ave.
 (corner of Michigan and Cullerton)
 Chicago IL, 60616

Registration:
 Please register
 For more information or to register, please visit:
southloopvillage@gmail.com
 Or call:
 312.225.4406

Meeting Time:
 2:30 pm-4:00 pm
 (second Thursday each month)

Activities:
 Art
 Hands-On Activities
 Easy Yoga
 Lectures
 Movement & Dance
 Music
 Live Performance

2019 Meeting Dates

- *Aug 8 Experience India
- *Sep 12 In development
- Oct 10 Sing-a-long
- Nov 14 Cooking Demonstration
- Dec 12 Holiday Music Program

*South Loop Farmers Market dates—plan to stay a while after the meeting and shop!

Past Issues . . .
 Archives at:



<http://dearbornexpress.net/>





Retired in Chicago

Vitamin D needs are bones of contention

By **Marianne Goss**, Sept 25th., 2019

Maybe you've heard reports that many people are now deficient in vitamin D, "the sunshine vitamin," as we've tried to ward off skin cancer by staying out of the sun or wearing sunscreen. Damned if you do, damned if you don't.

Sunlight used to be our bodies' main source of vitamin D, its ultraviolet rays causing bare skin to manufacture vitamin D. But those same UV rays also cause skin cancer, so we've blocked them with sunscreen or avoided the sun. Consequently, vitamin D levels have decreased, leaving increasing numbers of people reportedly deficient in a vitamin that is essential to bone health because it helps the body absorb calcium.

After the results of recent bloodwork came in, I was told that I am deficient — a serious concern when you have a family history of osteoporosis, the fragile-bone disease. I already am in the bone-thinning stage called osteopenia, which may or may not progress to osteoporosis.

Vitamin D deficiency is also a concern for people other than those with weak bones. It has been linked not only to fractures but also heart disease, cancer, type 2 diabetes, depression, and more.

Getting enough vitamin D from food is nearly impossible; only a few foods contain much of it. Although only minimal unprotected exposure of the face or limbs to the sun — 15 minutes two to three times a week — supposedly produces adequate vitamin D, it would be hard to get that consistently when one's facial moisturizer contains sunscreen and the rest of the body is covered most of the year in northern climates. To meet my doctor's recommendation of 2,000 IUs a day, I've doubled the amount of a D3 supplement.

Vitamin D screening isn't routine, but doctors report that requests for it increased as an "pandemic" of vitamin D deficiency was reported. I'm screened because of osteopenia. Should you ask to be screened if you never have been? It depends. As I read about vitamin D, I learned that guidance is squishy, like a lot of medical advice these days. That's because researchers don't agree about what blood level of vitamin D is too low.

An expert report issued by the Institute of Medicine (now the National Academy of Medicine) estimated that a level of 20 nanograms per milliliter is adequate for bone health. In contrast, the Endocrine Society said that more than twice that amount, 40–60 ng/mL, guarantees sufficiency.

In a report published in the *New England Journal of Medicine*, a committee of epidemiologists and endocrinologists said that levels as low as 12.5 ng/mL are fine for healthy people. The National Academy of Medicine revised its guideline to 12 ng/mL. Since studies have found that only 6 percent of Americans have levels below 12.5, and 13 percent below 20 ng/mL, routine screening isn't called for.

Furthermore, studies have found no connection between vitamin D supplements and reduced risk of heart disease, type 2 diabetes, and cancer. The jury is still out on prevention of fractures.

Consumer Reports on Health believes that most people can meet their vitamin D needs without a supplement, it said in April 2019. It advises minimal unprotected exposure to sunlight, along with eating select foods. In contrast, the American Academy of Dermatology recommends against any unprotected sun exposure and favors relying on diet and supplements.

There's more agreement about who should be screened: populations that would be at high risk from a deficiency of vitamin D. Older people with osteopenia are among the at-risk populations. My test result was 16 ng/mL, low enough in combination with osteopenia to warrant significant supplementation.

