



THE DEARBORN EXPRESS

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SERVING PRINTERS ROW AND
DEARBORN PARK

AL HIPPENSTEEL, EDITOR
JANICE KOERBER, ASST. EDITOR

Dearbornexpress.net



A new world

We just returned from our annual Florida hiatus. Gone for a month. We motored our way down Route 41 and interstates through Indiana, Kentucky, Tennessee, Alabama, and finally Florida. We led the “polar vortex” mid January and encountered a very wet slippery snow in northern Alabama. We travel south every year and so do many other folk. When we end up at the Breezy Palms on Islamorda, Florida Keys, we finally enjoy warm weather. We meet people who appear at about the same time, same place from a variety of northern states. We’ve become friends. What I noticed this year is that the patterns are the same. Snowbirds do what they do every year, and then go out to dinner at wonderful fish restaurants in the “Sport Fishing Capital of the World.” When we chat with folks, we don’t know their political leanings, left or right. So it doesn’t come up. It’s impossible to ignore the news completely. But people go on enjoying their well earned retirement choosing to be more interested in the Superbowl than the dismantling of Washington.

And it just seems odd.

In this issue: A letter from Brian Hieggelke, the editor of Newcity, how he and Jan ended up in Printers Row and the serendipity twists and turns that led him to this place, this vocation. A guest essay titled “Just Breathe,” by Andrew Bendelow. We are all going to have to practice some breathing techniques to get through the next four years. An article from Block Club on how to support Immigrants as they deal with the Spector of deportation. And an update on the unofficial neighborhood map of Chicago, a project of the University of Chicago.

January 14, 2025

Vol. 13, No.2

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JAZZ SHOWCASE

Thu-Sat, Feb 13-15, 7pm & 9pm.....Alexander McLean Project
 Sun, Feb 16, 4pm & 8pm.....Alexander McLean Project
 Tue, Feb 18, 7pm & 9pm.....Marques Carroll Trumpet Summit
 Wed, Feb 19, 7pm & 9pm.....Bob Lark Septet
 Thu-Sat, Feb 20-22, 7pm & 9pm.....Ari Brown Quintet
 Sun, Feb 23, 4pm & 8pm.....Ari Brown Quintet
 Tue, Feb 25, 7pm & 9pm.....Ugochi Nwaogwugwu
 Wed, Feb 26, 7pm & 9pm.....Steve Schneck Quartet
 Thu-Sat, Feb 27-Mar 1, 7pm & 9pm.....Kyle Swan Trio
 Sun, Mar 2, 4pm & 8pm.....Kyle Swan Trio
 Mon, Mar 3, 8pm & 10pm.....Bob Lark Alumni Big Band
 Tue, Mar 4, 8pm & 10pm..... Marques Carroll Trumpet Summit
 Wed, Mar 5, 8pm & 10pm.....Paul Giallorenzo Trio
 Thu-Sat, Mar 6-8, 8pm & 10pm.....Lakecia Benjamin & Phoenix
 Sun, Mar 9, 4pm & 8pm.....Lakecia Benjamin & Phoenix



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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

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Best Deal in the South Loop

South Loop Neighbors has two forms of memberships. A full dues paying membership, and a free affiliate membership.

A full dues paying membership provides several benefits, helps SLN pay for operational costs, and provides member rate discounts for events throughout the year. In addition to receiving the monthly digital SLN newsletter, full members can attend our annual member dinner for free. For more information and to sign up for SLN membership, [click here](#).



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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.



Microcalcifications weren't going to kill me. The process of diagnosing their cause was still stressful. *Sincerely, Marianne*

By **Marianne Goss** January 5, 2025

My memory of breast biopsies in 2001 and 2006 is foggy. Any anxiety must have been wiped out by hearing "benign."

This time I tried to tamp down anxiety with knowledge. When a screening mammogram results in a callback for which you have to wait three weeks, and then the diagnostic mammogram results in a biopsy appointment for which you have to wait another four weeks, there's plenty of time to research the situation.

Sharing what I learned may reduce the stress of women headed for biopsies because they, like me, have suspicious-looking microcalcifications. It calmed me somewhat beforehand to know that whatever the biopsy finding (it was benign), microcalcifications are not going to kill me.

The number of biopsies has increased with more accurate mammography, which is especially good at detecting microcalcifications. Unfortunately, radiologists can't always tell benign from cancerous microcalcifications by looking at images, so they order biopsies. About half of the million breast biopsies performed in the United States each year are for microcalcifications, and about 80 percent of these are benign.

Even if microcalcifications are cancerous, they are not life threatening. They likely indicate ductal carcinoma in situ, a stage 0 cancer in the breast's milk ducts. An estimated 50 to 80 percent of DCIS cases will never leave there. Unfortunately (again), doctors can't tell which DCIS will and which won't progress, so most cases are treated with surgical removal and, often, radiation and hormone treatment. That means at least half the women with DCIS are treated for a condition that would never harm them.

As you might expect, researchers are looking for how to reduce the number of biopsies and the unnecessary treatment of stage 0 breast cancer. "[W]e're treating all patients as if they have a life-threatening illness . . . and not giving them the full range of options," said Duke University professor Shelley Hwang, principal investigator of the COMET (Comparing an Operation to Monitoring, with or without Endocrine Therapy) study.

A small minority of women diagnosed with DCIS are already choosing watchful waiting, with mammograms every six months instead of immediate treatment. That isn't foolish. If DCIS were to progress to stage 1 cancer, the survival rate is still more than 99 percent.



For older women, the breast cancer picture is further complicated by different recommendations about when to stop having mammograms. It is known that many breast cancers in older women are slow growing, but screening and treatment advice is limited because this population has been underrepresented in research. Two medical societies make no recommendation for mammograms after age 74 "due to insufficient evidence" about benefits and harms, and three more say that the decision to continue mammograms should depend on health status and life expectancy.

In the past, breast cancer screening was standardized as if every woman had the same risk for the same type of breast cancer. Medical science now knows that breast cancer varies tremendously. By looking to tailor screening and treatment to each woman's risk and age, doctors hope to reduce the harms from overcare, not the least of which is patient anxiety.

Judging from how relieved I felt to hear "benign," I had been anxious, despite loading myself with information. Cancer is scary, even if it's stage 0, and treatment isn't a cakewalk. As the medical community works on research breakthroughs, it might also work on reducing waiting time. A screening process of nearly two months is too long.

COMMENT

South Looper Marianne Goss blogs at <https://sincerelymarianne.blogspot.com/>

MOST RECENT EPISODES February 5, 2025

Click here
ON **THE MEDIA**

Musk's Meddling in European Politics

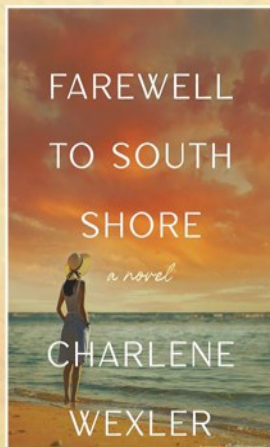
According to the Financial Times, 225 out of Elon Musk's 616 tweets and retweets in the first week of January were about U.K. politics. Meanwhile, Musk has praised the prime minister of Italy, far-right politician Giorgia Meloni, describing her as "even more beautiful on the inside than on the outside." At a time when his company SpaceX is reportedly in talks for a billion dollar contract with the Italian government. And then there's his entrance into the German political scene; showing up to AFD rallies and more. Micah

Meet the authors

Charlene Wexler, author of *Farewell to South Shore*, and Alina Rubin, author of *A Girl With a Knife*, will discuss their novels featuring strong female main characters and sign copies of their books at Chicago Loop Synagogue, 16 S. Clark St., Chicago, at 2 p.m. on Sunday, Feb. 16.

The public is invited. Reservations are required. Register online at <http://www.chilooopsyn.org>. Suggested minimum donation is \$10 and includes light refreshments. Discounted parking (\$10 for 12 hours, ask for coupon when you arrive at event) is available at the Madison-Washington-Wells Garage at 172 W. Madison St.

For more information, email anbcommunications@yahoo.com.



Valentine's Day Bake-Fest With Live Music

Saturday, February 15, 2:00 - 4:00 pm
Piano Forte

Join the South Loop Neighbors for a fun Valentine's Day social event with live music. Attendees will vote for their favorite cookies and cupcakes during the bake-fest, with prizes for the best in each category! If you plan on entering, you must bring or bake at least two dozen items. You are invited to enter the bake-fest, or you can join us for refreshments of wine, tea, hot cocoa, and coffee courtesy of SLN.

