Park Tower Profile: Jo Kaucher & Mickey Hornick PT's Restaurateurs

September - November 2015



TowerTalk

News and Information for Park Tower Condominium Association

In This Issue

Meet Dynah Ellison PT's New Mail Carrier!



All Things Mechanical: Park Tower Plumbing - Part 1



Chef's Corner: Summer Delight Cherry Crostata Recipe



Restaurant Review: Middle East Bakery and Grocery



Election Round Up

New PT Board Set for 2015/2016 Term - Reflections on the Recent Election

by Sheldon Atovsky

Park Tower Condominium Association held its Annual Meeting on Monday, June 15, 2015. Of the five Board of Directors' positions, three were up for election. George Pauley and Michael Parrie were re-elected, and Jean Shamo was newly elected. Remaining on the board for the second year of their terms are Betty Terry-Lundy and David Nicosia. At its first meeting, the newly-constituted board elected officers and appointed board liaisons to PTCA's committees.

George Pauly president and liaison to Health Club, New Resident, Social, and Ad-hoc Declaration Review committees.

Michael Parrie 1st vice president and liaison to Rules & Regulations Committee.

David Nicosia 2nd vice president and liaison to News & Social Media Committee.

Jean Shamo treasurer and liaison to Budget & Finance Committee.

Betty Terry-Lundy secretary and liaison to Home Improvement Committee.

| Continued on Page 10

Condo Etiquette - What's that Smell? How Smoke and Other Odors Circulate

by Jeff Hauser



While there are many benefits to living in a high-rise like ours, there is always the danger of taking too much for granted, of overlooking the boundaries that sep-

arate our lifestyle choices from those of our neighbors.

Here in Park Tower, we live close to one another. Once the door is closed, it's so easy to forget that someone's bed may be just inches away, on the other side of an interior wall.

This is the first in a series of columns, the purpose of which will be to describe how such problems – often called "nuisances"

in our Rules & Regulations Handbookarise and how they can be avoided.

TowerTalk and Management are working together to produce these columns, so as to make the information easily accessible to all owners and residents. We'll start with perhaps the most common complaint at Park Tower.

Why Smoke and Odors?

Our building was constructed with air circulation in mind. Walk around the hall-way on your floor, and you'll spot a large vent at one corner. Huge fans on the roof suck up fresh air and force it down and through these vents, into interior



All Things Digital

Terrific TiVo Tips - Fun Basics and How To's for Your DVR

by Mike Magliane

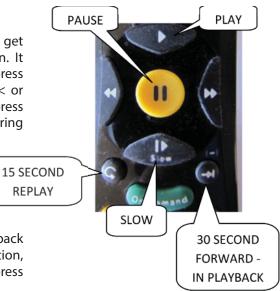


Occasionally when I make house calls, I surprise clients by revealing some of the most basic things about their TiVo and TV set ups. Sometimes just switching connecting cables or using different channels will make a huge difference. Following is a checklist of basics that apply to your TiVo and TiVo Remote, with either a "thin" HD TV or the big boxy TV.

1. IF...you're watching a show and get interrupted, press the **PAUSE** button. It will hold the show for up to an hour; press **PLAY** to resume the show. Press << or >> to speed backward or forward; press again for Medium or Fast speed. Or during playback, press the **30 SECOND** button to jump ahead.

2. IF... you missed what they said or want to **REPLAY** the action, press the **15 SECOND REPLAY** button. Each press jumps back 15 seconds. To see it in **SLOW** motion, **REPLAY** then press |>**SLOW**, then press **PLAY** for normal speed.





- 3. IF...you can't hear or understand what they're saying... you can **TURN ON CAPTIONS**. Press **INFO**, then press the **DOWN ARROW** to move down the menu to **CC**, then press **SELECT**, then press **INFO** again. (Use the **REPLAY** to see it again with captions.) To **TURN OFF CAPTIONS**, repeat the steps; when you press **CC** again, it will say **CAPTIONS OFF**.
- 4. IF... you are watching a show and like it and wish you could save it, press the **RED RECORD** button. It will save everything you already watched (up to an hour) and will record the rest of the show for you. (To find the saved show, press **TIVO** at top, then when **MY SHOWS** appears, press **SELECT**. Move to name of your show, press **SELECT** on the Play menu.)

- 5. IF...you have a "thin TV" you should always use the higher channel numbers (the channels in the HD column on the RCN Cable list) for best picture and sound. Try this. Go to channels 602, 605, 607 and higher numbers. If you do not see a picture, you need to replace the round white coaxial cable with an HDMI Black Cable and change the Input/Source on your TV to an HDMI setting. (The HDMI cables cost under \$10 through Amazon, and give full screen high quality picture and HiFi Stereo sound.)
- 6. IF...you have an old boxy TV with an AV/VIDEO setting, you'll get better picture and sound if you use a "three wire AV cable" and the TV's AV/VIDEO setting (not channel 4). This applies if you're connected to either the TiVo or small cable box. Look at the back of your TV. It probably has a round white cable screwed onto the ANTENNA IN setting. If your TV has "red, white & yellow" jacks (AV/VIDEO), you can connect a "three wire AV cable" " (with Red, White and Yellow tips) and use the AV/VIDEO setting on your TV. This will give you a better picture and stereo sound. (Cables are \$5 or less on Amazon.)