Now I'm taking about three times the recommended daily allowance of vitamin D, which is 600–800 IUs. Even before the deficiency diagnosis, I was taking more than 1,000 IUs a day. That brings up a question to ask my doctor: If you're getting more of a vitamin than the RDA but are still deficient, is something wrong with your body's ability to absorb the vitamin?

FOLLOW-UP TO LAST WEEK'S TOMATO STORY

The green tomatoes that were unlikely to ripen on the balcony are turning red inside. They're on the countertop in a brown paper bag with a banana, which produce the ethylene that promotes ripening. So far I've had red tomatoes on salads and a sandwich. There may be enough eventually for a tomato sauce.

ANTI-TRUMP QUOTATIONS: 80TH IN AN ONGOING SERIES

"[Trump] fired an arrow at the heart of our most cherished norms and arrows. But it took the rest of us to ensure that he hit his target."

— Catherine Rampling, *Washington Post* columnist

<http://www.chicagonow.com/retired-in-chicago/>

Friday, October 11, 2019

Efforts Ongoing To Preserve Dilapidated Power Plant in the Sloop

One of the more iconic buildings in the Sloop is facing demolition. Most would probably see this as a good thing, some not so much (via [Sun Times](#)):

An old coal-fired power plant might not be the first idea that comes to mind when Chicagoans think of buildings in need of saving in the city, but a group of preservationists are calling for just that.

Vacant since 2011, the old Union Station Power House is an example of the city's industrial roots and a monument to its history as a mover of people and freight, according to Preservation Chicago's Executive Director Ward Miller.

Preservation Chicago has the old "boiler plant" listed as one of the seven most threatened buildings in the city and is making a last-ditch effort to save the building by finding someone who will give it new life.

"We're still hoping to find a developer that can reuse it and to get the city involved," Miller said when reached by phone earlier this week. "We want more opportunity to have [the public's] voices to be heard and determine if there is a way to avoid demolition."



Whether its future holds a second life as a data center, an addition to the city's expanding Riverwalk or something even more distinctive, the building should be saved for future generations to enjoy, Miller said, noting that London's Tate Modern Museum was once the Bankside Power Station.

When seen from Roosevelt Road while crossing the Chicago River's south branch, the boxy building's large, twin smoke stacks rise into the sky with some of the city's most iconic architecture as its backdrop.

Reuse would be interesting, but we just don't see it happening.

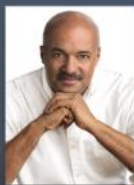
<http://www.sloopin.com/>

DISCOVER YOUR UNTAPPED POTENTIAL...

JUST BE...
Reflection of an awakening
and discovering the path to Being

JUST BE... takes you on a journey of self-discovery where you come back home to yourself and find everything you thought you needed you already have.

Begin your journey,
order your copy Today!



Author & Possibility Facilitator
VICTOR ELLIOT POWELL
info@justbeing2.com

AVAILABLE AT SANDMEYER'S BOOKSTORE

To place your order, visit:
www.justbeing2.com

Available now from
BALBOA PRESS
978-1-45256-724-2 (Softcover ISBN)
978-1-45256-725-9 (Hardcover ISBN)
978-1-45256-723-5 (Ebook ISBN)

www.amazon.com
www.barnesandnoble.com



CALANDRA
Center for Health & Wellness

We are excited to host two workshops taught by
Rick Vrentos, founder of Seven Wisdoms
Institute.

Old Ways of Hawaii - Elemental Healing
Saturday, Nov 9, 2019
9:30am-4:30pm
6 CE Hours (NCBTMB Approved)

One-Day Immersion in the ancestral traditions of Hawaiian healing & spirituality. Focusing on self-healing. Healers, meditators, seekers, and lovers of Hawaiian ways welcome! **Advance registration required. Early-bird discount ends Nov 3, 2019.**



Hawaiian Energetics - Initial Level Training
Friday-Sunday, Dec 6-8, 2019
9:30am-5:30pm all days
22 CE Hours (NCBTMB Approved)

A hands-on exploration and development of each person as their own source (kumu) of the spiritual creative force (mana) and the elemental forces that are the building blocks of all life.