RSVP here

See page 20 for press release

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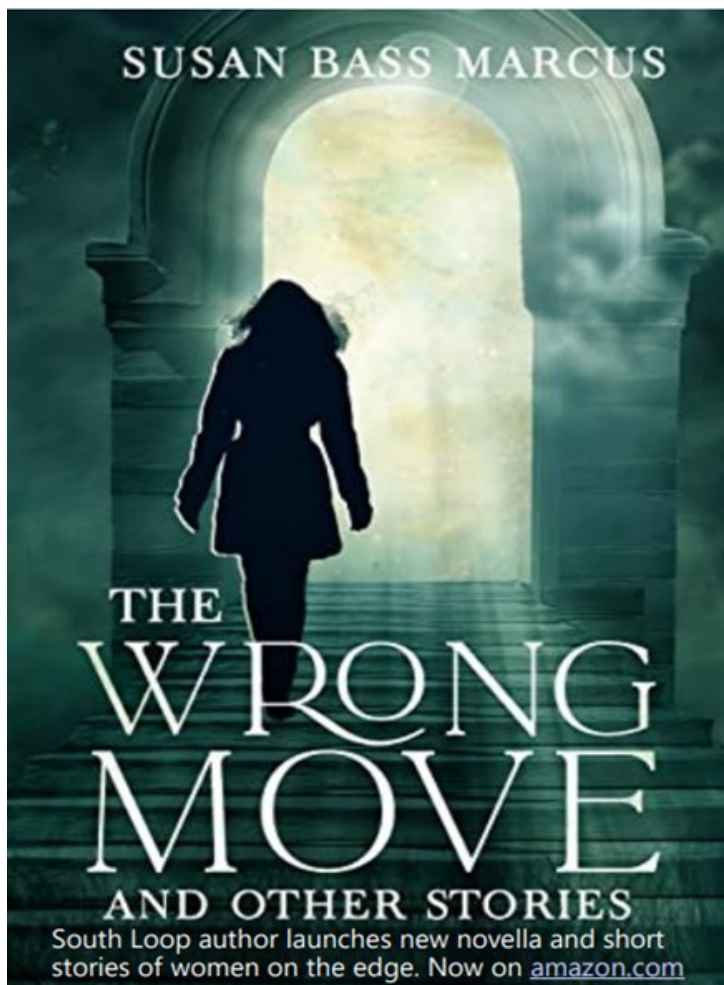
INNIE SHADOWS, by Olivia M. Coetzee
(Houser of Anansi 2024).

Olivia Coetzee calls herself “an Indigenous, so-called Coloured” author from Capetown, who broke new ground by writing this gritty, eye-opening and devastating crime story—quietly raging against the effects of colonization, religious extremism, “prejudice, oppression, hatred, and homophobia,” in her native tongue—Kaaps—a creole language spoken among local people since the 1500’s. Apartheid in South Africa—the harsh, *de jure* system of racial segregation and often fatal discrimination by the white minority that followed almost 200 years of slavery—finally ended in 1994, but not before it reduced Kaaps to a disapproved, disparaged dialect. **Innie Shadows** elevates Coetzee’s native tongue and celebrates some of the new freedom people of color in South Africa enjoy, at the same time it sheds light on the brutal realities of life for the poor Black majority of South Africa. Since Black History Month—started in Chicago in 1926 by historian Dr. Carter G. Woodson—celebrates the end of apartheid and the election of folk hero Nelson Mandela as the first Black president of South Africa, it is a good time to recognize that the day-to-day lives of ordinary folks aren’t a whole lot better 35 years after the revolution. According to the NY Times, “Ten percent of all South Africans—the majority white—owns more than 90 percent of national wealth... Some 80 percent of the population — overwhelmingly Black — owns nothing at all.” **Innie Shadows** chronicles a week in a neighborhood dominated by a once-sought-after but now dilapidated housing project, The Shadows, populated by people who are under or unemployed. The greatest Black wealth is

enjoyed by a sadistic preacher and a dirty drug lord; two queer girlfriends, a cop and a hairdresser, seem to have decent incomes; one daughter has won a government grant to study in the U.S, and her mother supports the family by making and selling samosas. The boys and men work as junkmen, drug dealers, bodyguards, pimps or prostitutes. The publisher honestly touts that “the dispossessed tell their own stories”—two of the men give first person accounts of their own deaths. So many neighbors are addicted to gambling, alcohol, pot, meth, and mandrax. The five main characters, all friends since grade school, had their share of pain: parents who died too early; who despised the child born of incest; who recoiled from their children’s sexual identities; who had to live hand-to-mouth, and often with nothing to hold in their hands. But there is hope among them, even when life is at its worst: Nique moved back from Johannesburg because she “longed for the rhythmic flow of the Shadows...the comforting familiarity of everyday life.” Sara had big dreams but grew sad when she thought those dreams would take her out of the Shadows for good; one friend reflects: “And you say there’s nothing beautiful here. There certainly is.” Love after death continues **Innie Shadows**, and even the most heinous get their just deserts. Take the time to read this slim, powerful novel about “those left behind by the transition to democracy.”

Lorraine Schmall

Dearborn Park / February, 2025



Time Without Dates

An Artist's Memoir

by Mel Theobald



In this candid memoir, the author pays tribute to the mentors and events that inspired him and lays bare the experiences that shaped him as an artist. The Art Institute of Chicago plays a central role in the years he spent as a student, museum conservator, and alumni leader. His struggles with his parents’ archaic ideals and his dreams give rise to a thoroughly engaging association with an elite art community.

He became a university professor and graphic designer before receiving an invitation to Russia in 1990. This book is a prelude to *Inside the Enigma*, an intricate account of that transformative year, and defines the complexity of his foray into the inner workings of an art museum, university and the people who represent the heart and soul of his creativity. Art, science and religion are the cornerstones of his belief that creativity, technology and faith in nature will lead man to a higher consciousness.

For more details about the author, go to: www.theobaldart.com

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EMMETT'S PHOTO
A Staged Reading

February 27 | 6:00 PM CT

"Emmett's Photo" – A Live Reading

Join us for a live reading of the stage play *Emmett's Photo* written by playwright **Nikki Carpenter**. Carpenter and her cast will perform the show live at the American Writers Museum, followed by a discussion of the play and its themes.

About the play:

Emmett's Photo is a gripping and evocative reimagining of the critical moments leading up to John H. Johnson's historic decision to publish a photo of Emmett Till, the slain teen whose death galvanized the Civil Rights Movement. Set in 1955, within the bustling office of the Negro Digest Publishing Company, this play delves into the intense and emotional deliberations that unfolded behind closed doors.



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

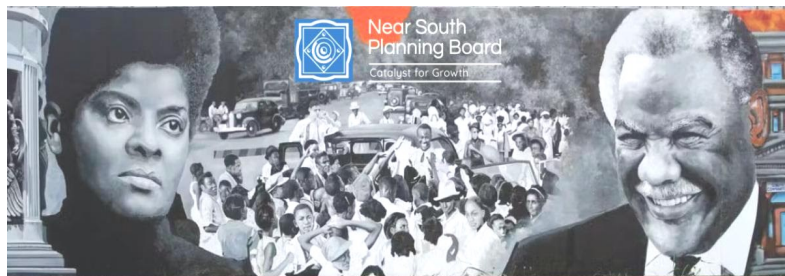
<https://americanwritersmuseum.org/>

Writing Out Loud
 what a blind teacher learned from leading a memoir class for seniors
 Beth Finke

. A HISTORY LOVER'S .
 GUIDE TO
CHICAGO
 GREG BORZO



Festival of the Cranes at the Wheeler Wildlife Refuge in Decatur, Alabama on January 9th, 2025. From your editor's winter vacation photos. (Over 10,000 Sandhill Cranes)



GENERAL MEMBERSHIP MEETING & LUNCHEON

Hyatt Regency McCormick Hotel
2233 S. King Drive
The Regency Ballroom, 2nd Floor

Tuesday, February 25, 2025
11:30 AM - Registration
12:00 PM - Program & Lunch

Bronzeville Trail & Bronzeville-Black Metropolis National Heritage Area

Guest Speakers:

Moderator:

Bernard Turner
Executive Director,
Bronzeville - Black Metropolis
National Heritage Area

John Adams
Founder & Executive
Director
Bronzeville Trail Task Force

Alicia Bunton
Assistant VP,
Community Affairs
Illinois Tech

Sponsorship Levels:

- \$3,000 - Gold
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- \$1,800 - Bronze (4 tickets)
- \$950 - Reserved table of 10

Ticket Prices:

- \$92 NSPB Members
- \$115 Nonmembers

Register online: theNSPB.org/our-events/quarterly-programs/ or
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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.

[MLK: "...only when it is dark enough can you see the stars."](#)

Regan Burke

December 29, 2024



On a podcast about grief, artist Laurie Anderson revealed to Anderson Cooper that she felt sad without being sad when her husband, rocker Lou Reed died in 2013. She came to this awareness at a class on the Tibetan Book of the Dead. The teacher, Bob Thurman, said there is no dead. Dead doesn't exist. He was referring, in part, to post mortem existence.

Different concepts of the afterlife exist in most religions and philosophies. For atheists who believe nothing happens after death, Thurman, a Tibetan Buddhist, teaches there is no nothing. Dead is not nothing.

I'm about as sure of what happens when the body breathes its last as I am of next week's weather. Oh, I tacitly agree with those who suggest I'll see my dead dogs again, the same way I concur it's going to snow tomorrow. Maybe. Maybe not. Surely, dead is not nothing?

On November 22, 1963, my mother called from New Jersey to the Catholic boarding school where I was sent to "shape up" in Williamsburg, Virginia. I picked up the black handle dangling from its stretched out cord in the one allowable phone booth for us wayward boarders.

"Kennedy's been shot." She said.

I replied, "I know. He's dead. It's on the radio."

There's a reason my mother called me. She knew, even at seventeen years old that I'd be upset, more like hysterical. Politics had grabbed me as a pre-teenager watching the Vietnam war on TV. By the time Martin Luther King Jr. was assassinated, I, a twenty-two year old hippie, had been to two marches on Washington and written hundreds of letters to Congress and President Johnson. I was in support of the Civil Rights bill, the Voting Rights bill, banning the bomb and against the Vietnam war. Anytime the morning news stirred an injustice I had to fix, I reached for my stash of pre-stamped postcards to fire off messages to Congress. I harangued my friends—at work, in bars, on the beach, at parties—to think and talk like me. They didn't. I kept going.



MLK's admonition, "Our lives begin to end the day we become silent about things that matter," initially whipped me into a frenzy of activism—more letters, more phone calls, more marches, more recruiting. Then in his "Drum Major Instinct," speech in 1968 he preached to act as a servant, not a savior. It is noble to help just one person, change one person's viewpoint, get one person to vote. Gradually, I adhered to King's spirit and put into practice a daily mindfulness mantra: *the worries of the world don't own me, I don't own the worries of the world.*

DNA has proven dead is not dead. DNA, our physical manifestation of life itself, apparently lives forever. Anyone who has had a DNA test questions their reported trace variants of first peoples like Neanderthal listed in their results, as if our DNA was there at the beginning, or, before? Some religions teach physical immortality, that our dead bodies will rise (or have risen) to live in Paradise. It begs the question: *wherever our raised bodies take up residence, will they have our same DNA?*

Martin Luther King's DNA lives in the generative marrow of his words. I always feel sad, without being sad on this day, his birthday, like Laurie Anderson grieving over Lou Reed. His death forever transitions into the endorphins between my dreams and awareness. He lives in that zero-gravity mirage of my inner life that says: *serve, get out there, be brave, do it, say it.*

Yep. Dead is not nothing.

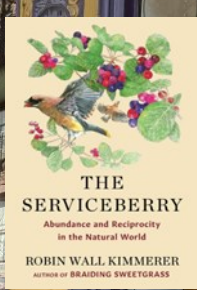
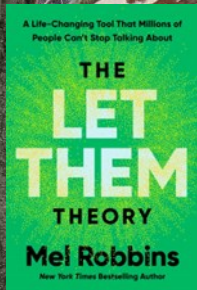
[COMMENT](#)

by Regan Burke [In That Number: One March From the Streets of Protest to the Halls of Power \(And Beyond\)](#)

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Editor's Letter: February/March 2025

February 11, 2025 by [Brian Hiegelke](#)

If Harry Weese had not told Larry Booth to go check out the then-derelict Transportation Building, Printers Row might not have been born;

If Printers Row had not been born, then still in its infancy but with a restaurant and an international magazine shop to make it cosmopolitan enough for Jan and I to move here, *temporarily*, while she finished up at the University of Chicago;

If Hollywood Knights had not opened Printers Row's first video store back in the mid-eighties, I would not have shelved my plans to start one and soon decide that running a newspaper might be fun;

If former Maroon editor Frank Luby had not been crashing at my brother Brent's fraternity house while looking for a job after graduation from the University of Chicago, we might not have had that dinner where he told us it *would* be fun and he knew how to do it;

If not for all of this, Newcity would not have gotten started as a neighborhood newspaper for Printers Row thirty-nine years ago this month.

And if Ted Fishman had not approached us at a South Loop street fair back in the eighties about writing for that then-new neighborhood newspaper we'd started;

And if Ted had not gone on to a career as a writer of bestselling books that led to speaking engagements around the world;

And if Ted had not invited me to join him on one of those engagements in Brazil nearly twelve years ago;

And if we had not met Eric Lovric on that trip, who gave us a taste of the visual art culture and the generosity of spirit of Brazil;

If not for all of this, Newcity Brazil would not have been started ten years ago, culminating in the magazine inside the magazine this month, designed to share all the wonders of that nation's art world with you.

And if I had not met Lou Raizin at a gathering at the Poetry Foundation a few months ago, and asked to hear more about his photography practice which turned into a meeting where he shared his vision for a "Cultural Stadium" in downtown Chicago, a vision we, now thirty-nine years into our own cultural project from downtown Chicago, share;

We would not have Todd Hiegelke's in-depth exploration of the future of Chicago culture in this edition.

There is so much more of course, than these moments, these connections. Serendipity shapes our lives if we let it.

—BRIAN HIEGELKE



Photo: Claudio Edinger, "Machina Mundi SP" (detail)

IN THIS ISSUE

Keeping It Clean

How one woman helps Chicago's restaurants, airports and homes stay free of pests

Making the Games

The story of Cadaco, a Chicago toy company that created epic tabletop sports contests — and turned the life of Martin Luther King, Jr. into a competition

Throwing Architecture a Curve

Rediscovering Félix Candela's years in Chicago

In the Arena

Lou Raizin on Team Culture's visions for the future of Downtown Chicago

+ City on the Remake: A selection of Team Culture's proposals
+ Second Wind: Reimagining downtown's shopping streets

Heave Ho, Status Quo

The story of Laurence Booth, Chicago's most famous unsung architect

Art in Brazil: A Guide for Collectors, Curators and the Curious MASP's Massive Rebirth

Lina Bo Bardi's masterpiece gets a companion

Humanity As A Practice

Curator Bonaventure Ndikung discusses the upcoming Thirty-Sixth São Paulo Biennial

+ A Nation of Biennials

Street Art Serenade

São Paulo is a canvas of cultural exploration

Rooms For Art

Discovering "The Many Brazils" at Rosewood São Paulo with curator Marc Pottier

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\$25

[Buddy Guy's Legends](#)

Online ticket cut off time is 4:00PM day of show.

Tickets are available at the door after 5:00PM
21+ After 8:00PM

Free Acoustic Set: Harmonica Hines –
5:30 – 8:00PM

Opening Band: Sean McKee – 9:00 –
10:00PM

Headlining Band: Melvin Taylor –
10:30PM – Close



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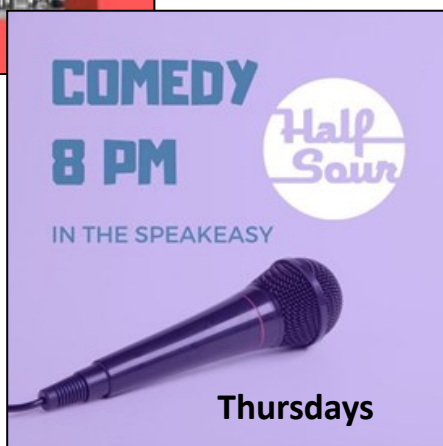
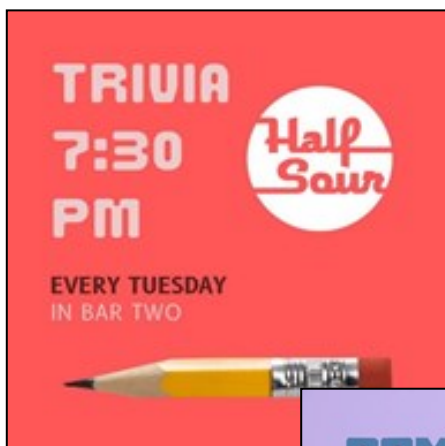
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Bingo with Betty

Last Wednesday of the month

WDCB Live Broadcast | “Women in Jazz” with Affinity Trio March 5 @ 12:00 pm - 1:00 pm



TICKETS FREE

Join us for a live studio broadcast of WDCB’s program “Women in Jazz” hosted by Leslie Keros. The program will feature Affinity Trio.

Affinity Trio consists of **Eric Jacobson** on trumpet, **Clay Schaub** on bass, and **Pamela York** on piano. Individually, they have worked with some of the biggest names in the jazz world: Benny Golson, Phil Woods, Jeff Hamilton, John Clayton, Bruce Barth, Brian Lynch, Greg Tardy, etc.

The trio holds a weekly residency at Milwaukee’s Mason Street Grill inside the historic Pfister Hotel that began in 2021. Performing without a drummer, Affinity Trio creates an intimate ambience with a strong rhythmic groove. Their repertoire includes standards from the Great American Songbook, original music, and bebop.

Affinity Trio’s debut recording, *Hindsight*, was ranked Top 55 on the national jazz charts, and is now available on Origin Records. Please check out the Shows page to see where the trio will be performing next and join the email list

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Chicago's Immigrants Are Being Targeted By ICE. Here's What You Can Do To Help

From sharing information and shopping immigrant-owned businesses to donating to nonprofits, here are seven ways Chicagoans can help immigrant communities in the city. by [Franca Garcia Hernandez](#) January 28, 2025

CHICAGO – Immigrant communities in Chicago are on edge amid the Trump administration's broad immigration crackdown during his first week in office.

[When A Trip To The Doctor Could Lead To Deportation](#)

Over the weekend, U.S. Immigration and Customs Enforcement [launched "Operation Safeguard," with immigration agents descending on Chicago](#) for "enhanced targeted operations" that led to more than 100 arrests in the area Sunday. ICE officials have said they are targeting people with criminal backgrounds. Seven of the people arrested Sunday had criminal warrants, [the Sun-Times reported](#).

Since the inauguration, the Trump administration has launched a series of sweeping immigration orders, including a directive to end birthright citizenship, a push for stricter border protections and the suspension of the refugee admissions program. Gov. JB Pritzker has said [ICE raids could target roughly 2,000 people in the city](#). About 1.7 million immigrants live in the Chicago metro area, [according to a Vera Institute of Justice study of census data](#).