To effectively engage with these energies for yourself and in service to others, a personal relationship with the elements of fire, air, water and earth is essential. Through that, Hawaiian Energetics brings unique perception and treatment possibilities to health care professionals, clients, and students of personal growth. **Advance registration required. Early-bird discount ends Nov 24, 2019.**

This training is presented with the full blessings and authority of the lineage elder.

Calandra Center for Health & Wellness 47 W. Polk St., Ste. M-5 312-796-3965
CalandraAcupuncture.com

Helmut Jahn's '1000M' condo tower will officially break ground next week

The 74-story South Loop project is a go

By [Jay Koziarz](#) Oct 16, 2019, 2:09pm CDT

The 832-foot building will loom large over downtown's Grant Park. *Renderings courtesy of Millerharc*

Skyscraper fans rejoice, it's finally happening: The long-discussed condo tower known as 1000M is set for an official groundbreaking event on October 24, the project's developers confirmed.

The ceremony comes [four years](#) after the Helmut Jahn-designed plan for the parking lot at 1000 S. Michigan Avenue was first shown to the public. Since then, the glassy design has undergone several changes, including a [haircut](#) from 86 to 74 stories.

More recently, co-developers JK Equities, Time Equities, and Oak Capitals announced the addition of ["luxury micro-units,"](#) which start around \$313,000. The shift to smaller condos bumped the overall number of residences to 421—up from 323.

The 832-foot tower will have a big impact on Chicago's skyline, slotting between the 896-foot-tall [NEMA Chicago](#) apartments and the 620-foot-tall [Essex on the Park](#) high-rise. 1000M will feature [40,000 square feet of amenities](#) designed by Kara Mann, including a pool deck, fitness center, music conservatory, and a Himalayan salt therapy room.



Related

[A closer look at the skyscrapers transforming Chicago's skyline](#)

The South Loop tower is expected to welcome its first residents 24 to 28 months after construction begins, developer Jerry Karlik of JK Equities told Curbed Chicago earlier this year. Sticking to that timeline, 1000M should open its doors in late 2021 or early 2022.

Unlike rental buildings that can be financed on pure speculation, condo developments like 1000M require a certain level of pre-sales to get off the ground, which might explain the multi-year wait. The high-rise development has yet to receive a construction permit.

<https://chicago.curbed.com/2019/10/16/20917460/construction-1000m-skyscraper-groundbreaking>

CPA _____

Valero & Associates, Inc.

*Marlene P. Valero, CPA,
MST*

47 W. Polk Street

Ste. 100-273

Chicago, IL 60605

(773)592.0472

Marlene.p.valero

@gmail.com

Indigo Digital Printing.com

900 South Wabash Avenue
(Entrance on 9th Street)
Chicago, Illinois 60605
(312) 753-3025
Fax: (312) 753-3151
www.indigodigitalprinting.com
e-mail: indigo@rcn.com

8:30 a.m. to 5:30 p.m. Monday through Friday
11 a.m. to 4 p.m. Saturday

**Color Digital Prints • B&W Digital Prints • Business Cards
Personal & Business Stationery • Brochures • Post Cards
Newsletters • Booklets • Flyers • Posters • Banners
Large Format Printing • Binding and More...**

Third Realm Oct 10 — Dec 22, 2019

Apichatpong Weerasethakul, *Ghost Teen*, 2009

Third Realm presents contemporary Asian art from the [FarEastFarWest collection](#), a Shanghai-based organization that commissions and acquires contemporary Asian artworks and is housed at the MoCP. Capturing a crucial period of artistic production in Asia (2004-2019), *Third Realm* presents works by artists who use photography, film, installation, and performance to investigate liminal spaces. Covering a range of conceptual modalities and cultural contexts, these works disrupt binaries—of global and local, present and historical, spiritual and secular. Featuring artists predominantly from China, as well as Thailand, the Philippines, Japan, Korea, and Indonesia, and projects developed in Asia by international artists such as Paola Pivi, *Third Realm* connects works from across East and Southeast Asia to present a comprehensive view of contemporary Asian art that, while conceptually grappling with shared themes, is still resistant to broad categorization.