The ICE operations are stoking fear for immigrants in Chicago. Here are seven ways Chicagoans can help the city's immigrant communities.

Know Your Rights — And Help Others Be Informed

Immigration justice organizations, along with city and local partners, have doubled efforts to educate immigrant communities on their rights when interacting with immigration authorities. Dozens of neighbors and groups have canvassed neighborhoods, distributing flyers and hosting Know Your Rights workshops.

All immigrants have the right to remain silent and can walk away from ICE agents if they are not being arrested or detained.

RELATED: [What Immigrant Communities Should Know About Their Rights](#)

"The most important things is to remain calm and to be aware of what your rights are," said Marcela Rodriguez, co-executive director of nonprofit Enlace Chicago, which has distributed Know Your Rights information in Little Village schools. Chicagoans can attend a workshop and share information with family, friends, neighbors or organize a Know Your Rights workshop. You can [sign up for a virtual Know Your Rights training](#) or attend one of the city's Know Your Rights workshops citywide. For an updated list of events, visit the [Office of Immigrant, Migrant, and Refugee Rights of Chicago's website](#).

Visit [The Resurrection Project's website](#) for up-to-date information and resources, including a [printable, bilingual know your rights toolkit](#) and [an employer guide](#). The nonprofit also offers [workshops for immigrants with a family member detained by ICE](#) or immigrants detained and released by ICE.

CONTINUED ON PAGE 22

Beth Finke's Writers in Exile

Just Breathe by Andrew Bendelow

Do you need a lesson to perform what happens naturally?

I've read two books that got me to see my basic functions differently, and as a consequence, behave differently. The first was *Zen Macrobiotics* by George Ohsawa. I read it as a 24-year-old and it forever disentrained me from the standard American diet.

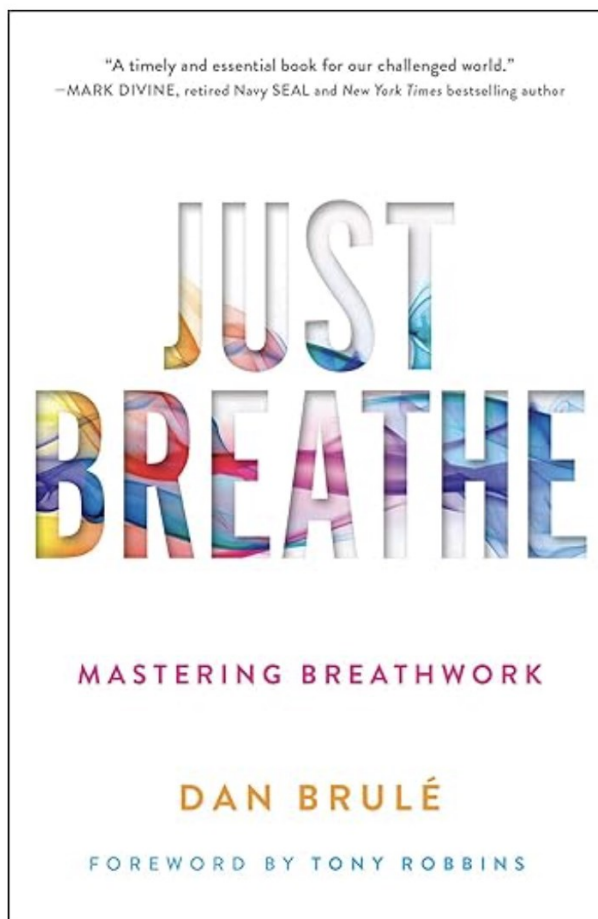
I read the second one as a 63-year-old, *Just Breathe: Mastering Breathwork* by Dan Brulé, and it has made me aware of my breath and got me practicing conscious breath exercises throughout my day.

Brulé developed his understanding of the untapped power of breath as a deep sea diver working for the US Navy. He learned to move and fight with his breath as a boxer does, and in his diver's suit, he discovered that when he altered his breathing, he changed his mind, a vital measure of control when you're in a pressurized suit at the bottom of the ocean and things go wrong, as they do.

Brulé's book has opened my land-lubber's mind to this autonomic function controlled by the medulla oblongata, a function I never paid much attention to. It starts with breath awareness. Catch yourself, he tells readers, in various situations, and notice how you're breathing. Don't judge your breath, just note it. I noticed that when I feel threatened or uneasy, my breath grows shallow and rapid. When I'm relaxed and in a "flow," my breath gets deep and less frequent.

After a dedicated month of regular "breath watching," I now monitor my breath and employ some of the dozens of techniques *Just Breathe* describes. Once aware of my mental state and emotions, I can now choose to deliberately use breath to enhance the enjoyable and minimize the unpleasant aspects of whatever I'm experiencing. These simple exercises, I've found, reliably enhance my mood and energy. Others give me a feeling of added mental acuity, and still others seem to superpower my performance in racquet sports.

Brulé admits that there is nothing new in his 200-page book. He reminds us that ancient human practices—yoga,



martial arts, mindfulness meditation—all emphasize the centrality of the breath and that the word for *spirit* in many languages—the essential part of humanity—is *breath*.

Brulé's book is a valuable compendium of breathing lessons and accessible tools for the modern reader.

Here are a few I especially enjoy:

To center myself in a stressful situation, "box breath," or taking an in-breath to the count of 4 or 5, suspending the breath for the same count, then exhaling for the same count, and then holding again the same count before inhaling again. One or two minutes of box breath entirely settles my mind.

To embody a feeling or quality, I combine thought with breath. I take a phrase of affirmation and repeat it with each breath. Breathe the words into your being. For example, "I am always already free," or simply "In a fundamental way, I am safe." Or, one he got from Ram Dass—with each inhale, "The power of God is within me," and with each out-breath, "the grace of God surrounds me."

To improve my ability to do physical work, I consciously link my breath to my movements. This is done as part of yoga, but I've found it works great in jogging and racquet sports.

[Adult Book Discussion: All We Were Promised](#)

Thursday, February 27
 , 12:00pm–1:00pm [Harold Washington Library Center](#)

The Assistive Resources and Talking Book Center Book Club will discuss *All We Were Promised*. The paths of three young African American women in pre-Civil War Philadelphia unexpectedly-and dangerously-collide in this dramatic debut...
[Book Clubs](#)

[Adults: 18 and upSeniors: 55 and upEnglish Film Screening: Loving \(2017\)](#)

Thursday, February 20
 , 12:00pm–2:00pm [Harold Washington Library Center](#)

Join us for a screening of *Loving*. The story of Richard and Mildred Loving, an interracial couple, whose challenge of their anti-miscegenation arrest for their marriage in Virginia led to a legal battle that would end at the US Supreme...
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What Did You Think Of Chicago's Latest Unofficial Neighborhood Map?

University of Chicago researchers asked Chicagoans to draw their neighborhood boundaries for a new map. Block Club reporters spoke to locals, historians and other neighborhood experts about the results.

by [Molly DeVore](#) February 5, 2025 Updated February 6, 2025

CHICAGO — When Crystal Bae and her colleagues set out to create an [updated map of Chicago's many neighborhoods](#), they anticipated ample feedback.

“It will be interesting to hear people give their thoughts on how well this worked,” Bae, an assistant instructional professor with the University of Chicago, told Block Club shortly before the map was published. “This is just starting point for them to continue to discuss and argue.”

[Block Club posted the map at the start of December](#) — and readers had a lot of thoughts.

While the city has 77 “[Community Areas](#),” which were identified by sociologists in the 1920s, and an [unofficial neighborhood map](#) created by the city’s Department of Planning in 1978, Chicago has no officially recognized neighborhoods. Last fall, Bae and two of her colleagues at the University of Chicago launched the Chicago Neighborhood Project, an online survey that hoped to give an updated look at where the city’s neighborhood boundaries actually fall.

Here is the Chicago Neighborhood Project map:

Working with Bae were Emily Talen, a University of Chicago social sciences professor, and Lydia Wileden, a former UChicago postdoctoral scholar who now works at the University of Connecticut as an assistant research professor. The team distributed a survey that asked residents to map and label where they lived. They received more than 5,500 responses and were able to identify around 120 unique neighborhoods.

The gray areas of the map were left unlabeled because not enough respondents identified and agreed on a name for those neighborhoods, Bae said.

In the month or so since [Block Club published the updated map](#), the online survey has received more than 200 new submissions, Bae said.

Talen said she also got emails from neighbors after the map was published, with some noting neighborhoods that had been excluded and others commenting on how their neighborhoods have changed over the years.

The research team is working on multiple academic papers that incorporate the map project, Talen said.

“This project is really interesting from a Chicago perspective but it’s also interesting for urban planning more generally,” Bae said. “I think this is a cool, multi-pronged approach because we’re getting community input as well academic feedback.”

The researchers are still collecting survey responses and will likely update the map, Bae said. You can submit a response [here](#).

Block Club Chicago

<https://blockclubchicago.org/>

Editorial: Students navigate changing financial aid with fewer staff to help

By [Editorial Board](#)

February 6, 2025

[Lilly Sundsbak](#)

President Donald Trump is pushing to dismantle the Department of Education, potentially putting federal student aid programs in jeopardy.

It's possible that the management of federal loans could transfer to another agency if Trump is successful, although the effort would require congressional approval.

But either way, students who rely on federal assistance to attend college, including through Pell Grants, are facing uncertainty as Trump and billionaire Elon Musk set about remaking the federal government.

The college sent two emails when Trump first ordered a freeze on federal aid programs and grants that had included some student aid programs — and then rescinded it. The emails sent on Jan. 29 and Jan. 28 followed two others addressing executive orders around immigration.

About 49% of undergraduate students received Pell Grants in Fall 2024, as the Chronicle previously [reported](#).

James Kvaal, the former United States Under Secretary of Education, told Inside Higher Education that this is not the first time FAFSA has encountered changes under Trump's administration.

In 2017, officials called for a hiring freeze that negatively impacted the agency. Kvaal is concerned that this new term and hiring freeze will deepen the already prevalent issues, like having fewer full-time technicians who can solve internal problems related to a new form that came out last year.

All of this is happening with a smaller office to help students navigate the changes. Six staff members who worked in Student Financial Aid were among the 70 people laid off last May, as the [Chronicle previously reported](#).

In one of the emails, Interim President and CEO Jerry Tarrer tried to reassure students, telling them that “the college is monitoring all actions taken in Washington by the new presidential administration and will keep our community informed and updated as necessary.”

But students need more than that. The college should make certain that the financial aid office has adequate staff to address the questions and concerns that students may have. They could offer workshops or walk-in events to ease anxiety and give a direct line of communication for students to ask their questions.



Students who rely on federal aid deserve a fully staffed financial aid office that is able to provide information as Trump's plans take shape.

Copy edited by Trinity Balboa

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Straits Row Apartments begins leasing at 633 S. LaSalle

The first move-ins for the building will begin this month

February 06, 2025, 7:30AM Lukas Kugler

Q Investment Partners (QIP) and Melrose Ascension Capital have announced the beginning of leasing at Straits Row, a new 18-story rental tower combining traditional apartments with co-living units in the South Loop.

Located at 633 S. LaSalle within the South Loop's Printers Row neighborhood, the 132-unit hybrid building will offer 358 private, fully furnished residential spaces with in its traditional and co-living units. According to the development team, rents at Straights Row are expected to average 20% less than competing Class A rental towers. The building's first move-ins are scheduled to begin in early February.

Straits Row Apartments at 633 S. LaSalle Q Investment Partners and Melrose Ascension Capital

"Straits Row will set a new standard in attainable urban living with exceptional design and amenities that address the growing demand among those who want to live in this highly desirable quiet pocket near the Loop, where they can walk to work, multiple colleges and Grant Park," said Peter Young, chief executive officer of QIP. "We are filling a gap in housing by offering a Class A living experience at a greater value, and we believe this will appeal to a wide range of prospective residents, including those who are studying at the city's world-class educational institutions, as well as those who have come to Chicago to launch their careers."

"The vision of Straits Row was to create a vibrant community that meets the needs of Chicago's diverse workforce and student populations by offering modern, furnished and amenity-rich apartments in a prime downtown location with historical character, offering high quality with exceptional value for Chicagoans who are often priced out of other luxury developments," said Nick Melrose, founder and chief executive officer of Melrose Ascension Capital.

Straits Row offers a wide selection of rental layouts, ranging from studios to four-bedroom floor plans. Both traditional full units as well as co-living units, where residents share a unit's kitchen and living area but have their own private bedroom and bathroom, are available. All residences come fully furnished and include stainless steel appliances, generous cabinet storage, in-unit laundry and keyless entry to both the unit and for individual bedrooms in units with two or more bedrooms. Straits Row is offering discounted initial lease terms for early move-ins.



Straits Row Apartments at 633 S. LaSalle Q Investment Partners and Melrose Ascension Capital

Residents at Straits Row can enjoy 15,000 square feet of expansive amenity space including a lobby-level "Printers Room" coworking space that nods to the history of Printers Row and features three private study rooms, a printer center, coffee station with cold brew on tap, lounge seating and adjacent outdoor patio.

Straits Row Apartments at 633 S. LaSalle Q Investment Partners and Melrose Ascension Capital

The tower's 17th-floor amenity level features a resident lounge with a gas fireplace, a fitness and wellness center, multiple club rooms and a private dining room with a kitchen. Outside, residents have access to a panoramic pool deck offering skyline and lake views, grilling stations and outdoor dining areas. Other building benefits include a 24/7 lobby attendant and security, a secure package center and an indoor bike storage room with direct access to LaSalle Street.

For more information or to apply for a residence in Straits Row, please visit www.straitsrow.com.

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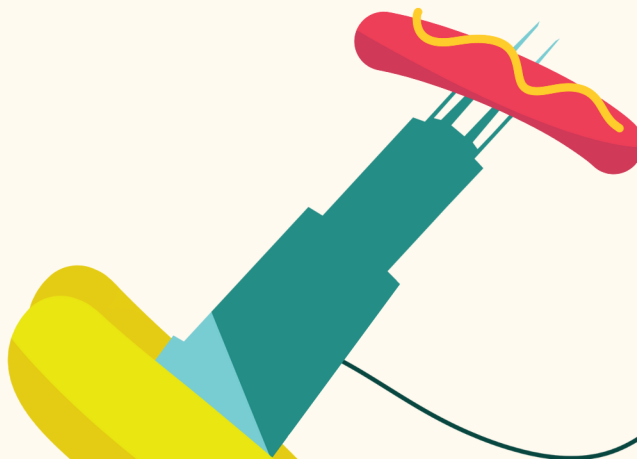


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Jazz Institute of Chicago presents Quincy Jones Tribute with the Clif Wallace Big Band and Friends

The 2025 Winter Jazz Fair will conclude with a heartfelt tribute to one of Chicago's most iconic musical legends, Quincy Jones.

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[Concerts](#)

February 28 8:00 pm

[TICKETS](#)



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Chicago Public Media Presents Hakeem Jeffries In conversation with WBEZ's Mary Dixon

February 20 7:00 pm

Join us on February 20 as we welcome House Democratic Leader Hakeem Jeffries to the Studebaker Theater.

[TICKETS](#)



Sibling Owners Of Not Just Cookies Get \$30K City Grant Ahead Of Humboldt Park Opening

The new store comes after Johnathon and Joy Bush moved their wholesale baking business from Garfield Park — and nearly five years after closing their South Loop storefront. by [Ariel Parrella-Aureli](#) February 4, 2025

Joy and Johnathon Bush of Not Just Cookies passed out their cookies at the United Center during a Blackhawks game on Feb. 13, 2024 Credit: Provided

HUMBOLDT PARK — Humboldt Park is set to get a little sweeter this month.

The sibling duo behind [Not Just Cookies](#) will open their bakery and retail storefront at 1340 N. Homan Ave. on Feb. 26 after getting a financial boost from the city last month.

Johnathon and Joy Bush, co-owners of Not Just Cookies, were one of three Humboldt Park businesses that received a \$30,000 grant from the city's [Good Food Grant program](#), which supports South and West Side small businesses and entrepreneurs in communities with inequitable food access.

The grant came as the siblings moved their business from Garfield Park to Humboldt Park last summer with plans to open a retail bakery, Johnathon Bush said. The money will help the owners expand by buying a larger machine to bake cookies and other equipment to outfit the new location ahead of its grand opening, he said.

The Bushes made minor renovations to the storefront, which has been vacant since at least 2020.

The bakery's popular cookie varieties include butter, oat-meal chocolate chip, turtle and peanut butter. True to its name, Not Just Cookies also offers brownies and pies.

"Now, in Humboldt Park, it is the best of both worlds as we are able to continue our wholesale, but we'll also be able to open up and do retail in the neighborhood," Johnathon Bush said.

Johnathon Bush started Not Just Cookies when he was 13 and living in Ohio, he said. He moved to Chicago when he was 20 to grow the business.

Not Just Cookies had a South Loop storefront from 2017-2020 that shut down amid the pandemic. For the past few

years, the siblings operated Not Just Cookies out of ghost kitchens and its wholesale location in Garfield Park, but as the business grew, Johnathon Bush wanted a bigger space that would draw more customers.

Last year, he and his sister participated in farmers markets and other pop-up events around the city and country last year, passing out cookies at the United Center during a Blackhawks game and at a New York business summit.

To have a retail spot for the first time in about five years is an exciting new chapter for Not Just Cookies, Johnathon Bush said.

"There's been a lot of traction, which is really great," he said. "We're excited to actually open our doors where people can walk in and buy things. It will only contribute to the momentum attraction that we've had."

The bakery hires young people from South and West Side neighborhoods and donates leftover baked goods to local churches and people experiencing homelessness, its owners said.

Not Just Cookies will have a cookie and pie giveaway starting at 4 p.m. for its Feb. 26 grand opening.

Editors note: Their South Loop store was located at 901 S Plymouth Ct.

Block Club Chicago <https://blockclubchicago.org/>



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Authors to discuss strong female characters at Chicago Loop Synagogue February 16

Two strong female authors will talk about the strong female main characters of their novels when Charlene Wexler and Alina Rubin speak at the Chicago Loop Synagogue, 16 S. Clark St., Chicago, at 2 p.m. on Sunday, Feb. 16.

Wexler will discuss her latest book, *Farewell to South Shore*, and Rubin will speak about her latest novel, *A Girl With a Knife*.

Wexler's *Farewell to South Shore*, about growing up and coming of age, taps into and articulates a woman's emotions related to the changing world of the second half of the 20th Century, particularly its expectations of women. The book inspires perseverance and determination to help take charge of one's own life, as the protagonist, Sherrie, tackles a world vastly different than the idyllic South Shore Chicago community in which she grew up.