This exhibition is curated by Davide Quadrio. Artists include Birdhead, Cao Fei, Heman Chong, Comfortable Collective, FX Harsono, Jompet Kuswidananto, Lu Yang, Sutee Kunavichayanon, Surasi Kusolwong, Gary Ross Pastrana, Paola Pivi, Sun Xun, Apichatpong Weerasethakul, Xijing Men, Yang Zhenzhong, and Zhou Xiaohu.

FarEastFarWest was founded in 2007 by Eric Guichard and Davide Quadrio and serves as a production platform for artistic projects. The shared goal of its co-founders is to identify artists, select projects and produce historic pieces which address contemporary issues relevant to life in Asia. Individual artworks from the collection have been displayed in prestigious arts institutions across Asia and Europe. *FarEastFarWest* endeavors to continue promoting the visibility of the artists involved in its program.

The MoCP is supported by Columbia College Chicago, the MoCP Advisory Board, the Museum Council, individuals, and private and corporate foundations. The 2018-2019 exhibition season is generously sponsored by The Andy Warhol Foundation for the Visual Arts, the Illinois Arts Council Agency, the Efrogmson Family Fund, and the Philip and Edith Leonian Foundation.



Columbia College Chicago
600 South Michigan Av
Chicago, IL 60605
(312) 663-5554



FarEastFarWest
 远东西方博物馆



ILLINOIS
ARTS
 COUNCIL
 AGENCY



Andy Warhol

The Andy Warhol Foundation for the Visual Arts

<https://www.mocp.org/exhibitions/2019/10/third-realm.php>



ShopColumbia Presents: Dark Market

October 18 - November 8, 2019

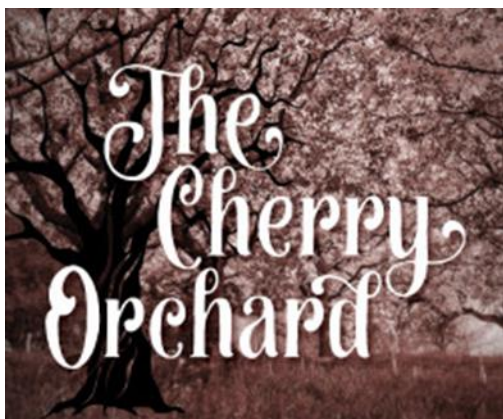
Opening Reception: October 18, 5-8pm

Customers receive a free Trick or Treat tote with every purchase of \$10 or more!

Featuring Artists: Sophia Abel, Alex Through The Looking Glass, Chris Arnold, Emma Berry, Kira Berkoff, Cassie Calcaterra, Erin Cramer, Crow Durany Art, Crow IV, Jensen Delius, Elsa Mae B, Mary Lee Fenner, Iscare, Ari Ganahl, Amy Hilber, Adele Hink, Colleen Hogan, The Inky Octopus, Jerboa Studios, Lei, LOEHAWAI, The Miasma, Lucy Miles, morishigeart, Mountain Mayhem Works, Anastasia E Murphy, Pale Artist, Matthew Petrovich, Danielle Przybysz, Sophie Quillec, RabblePauser, Megan Rivera, Juan Enrique Roa, Ronda Ruby Ceramics, Sensible Seasonal Soaps, Spooky Spectacles, ThePaperhead, Typoedheart, Mel Valentine and Adriana Vincenti.

ShopColumbia, 619 S Wabash Ave, Chicago, IL 60605 | Store Hours: Monday - Friday, 11am - 5pm

Theatre. . . . In the South Loop



October 25, 2019

The Cherry Orchard

7:30pm - 9:30pm
O'Malley

By Anton Checkov and translated/adapted by Stepan S. Simek. In denial about the changing times, the aristocratic Ranyevskaya family lose their home and beloved cherry orchard. All venues are accessible through the 425 S. Wabash Ave. entrance. Photo ID may be required. For more information: Roosevelt.edu/CCPA.

Tickets can be purchased by contacting the Theatre Conservatory box office at (312) 341-3831.

[Theatre Conservatory](#)

Oct 25th 7:30-9:30pm

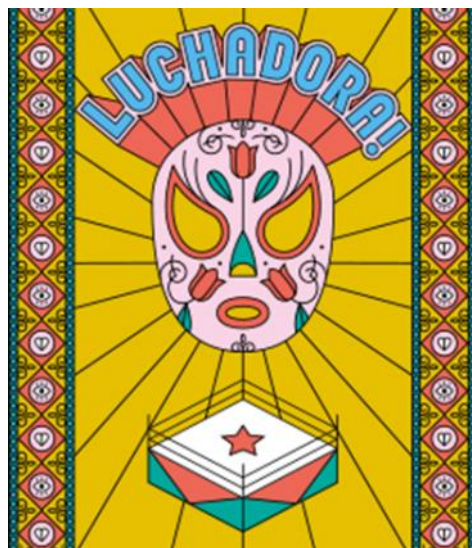
Oct 26th 7:30-9:30pm

Oct 27th 2:00-4:00pm

O'Mally Theatre

431 S Wabash Ave, Chicago, IL 60605

Roosevelt University



Luchadora!

- by Alvaro Saar Rios
- directed by Michelle Lopez-Rios
- When Vanessa discovers a pink lucha libre mask, Nana Lupita tells her granddaughter about the family's history in the wrestling ring in 1960s Texas. The life of a secret female warrior emerges as Vanessa learns about family, honor, and friendship.

- Recommended for ages 7 and up.

• **October 03, 2019 - November 09,**

The cast features Georgia Berg (Hannah), Emily Weems (Liesl), Amelia Hernandez (Lupita), Gabriella Mendoza (Mask maker), Vero Maynez (Nana Lupita), Carolyn Hu-Bradbury (Vanessa), Adam Crawford (Boy 1/Newspaper Boy 1), Isaac Smith (Boy 2/Newspaper Boy 2), Marty Chester (Boy 3/Newspaper Boy 3), Connor Green (El hijo/Blue Luchador), Austin Daly (Leo), Jordan Wallace (Ring Announcer/Green Luchador), TJ Thomas (Senor Guerrero).

Special Events:

A post-show discussion will follow performances on 10/31. Performances on 10/24 and 10/26 will be interpreted in American Sign Language. The performance on 10/22 will be audio-described.

Accessibility Services:

If you require wheelchair accessible and/or companion seating, or have any other hearing or vision needs, please let us know when you reserve your tickets so that we can make sure your visit to our theatre is an excellent one. Discounted tickets are available for patrons with disabilities, and their guests.

DePaul's Merle Reskin Theatre
(312) 922 1999 60 E Balbo Dr



SPACE

Written by Keli Garrett
Directed by Brian Shaw

October 17-26, 2019
Courtyard Theater
72 E. 11th Street

[tickets](#)

Students, faculty, and staff may use the following code for tickets: *SPACE19*
Only one ticket per promo code can be reserved.

SPACE washes the 1927 Mississippi Floods into the aftermath of Hurricane Katrina in 2005. The collision of these two historical events exposes harsh truths that disasters – natural or man-made – have a way of revealing how easily a civil society can crumble under the weight of racial terror and environmental upheaval. *SPACE* is a tangled tale of rising waters, high ground, and floating refrigerators. You better be careful who you get in a boat with because you never know who'll end up telling that tangled tale.

PERFORMANCE DATES

Thursday, October 17th, 7:30 p.m.
Friday, October 18th, 7:30 p.m.
Saturday, October 19th, 2 p.m. and 7:30 p.m.
Wednesday, October 23rd, 7:30 p.m.
Thursday, October 24th, 7:30 p.m.
Friday, October 25th, 7:30 p.m.
Saturday, October 26th, 2:00 PM

Courtyard Theater
72 E. 11th Street

Columbia College



Acupuncture & Reiki Relaxation Hour

Free! Join us & shake off the stress of the week in a natural & healthy way with acupuncture & Reiki combined!