Farewell to South Shore was named a Bronze Award winner in the contemporary fiction category of the Global Book Awards, and a Four Seasons Book Award Fall Finalist in 2024.

Rubin's *A Girl With a Knife* tells the story of Ella, a young woman who wants to be a physician, which is not allowed in early 19th century England. To fulfill her dream, Ella must disguise herself as a man. As she excels in medical school, dogged by fear of discovery Ella must choose between truth and lies, and distinguish between real and false friends, before her pretense is uncovered.

The public is invited. Reservations are required. Register online at <http://www.chilooopsyn.org>. Suggested donation is \$10 and includes light refreshments. Discounted parking (\$10 for 12 hours, ask for coupon when you arrive at event) is available at the Madison-Washington-Wells Garage at 172 W. Madison St.

Audience members will be able to meet and ask questions of the authors, and personalized autographed copies of both authors' works will be available for purchase on site.

Award-winning author Charlene Wexler is the author of the novels *Farewell to South Shore*, *Lori*, *Murder Across the Ocean*, and *Murder on Skid Row*. Her books of essays and humor are *Elephants in the Room* and *Milk and Oranges*. Her work has also appeared in *North Shore Magazine*, *Vision Magazine*, *Gazette Chicago*, and many websites. Her advice for other aspiring writers is to "follow your dream. You can do it, and it's never too late." Char also is a published poet. See www.charlenewexler.com.

Alina Rubin's latest novel is *A Girl With a Knife*, which won the Illinois Soon to be Famous Author Competition of 2022. Her other work includes *A Surgeon and a Spy*, *Hearts by the Sea*, *Abigail's Song*, and *No Job for a Woman*. She is now working on two historical fiction series with strong heroines. Her company Hearts and Sails Author Services is helping other indie authors publish books of their dreams. See www.alinarubinauthor.com. For more information, email anbcommunications@yahoo.com.

Destiny, DNA Memory, and Its Impact on an Author...

Each year on January 27, the world remembers the anniversary of the 1945 liberation of Auschwitz-Birkenau—A date observed as International Holocaust Remembrance Day. It is a time to remember the six million Jewish victims of the Holocaust and the millions of other victims of Nazi persecution. The commemorations on January 27 remind us the Holocaust was the result of step-by-step decisions that led to the largest genocide in the history of mankind with a tragic surge of anti-semitism, intolerance, and hatred. This is not unlike what we are sadly experiencing in too many of our cities, universities and colleges. Just as William Faulkner prophetically wrote in "Requiem for a Nun"—The past is never dead. It's not even past. All of us labor in webs spun long before we were born, webs of heredity and environment, of desire and consequence, of history and eternity."

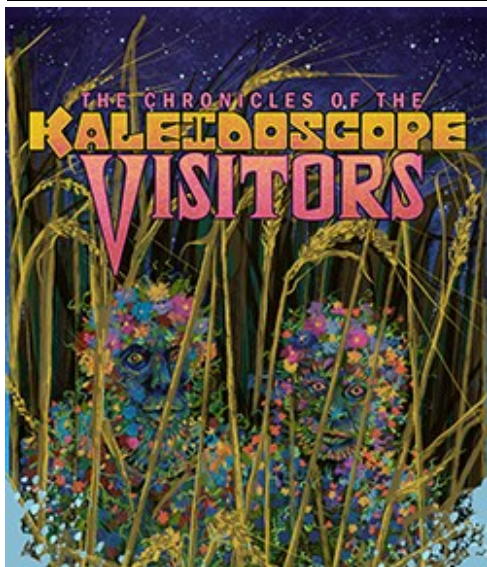
If one believes in Destiny, and I do—it was on January 27 in 1940, a baby boy was born to American parents living in Jerusalem. He was the youngest of three children. It was only one year later, in January 1941, that the German Afrika Korps was established—to be led by General Rommel (later known as the Desert Fox). As Rommel entered Libya, and with the War growing so closer to Jerusalem, the toddler's grandparents advised his family to return to America. Soon the family boarded a boat with their two-year-old toddler and older sisters and left their beloved home in Jerusalem and sailed off to America.

Many years later, the toddler, now all grown up, and still living in America, began writing a book—and in 1981, Jerry Marcus completed his first novel. It was about the horrors of the Holocaust and how it haunted and influenced the life of a young American Rabbi named Zev. The book was published in 1982, and was dedicated to Menachem Begin—"For understanding the past, for knowing the realities of the present, and for his deep commitment to the future." The American Jewish Congress called Abraham, Isaac, Jacob and Zev "A significant and moving novel. An important addition to books about the Holocaust and Jewish people." The novel is also part of the special collection in the United States Holocaust Memorial Museum. Morton Teicher, Book Editor for The Jewish Floridian, compared Marcus to Chaim Potok. "Having caused us to care about the characters he created, Marcus has done well in his first novel. We look forward to the next installment."

Jerry Marcus of Blessed Memory wrote six more novels, each one a compelling work—but always with a focus on thought-provoking issues such as anti-Semitism, political and intriguing mysteries, and religious hypocrisy. Some reviewers even called his novels prophetic and masterful. All seven of these creative novels, guaranteed to be NEW copies (not used or damaged), are available from www.brittanypublications.com. You can read his biography at www.jerrymarcus.com.



Theatre. . . . In the South Loop



The Chronicles of the Kaleidoscope Visitors

by Omer Abbas Salem
directed by Katrina Dion
Sister Fibonacci and her family live on a secluded winter island, growing food for the town on the mainland. When the island is visited by two green creatures with the ability to make sunflowers grow in the snow, their lives take an unexpected turn. Can Fibonacci save her new friends from being exploited for their powers? *The Chronicles of the Kaleidoscope Visitors* encourages keeping curiosity alive and standing up for what is right.

[TICKETS](#)

[TEACHER'S GUIDE](#)

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PERFORMANCE DATES

Wednesday, March 5th - 7:30 PM
(Preview)
Thursday, March 6th - 7:30 PM (Preview)
Friday, March 7th - 7:30 PM (Opening)
Saturday, March 8th - 2 PM and 7:30 PM
Wednesday, March 12th - 7:30 PM
Thursday, March 13th - 7:30 PM (ASL)
Friday, March 14th - 7:30 PM
Saturday, March 15th - 2:00 PM; 7:30 PM

The Sheldon Patinkin Theatre

72 East 11th Street Chicago, IL 60605

Columbia College



Carrie is a musical with a book by Lawrence D. Cohen, lyrics by Dean Pitchford, and music by Michael Gore.

FRIDAY MARCH 21, 7:30PM

SATURDAY, MARCH 22, 7:30PM

SUNDAY, MARCH 23, 2PM

FRIDAY, MARCH 28, 7:30PM

SATURDAY, MARCH 29, 7:30PM

SUNDAY, MARCH 30, 2PM

[TICKETS](#) 0 TO \$50



Into the Woods is a 1986 musical with music and lyrics by Stephen Sondheim and book by James Lapine.

FRIDAY, APRIL 4, 7:30PM

SATURDAY, APRIL 5, 7:30PM

SUNDAY, APRIL 6, 2PM

FRIDAY, APRIL 11, 7:30PM

SATURDAY, APRIL 12, 7:30PM

SUNDAY, APRIL 13, 2PM

O'Malley Theatre at Roosevelt University
425 South Wabash Avenue 7th Floor
Chicago, IL 60605

Roosevelt University

Continued from page 13

Don't Share Unverified Social Media Reports

A whirlwind of rumors of unverified immigration arrests have circulated on social media, spreading fear and panic among neighbors. It also makes it difficult for advocates to respond to tips by stretching resources thin.

“The worst thing we could do is to repeat information that hasn't been vetted and theories that haven't been confirmed,” Rodriguez said, saying it creates a climate of “anxiety and chaos.”

Follow organizations like [The Resurrection Project](#) and the [Illinois Coalition of Immigrant and Refugee Rights](#) on social media for verified updates. At 4 p.m. every Friday, the Resurrection Project also hosts a live immigration briefing [on Facebook Live](#).

Call Hotlines To Report ICE Sightings

Local nonprofits The Resurrection Project and the Illinois Coalition of Immigrant and Refugee Rights have a dedicated hotline to report suspected immigration activity and a helpline for detained immigrants.

Neighbors can report an ICE raid or arrest through [The Resurrection Project's online portal](#) or call the ICIRR family support hotline at 1-855-435-7693.

If ICE detains a family member, call the Illinois CIRR family support hotline at 1-855-435-7693. To locate a detained family member, visit [the ICE locator online](#).

Donate To Nonprofits That Serve Immigrants

Immigrant-serving organizations like The Resurrection Project are working around the clock to support and inform immigrant communities, said Mary Johnson, chief development officer for the nonprofit. Others like New Life Center and Onward Neighborhood House continue to provide essential services and programs for longstanding and newly arrived immigrants, said Emilio Araudo, director of development and communications at Onward Neighborhood House.

Here are six organizations you can support through monetary or in-kind donations.

The Resurrection Project: [Donate](#) or email donate@resurrectionproject.org.”

[Illinois Coalition for Immigration and Refugee Rights](#).

[New Life Centers](#).