7 – 8:30 pm the last Wednesday of every month

Earlier in November & December to accommodate the holidays

- ◆ Learn more about acupuncture and its benefits
- ◆ Learn more about Reiki and its benefits
- ◆ Experience a mini acupuncture treatment for stress reduction sitting upright in a chair, utilizing acupuncture points on one ear
- ◆ Relax even deeper with a guided Reiki meditation (which you can use at home to bring peace to your daily life)
- ◆ Experience a brief hands-on Reiki session along with the meditation and acupuncture

Upcoming Dates:

October 30 * November 20 * December 18

To register, go to CalandraAcupuncture.com/classes-events or call 312-796-3964

Calandra Center for Health & Wellness
47 W. Polk St., Suite M-5, Chicago, IL 60605



FARMERS MARKETS

- **Federal Plaza City Market** (50 W. Adams): Tuesdays through Oct. 29
- **Daley Plaza** (50 W. Washington): Thursdays through Oct. 24
- **Printers Row City Market** (700 S. Dearborn): Saturdays through Oct. 26
- **Maxwell Street Market** (800 S. Desplaines): Sundays year round

THE DEARBORN EXPRESS

This publication is sponsored by the South Loop Referral Group, a professional and business networking group. It is our mission to provide the Printers Row area with current news and to promote local businesses and organizations. This publication will be distributed through email to individuals who wish to receive it. If you have any questions or would like to contribute information, please email us : thedearbornexpress@gmail.com

Barbara's Basement

Mission Shop

Re-Sale Hours:

Saturday 10am – 1pm
Sunday by appointment

For the benefit of

Second Presbyterian Church
1936 South Michigan Avenue



It's a perfect time to visit and bring your gently used items.

Because you deserve it.

INSIDE DEARBORN STATION

2.75 %*
ANNUAL PERCENTAGE YIELD
13 month CD

BY Byline Bank®
Build yours.™

Learn more at bylinebank.com/choices

*Rates are effective as of 1/11/2019. Limited time offer. \$5000 minimum deposit required to open account and earn Annual Percentage Yield (APY). Certificate of Deposit (CD) offering a 2.75% APY has a term of 13 months. Interest is compounded and paid quarterly. A penalty may be imposed for early withdrawal. Withdrawals will reduce earnings. Fees may reduce earnings on the account. Rates are set at the bank's discretion and may change at any time. We reserve the right to cancel or change the promotion at any time. Promotional CDs may renew into a different term. We send you a maturity notice prior to renewal. Please read it carefully. ©2019 Byline Bank. Member FDIC.

Parking Space \$225/m

One parking space P141 for rent is located in the lower floor of the basement garage of 801 S Plymouth Court. Asking for \$225/ month on a yearly basis, available immediately.

The garage is heated, which includes car wash stall, air hose and video security.

If interested, please contact Vinay:

217-377-7987 through text.



New Apartment building by CMK. Clark near Polk
Photo 10/9/2019

801 S. PLYMOUTH COURT GARAGE SPACE #329 FOR SALE

- * Assigned Street Level Parking Space, Center Section, in "The Terraces" Condominium Building
- * Secure Condominium Garage Features Full-Time Security Patrol and Security Cameras
- * Free Air Hose and Free Self-Serve Car Wash Available in Garage
- * Garage Space Owner Need Not Live in the Condo Bldg. to Own/Rent Parking in the Garage
- * Convenient Parking for Printer's Row, Dearborn Park 1 or South Loop Residents
- * Great Investment Opportunity in the Booming South Loop!

* Your car will thank you....

Asking \$37,500.00

Contact Georgetanne (owner) for more information.

Call or text 312.231.6145



Playground at South Loop School.
Photo 10/16/2019



OFFICE HOURS:

Mon, Wed, Thurs, Fri 10 am - 6 pm

Tues: 12 pm - 8 pm

Sat: 9 am - 2 pm

(312) 588-1104

730 S. Dearborn St. Chicago, IL 60605

www.asapwellnesscenter.com

Next CAPS Meeting Nov 13, 2019

6:30pm at 525 S. State St.

(Every 2nd Wednesday)

Police Blotter



<http://home.chicagopolice.org/>

Beat 123

Sat, 05 Oct 2019 14:15 100 W Roosevelt Rd
AUTO THEFT on Street

Sat, 05 Oct 2019 20:45 500 S LaSalle St
AGGRAVATED BATTERY CTA Platform

Tue, 08 Oct 2019 23:40 1100 S State St
STRONGARM ROBBERY No Weapon CTA Train

Beat 131

Fri, 04 Oct 2019 00:15 1500 S Wabash Ave
AGGRAVATED BATTERY Residence Porch/
Hallway

Beat 132

Wed, 02 Oct 2019 12:00 1400 S Prairie Ave
AUTO THEFT on Street

Sat, 28 Sep 2019 22:30 300 E 18th St
AUTO THEFT Street

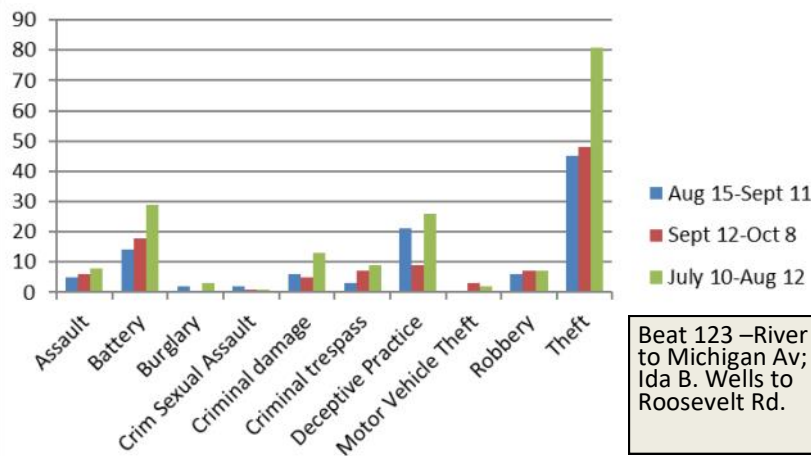
Mon, 07 Oct 2019 06:00 200 E 15th PI
AUTO THEFT on Street

Altercation/ Stolen Car behind Dearborn Station

Thurs, Sept 19th, 3 pm, Dearborn Security noticed a black, tall, slim male in his mid twenties walking Park Terrace and looking at cars. Later, the man approached the attendant for the parking lot behind Dearborn Station. He showed a gun, the attendant tried to disarm him but couldn't and ran. The subject took keys from the booth and stole a car. Dearborn Security called police. Police were able to track him because the vehicle was equipped with "On Star." When they couldn't reach him on Roosevelt Rd because of traffic, they had "On Star" turn off the car's engine remotely. The suspect got out of the car and ran. Report from Dearborn Park Security.

Beat 123 Meeting will be held the 2nd Wednesday of every month at 6:30pm. The Meetings are held at University Center 525 S State.

NEXT MEETING, WEDS, NOV 13th, 2019



Beat 123 –River to Michigan Av; Ida B. Wells to Roosevelt Rd.

What are Community Policing Strategic Plans?

Community Policing Strategic Plans outline a police district's crime reduction priorities and community engagement goals, to be addressed over the course of a year..

The plans are drafted based on significant input from community members. Input is gathered at two distinct community conversations and a new plan is created each year. In 2019, the Chicago Police Dept launched Community Policing Strategic Plans. In 2020, the Department will be developing them again, with improvements from 2019 learnings.

In 2017, the Community Policing Advisory Panel (CPAP) submitted recommendations to the Chicago Police Dept on how it can better engage and collaborate with the community that it serves. In 2019, a court order called a Consent Decree mandated reform in various aspects of the Chicago Police Dept including use of force, transparency, and community policing. Both the CPAP Report and the Consent Decree express a need for increasing community involvement in the development of district-level crime reduction strategies and community programming that is consistent with the principles of community policing. As such, the Chicago Police Dept has incorporated community input as a significant component of Community Policing Strategic Plans. The goal of gathering community input in this way is to ensure that the day to day work of PCP aligns with the needs of it community members. This is a chance for community members to build relationships with their local police officers, make their voices heard to local law enforcement, and play a direct part in making their communities a safer place.