[Onward Neighborhood House](#): Make a financial donation or donate in-kind personal care items like shampoo and conditioner, body wash, feminine products, shaving cream, razors, diapers and wipes.

[Beyond Legal Aid](#).

[Legal Aid Chicago](#).

For more information, visit each organization's website. Visit [the Resurrection Project's website](#) for an extensive list of Chicago organizations [providing immigration legal services](#).

[CLICK HERE](#) FOR THE REST OF THE STORY

Block Club Chicago

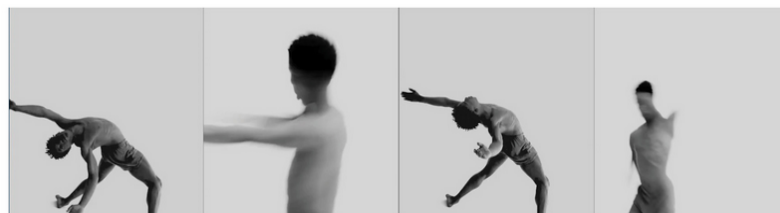
MoCP Museum of Contemporary Photography

Columbia
COLLEGE CHICAGO

AUBIN
PICTURES

present
**Meanwhile film screening +
director Q&A**

24 February 2025
6:30 pm
Film Row Cinema
1104 S Wabash Ave
Chicago, IL 60605



Film still from *Meanwhile*, 2024

**THE PALLBEARERS OF
THANKSGIVING**



Milo Savich

New Novel by Local Author

A group of unemployed steelworkers from Wisconsin Steel on the south side of Chicago organize a Thanksgiving Day demonstration in 1983 in order to call attention to their plight after the mill was suddenly shut down. Their gimmick is a coffin that the demonstrators will carry that represents the death of the American steelworker.

Savich's searing prose captures the rough life of the steelworkers with wry humor and compassion, especially their struggles, camaraderie, and feelings of betrayal. The characters are all well-etched, complex, and true to life, and their talk is funny, bleak, pained, and convincing ... these creations and lives linger in the mind after the last page....

— *BookLife*

\$14.95 92 pages ISBN: 978-1-7374709-3-9

Available on Amazon

The Staley Wants To Be Your New Favorite Watering Hole In The South Loop

The family-friendly sports bar and restaurant from former Chicago Bear Israel Idonije is open for business and aims to be a new haunt for Bears fans.

by [Jamie Nesbitt Golden](#) 2/12/2025

SOUTH LOOP — For Israel Idonije, the South Loop is the kind of neighborhood that deserves nice things. It's also ripe for another sports bar and restaurant, which is why the former Chicago Bear and his team opened [The Staley](#) there last month.

The Staley, 1736 S. Michigan Ave., [took over the storefront formerly occupied by Kroll's](#), another beloved sports bar. Idonije had planned a fall opening but didn't anticipate all the road bumps he'd encounter.

"I think I was just a little too ambitious. I assumed with 90 days of nonstop work we would get there. But things were taking longer than they needed to. The freezer blew out and stuff just started happening, so you just got to fix it and pivot," Idonije said.

The Staley is named for businessman A.E. "Gene" Staley, who founded the Chicago Bears over a century ago, and it's located less than mile from Soldier Field.

"The Bears are such an important part of my life and obviously I still have strong ties to the organization and to the people there that I've known all these years. I still go to every game," said Idonije, who worked as a day care teacher early in his football career.

Being attuned to the desires of South Loopers, Idonije said he knew his neighbors wanted a chill, family-friendly neighborhood spot that was more accessible than the Signature Bar, The Staley's more upscale counterpart at **1312 S. Wabash Ave.**

Giving Bears fans a space to root for the home team was equally important, Idonije said. Kroll's had been a well-known haunt for Packers fans.

That said, you won't find a gazillion jerseys hanging from the walls or sawdust on the floors at Staley's. Instead, patrons are greeted by muted bluish-green walls; a long, sleek bar with chocolate leather chairs; a trio of flatscreens on one side and pair of projector screens on the other; and a full view of a mural featuring the [1920 Decatur Staleys football team](#). There's also a game room with a foosball table.

"A guy on our team, [Nathan Michael](#), does most of our design. I generally have a pretty good sense of what I want something to feel like experientially. Having him come in and memorialize the relationships between me and legacy Bears players over the years ... was great," said Idonije, describing an art display featuring names of players and other people important to Chicago Bears history.

A framed sketch of an old-school Cubs player adorning a wall near the bar was another design touch from Michael, who found it at a swap meet in Elkhorn, Wisconsin. "We added 'Every Legend' [to the sketch], which is one of our monikers throughout the brand. 'Every legend starts with a dream.' We found some really unique pieces that fit well.



Former Bears lineman Israel Idonije opened his second South Loop sports bar, The Staley, last month. Credit: Jamie Nesbitt Golden / Block Club Chicago

I love how it turned out," said Idonije.

Idonije teamed up with [chef Stephen Gillanders](#) on the food menu. In addition to running [S.K.Y.](#), Apolonia and Vahalla restaurants, Gillanders is head chef and partner at Signature. The hush puppies (\$8.99) and giant mozzarella sticks (\$14.99) have fast become customer favorites, Idonije said. Poutine (\$11.99) is a nod to Idonije's home country of Canada, but it's not a traditional version, he said.

"I don't necessarily love the cheese curds, so we substituted the cheese," Idonije said. "We use a white cheddar, and it's delicious."

For pizza fans, there's the Staley Style Pizza (\$14.99 and up) with a choice of margherita, meatball, prosciutto or spicy meat lover's. Diners can also opt for panouzzo-style, where the pizza dough is sprinkled with olive oil, folded in half, baked and then filled with ingredients.

"It's like a pizza fold," said Idonije.

The entrepreneur is looking to add programs in the coming months, including trivia night and a version of [the Queen of Hearts raffle](#). There might even be karaoke, Idonije said.

He's also working to expand his South Loop business empire. He's part of the team behind [a Motor Row boutique hotel](#) scheduled to open in early 2026, and he's purchased two additional buildings on Motor Row, for which he has big plans.

"The South Loop has been like the stepchild of these neighborhoods, kind of an afterthought, despite being the heart of the city. It's a beautiful neighborhood, but undervalued. I think that's changing. I'm hoping that we can continue to be a part of that change," he said.

The Staley is open from 3-10 p.m. Monday-Thursday, 3-11 p.m. Fridays, noon-11 p.m. Saturdays and noon-10 p.m. Sundays.



<https://blockclubchicago.org>

Beyond the Classroom: How One Teen's Vision Is Reshaping Domestic Violence Support

Rhea Makkuni, a senior at Walter Payton College Preparatory High School in Chicago, is making waves in the fight against domestic violence with her nonprofit organization, Safe&Aware. Founded in August 2020 when Makkuni was in eighth grade, Safe&Aware aims to empower survivors of domestic violence through self-defense classes and community outreach initiatives.

Since its inception, Safe&Aware has touched the lives of hundreds of survivors. The organization has hosted self-defense classes in Chicago and surrounding neighborhoods. These classes not only teach practical self-defense techniques but also raise awareness about the emotional distress survivors often experience.

Makkuni's efforts extend beyond self-defense classes. Through organizing community expos, Safe&Aware has been able to educate over 1,500 attendees about domestic, sexual, and dating violence. The organization has also partnered with the WASH Foundation and Amazon to assemble and distribute over 300 sustainability hygiene kits to domestic abuse shelters worldwide.

Makkuni's dedication to the cause has not gone unnoticed. She spends about 10 hours each week empowering survivors through self-defense classes, writing blog posts, and posting on self-defense forums. Her work has earned her international recognition as a Point of Light recipient and Everyday Young Hero.

Looking ahead, Makkuni plans to expand Safe&Aware's reach both nationally and internationally. She has already established a Safe&Aware chapter in India and the United Kingdom and aims to double the number of hygiene kits distributed.



Rhea Makkuni is a resident of the South Loop

"Our mission is to create a safe space for survivors, providing the resources and support they need to break free of abusive relationships," says Makkuni. "We empower survivors and help them heal emotionally through self-defense classes, and give them practical assistance through resources for secondary education and small business grants to help them take control of their lives".

As domestic violence continues to affect 1 in 4 women and 1 in 7 men in their lifetimes, initiatives like Safe&Aware play a crucial role in supporting survivors and raising awareness. Makkuni's work serves as an inspiration, showing that passion and dedication can make a significant impact in addressing critical social issues.

Safeandaware.blog (web site)
or email the non-profit at bsafe.baware@gmail.com

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
Dearbornexpress.net/

2 charged with kidnapping baby, woman in South Loop carjacking, Chicago police say

14-year-old girl, 18-year-old man facing multiple felony charges, CPD says



ByABC7 Chicago Digital Team
Wednesday, February 5, 2025 10:26PM

Two people have been charged in connection with a carjacking that happened in the 400 block of West Harrison Street on Tuesday, Chicago police said.

Two people have been charged in connection with a carjacking that happened in the 400 block of West Harrison Street on Tuesday, Chicago police said.

CHICAGO (WLS) -- A 14-year-old girl and an 18-year-old man are facing charges after police said they were involved in a South Loop [carjacking and kidnapping](#).

Chicago police said armed thieves carjacked a vehicle, with a woman and a child still inside, in the South Loop on Tuesday at about 2:30 p.m. The carjacking happened in the 400 block of West Harrison Street around 2:30 p.m.

[ABC7 Chicago is now streaming 24/7. Click here to watch](#)

A 29-year-old woman and a 1-year-old girl were in the backseat when two people got into the car and began driving, police said. Police said as the car approached West Harrison and South Paulina streets on the Near West Side, the carjackers forced the victims out of the vehicle at gunpoint.

The victims were not injured in the incident.

Officers later found the car in the Bronzeville neighborhood's 3500 block of South King Drive. Two people were taken into custody.

A 14-year-old girl was charged with aggravated carjacking, aggravated kidnapping and possession of a stolen vehicle. Since the suspect is a minor, police did not reveal her identity.

An 18-year-old man, Taylen Byndum, is facing five felony charges for vehicular hijacking and a kidnapping while armed with a firearm.

No further information was immediately available.

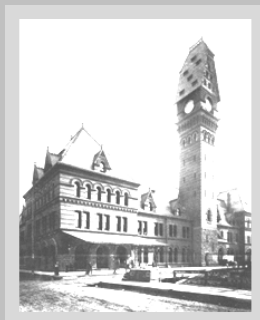
INTERACTIVE SAFETY TRACKER [Track crime and safety in your neighborhood](#)

THE DEARBORN EXPRESS

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Did you know the South Loop Neighborhood Watch - Police Beat 123 has a facebook page?

We do!...and we encourage you to use it!

The South Loop Neighborhood Watch – Police Beat 123 Facebook Page is a crime communication tool intended to enable the rapid sharing of crime alerts and crime prevention news specifically for Police Beat 123. This area is the section of the South Loop that is bordered by Ida B. Wells on the north, Roosevelt Road on the South, the Chicago River on the west and Michigan Avenue on the east.

Link to Facebook

group:

<https://www.facebook.com/groups/1475398529519963/>

Please stay engaged! The safety and security of our neighborhood is everyone's business!

THE DEARBORN EXPRESS

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Next CAPS Meeting Mar. 12, 2025
3 pm zoom Beat 123



caps.001district@chicagopolice.org

Police Blotter



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

2/2/2025, 12:45pm 60 W 24th St
VEHICULAR HIJACKING on street Beat 131

1/31/2025 10:30am 10 E 14th Pl
SCOOTER OR BIKE THEFT on street Beat 131

1/29/2025 5:37pm 1200 S State St
SIMPLE ASSAULT on CTA Bus, Beat 131

1/25/2025 2:09 AM 1200 S Columbus
AGGRAVATED ASSAULT OF a POLICE OFFICER Beat 132

1/21/2025 1200 S Prairie Av
AUTO THEFT Non-Res Parking Beat 132

1/21/2025 8am 2100 S Indiana Av
BURGLARY (Forcible entry) Beat 132

1/20/2025 9:41pm 1400 S Michigan Av
ATTEMPT STRONG ARM ROBBERY Non-Res Parking
Beat 132

2/2/2025 11pm 200 W Polk
AUTO THEFT Non-res Parking lot Beat 123

2/1/2025 11:10 AM 200 W Harrison
AGGRAVATED ASSAULT– knife at Apt Beat 123

1/31/2025 9:51 PM 900 S Michigan
AGGRAVATED ASSAULT – Knife Apt Beat 123

1/29/2025 8:46 AM 800 S Wabash
AUTO THEFT Recovered Non-Res Parking Beat 123

1/28/2025 1AM 1100 S State
STRONG ARM ROBBERY No weapon on CTA Train
Beat 123

1/27/2025 3:45pm 20 E Roosevelt
AGGRAVATED BATTERY fists CTA Platform Beat 123

1/26/2025 9:30pm 1100 S State
AGGRAVATED ROBBERY on Subway

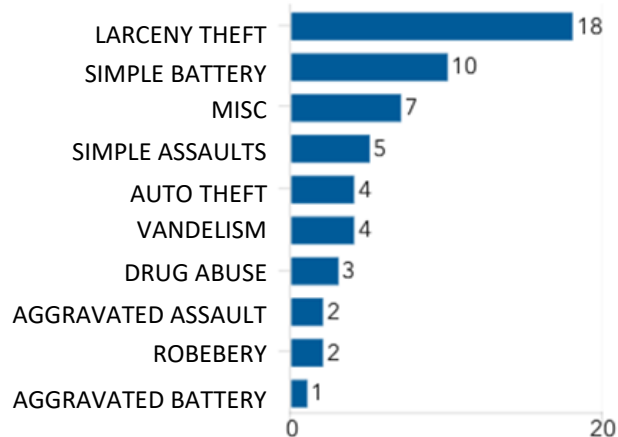
1/26/2025 8pm 700 S Wells St
BURGLARY Forcible Entry Business office Beat 123

1/19/2025 11:30AM 700 S Dearborn
AUTO THEFT on Street Beat 123

1/19/2025 12:30 AM Non-Res 0 E 8th
AUTO THEFT Non-Res Parking Beat 123

Top 10 Crimes

PERIOD JAN 15 TO FEB 1, 20245



Man dies after stabbing on Near South Side

by: [Ethan Illers](#)

Posted: Jan 19, 2025 / 10:39 PM CST

WGN Channel 9 News

CHICAGO – A man has died after being stabbed Sunday night on the Near South Side.

Chicago police said the incident happened at around 8:50 p.m. in the 1500 block of South Wabash Avenue.

Officers were sent to the area to investigate reports of a person stabbed and found a 50-year-old man with lacerations to the arm and bumps on the head. Personnel with the Chicago Fire Department treated the man's injuries and took him to Northwestern Hospital in serious condition, according to investigators.

[Read more: Latest Chicago news and headlines](#)

Police said a second man believed to be in his 40s was found unresponsive in the same area with stab wounds throughout his body. CFD personnel pronounced him dead at the scene.

No arrests have been made and Area Three Detectives are investigating the circumstances surrounding the incident.

A man was killed and another wounded in a stabbing in the South Loop on Sunday afternoon, Chicago police said.

Officers responded to reports of a person stabbed in the 1500 block of South Wabash Avenue at 8:50 p.m. and found Nathil D. Evans with several stab wounds.

Evans, of the South Loop, was dead at the scene, according to the Cook County medical examiner's office.

Another man, 50, was found with cuts to his arm and bumps on his head. He was taken to Northwestern Memorial Hospital in serious condition.

No one is in custody.

CHICAGO'S VERY OWN
WGN9

We only report violent crime and car theft. We don't report the biggest category of crime in Beat 123 which is theft because it doesn't cause bodily harm.

Real Estate Transactions

\$335,000
1250 S MICHIGAN AVE 1408
12/30/24

\$375,000
1115 S PLYMOUTH CT 605
12/23/24

\$600,000
1235 S PRAIRIE AVE 904
12/18/24

\$242,000
1255 S STATE ST 1711
12/17/24

\$268,000
125 E 13TH ST 1114
12/17/24

\$202,500
41 E 8TH ST 1305
12/17/24

\$415,000
523 S PLYMOUTH CT 1101
12/9/24

\$290,000
431 S DEARBORN ST 405
12/9/24

\$430,000
430 S FEDERAL AVE E
12/4/24

\$307,500
732 S FINANCIAL PL 415
12/4/24

\$530,000
1511 S INDIANA AVE E
12/3/24

\$230,000
1307 S WABASH AVE 307
1/2/25

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Dearborn Street Realty

Tom Feddor,
312.203.3841

tomfeddor@gmail.com





701 S Wells St #2703
3 bed, 2.5 bath 1689 Sq Ft
\$549,900 HOA \$1531

Cindy Weinreb @properties
Christie's Intl Real Estate
312.296.6892



40 E 9th St #1509
2 bed, 2 bath 1343 Sq Ft
\$319,000 HOA \$1067

Benjamin Lissner
Baird & Warner
312.401.9176



1142 S Michigan Av Unit 6B
2 bed, 2 bath \$1650 Sq Ft
\$600,000 HOA \$951

Tiffany Vondran
Fulton Grace Realty
773.459.8479

124 W Polk St #202
3 bed, 2 bath, 1300 sq ft
\$399,000

Rashauna Scott
773) 885-6263



872 S Park Terrace
2 bed, 1.5 bath 1150 Sq Ft
\$419,500 HOA \$515

Katherine Marrin
Berkshire Hathaway
HomeServices
773.962.7555



523 S Plymouth Ct #1103
1 bed, 1 bath, 1050 sq ft
\$375,000

Susan Dickman
Berkshire Hathaway
HomeServices
773-627-8176



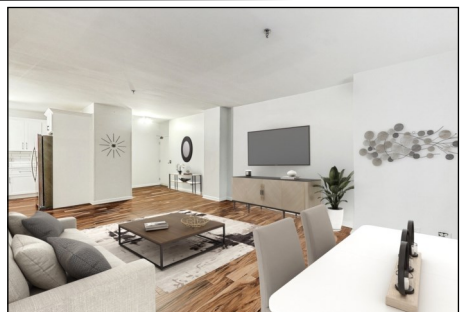
1111 S Wabash Ave
#2410
2 bed, 2 bath, 1200 sq ft
\$400,000 HOA \$859

Robert Yoshimura-
Compass
773.329.5621



740 S Federal St #310
3 bed, 2 bath. 1260 sq ft
\$299,000

Lauren Leonardi
@properties Christie's
International Real Estate
312.735.1799



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#1704
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