Meeting on Tuesday, Oct 8th at 525 S State

Real Estate Transactions

\$428,000
520 S STATE ST 1502
8/20/19

\$318,000
520 S STATE ST 1514
9/4/19

\$490,000
1430 S MICHIGAN AVE PH6
9/4/19

\$1,150,000
1201 S PLYMOUTH CT
9/4/19

\$160,000
40 E 9TH ST 813
9/4/19

\$535,000
1201 S PRAIRIE AVE 1306
9/4/19

\$431,500
1111 S WABASH AVE 1809
8/28/19

\$310,000
780 S FEDERAL ST 401
8/28/19

\$193,000
633 S PLYMOUTH CT 1207
8/28/19

\$925,000
1427 S PRAIRIE AVE AA9
8/28/19

\$348,000
431 S DEARBORN ST 403
8/23/19

\$193,000
633 S PLYMOUTH CT 11207
8/23/19

\$1,435,000
1160 S MICHIGAN AVE 4501
8/22/19

\$445,000
5 E 14TH PL 604
8/20/19

See past issues . . .

Archives at

<http://dearbornexpress.net/>



Selling your home in the Chicago area?

WE WILL REPRESENT YOU FOR ONLY \$299

BRADFORD MILLER LAW, P.C.
WWW.BRADFORDMILLERLAW.COM

NO FEE IF IT DOES NOT CLOSE!

855-897-9410/ www.bradfordmillerlaw.com

Located at 10 S. LaSalle, Suite 2930, Chicago, IL 60603

Dearborn Street Realty

Tom Feddor, 312.203.3841

tomfeddor@gmail.com



Compass

Tom Bezanes

**Tom.bezanes@com
pass.com**

312.622.2850



**Why you should
subscribe to Newcity's
print edition today**

- 1** Never miss an issue: Your coffeeshop often runs out before you get there, or your lifestyle has changed and you don't really hang out at coffeeshops anymore.
- 2** You live outside our distribution area but you really want to keep up with the cultural life of Chicago, from art to dance to design to dining and drinking to film to lit to music to theater and comedy and opera and...
- 3** You want to support our mission and understand the imperative for publications to diversify their revenue sources.



Just five dollars a month at Newcity.com/subscribe



1143 S Plymouth Ct, #306
2 bed/ 2bath, 1250 Sq Ft
\$339,900

Stella Tahrilova
 Jameson Sotheby's Intl Realty
312.498.7798

1 E 8th St # 511
1 bed, 1 bath
\$199,500

Mario Greco • Berkshire
 Hathaway HomeServices
 KoenigRubloff
 (773) 687-4696



161 W Harrison St
#405
2 bed, 2 bath, 1326 sq
ft
\$345,000

Ashley Leavitt •
 @properties
 847.830.4478



1133 S State St #703
3 bed, 2.5 bath, 2000 SF
\$749,500

Berkshire Hathaway
 HomeServices
 KoenigRubloff
 773) 687-4696



1155 S State St, C703
3 bed, 2.5 baths 2000 Sq Ft
\$729,000

Santiago Valdez • Compass
773.858.2410

1335 S Prairie Ave 1306
3 bed, 2.5 bath, 1800 sq ft
\$699,995

Ioannis Floros
 Fulton Grace Realty
 708-257-5664



1430 S Michigan Ave
#510
1 bed, 1 bath, 775 SF
\$260,000

Seng Phosaraj
 Fulton Grace Realty
773-485-1749



1330 S Plymouth Ct
5 bed, 3.5 baths 5000 Sq Ft
\$1,425,000

Terri Buseman • RE/MAX Premier
 (312) 208-5166

901 S Plymouth Ct #2003
3 bed, 2 bath, 2000 Sq Ft
\$400,000

Thomas Palmen
 @properties
 (312) 543-9380