If you would like assistance in replacing cables, setting up your TV etc., I make house calls in Park Tower at a reduced rate. For more information call Mike at 773-878-9171 or email me at m.magliane@sbcglobal.net. Sometimes it's a simple change that makes a huge difference <a href="mailto:m.gray-new-mailto:m.gray-new-mailto:m.gray-new-mailto:m.gray-new-mailto:m.gray-new-mailto:m.gray-new-mailto:m.gray-new-mailto:m.gray-new-mailto:m.gray-new-mailto:m.gray-new-m.gray-



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Condo Legislative Watch

Assessments, Leases, Evictions, Entry by Process Servers, and Rights of the Board

by Sheldon Atovsky

In the last two issues, we published changes to condo law enacted by the City of Chicago and by the State of Illinois. Here we complete the series by presenting changes effective January 2015 for the State of Illinois.

Worry not, the legislative year is only half over and there are already new laws passed with implementation delayed until 2016 and beyond. Then, of course, there are judicial decisions yet to be settled. Condo Legislative Watch will pick these and others up in the future editions.

Just a reminder: We are not legal beagles, so the language will be plainspoken.

Past due assessments after a foreclosure

In the event of a mortgage foreclosure, Senate Bill 2664, as altered by the governor's amendatory veto, allows condo associations to recover from the lender all assessments due -- plus attorneys' fees and costs -- while still requiring that the unit's purchaser pay that unit's assessments for the previous nine months.

This effectively allows condominium associations to recover all past due amounts. Furthermore, the change allows for requests by professionally managed associations for a disclosure statement to be met within 14 days.

Many Park Tower residents wrote letters against the original Senate Bill 2664. Such efforts pay off, as seen by ex-governor Quinn's subsequent and favorable amendatory veto.

According to Tim Patricio, property manager, "Just considering the type of collections and bad debt we have had throughout the recession, I would venture to guess the budgeted bad debt under SB 2664 may have increased our assessments by 1-2%. This is an example where the legislative process really affects our bottom line."

Lease copies to management

SB 3057 requires condo associations to state in their governing documents that owners who rent out their units (lessors) provide copies of those leases to the association. PTCA already requires this of its owner/landlords.

Leasing of units following eviction

HB 4782 allows condo associations to lease and collect rents on units taken over by the association pursuant to legal, forcible entry. Such leases must begin within eight months and be for a period not to exceed 13 months. With court permission, such leases may be extended for one or more additional terms not to exceed 13 months.

This law especially helps renters in units where the owner has not paid their assessments. As Tim observes, "We presently have renters in four units for which we are collecting rent to pay for past due assessments."

Providing access to process servers

SB 3286 is a new provision of the Code of Civil Procedure. It requires condominium associations to grant unannounced entry to the "community" – which includes common elements and common areas – to process servers (eg, the sheriff) who are attempting to serve process on a defendant or witness who resides within, or is known to be in, the community.

This has not really been an issue at Park Tower. Our staff is trained not to obstruct the law, especially if they arrive with documents and a badge.

Rights of the board to take action without prior consent of unit owners

HB 4783 allows condo boards representing their associations in complex legal proceedings to "void" (ie, invalidate, nullify) arbitration and mediation clauses in condo policies without the consent of owners.

Interestingly, controversies that involve items of small monetary value -- \$10,000 or less -- or issues that involve no monetary value at all may still require arbitration or mediation! It's a complicated bill and includes a fair number of "ifs, ands, and buts."

Here is a list of Illinois laws regarding condominiums. Happy reading!

- 765 ILCS 605/Condominium Property Act. (ICPA)
- •765 ILCS 610/Condominium Advisory Council Act.
- 765 ILCS 160/) Common Interest Community Association Act (CICAA)
- Amendments to Common Interest Community Assn Act (HOA/POA) August, 2012
- Condominium and Common Interest Community Ombudsperson Act

The law of the City of Chicago regarding condominiums is referred to as the Chicago Condominium Ordinance and is incorporated into the Municipal Code of Chicago, Chapter 13-72.

Our most local resource on all things condo is the Association of Sheridan Condo/Co-op Owners, Chicago (http://www.ascosheridanroad.org PTCA is represented at ASCO by Board member, David Nicosia.

Two other organizations focused on condominiums are the Association of Condominium, Townhouse and Homeowners Associations (www.actha.org) and Community Associations Institute, Illinois Chapter (www.cai-illinois.org). ACTHA provides knowledge, resources, and educational seminars. CAI serves the educational, business, and networking needs of community associations in the Chicagoland Area.

Finally. a summary of all new laws from the State of Illinois that take effect January 1, 2015 may be found online at http://communityassociations.net/illinois-resources/

Condo Etiquette

How Air and Odors Travel Through Building Continued from Page 1

hallways. From there, it enters individual units through the gap under our entry doors. After circulating – and now laden with whatever odors permeate our units – it's exhausted via the vents in our bathrooms and kitchens.

Or at least those are the intended exits. Air wants to move from more pressurized spaces to those with lower pressure. Holes in the wall and open windows present such an opportunity.

"But I don't have any holes in my wall," you protest. Ah, but you do! Electrical receptacles on either side of a wall would be one example, the pipes that feed faucets, toilets, and air conditioning another. Those holes may be concealed, but they are there.

Opening a window presents another instance of unequal air pressures. Doing so either lets air escape (and possibly get sucked into an adjoining unit), or reverses the intended airflow by pushing it back under your entry door and into the hallway, where it awaits entry into other units on your floor.

These peculiarities of air movement are exacerbated by our building's shape. The triangular construction causes it to act a bit like the wing of an airplane in windy conditions. That is, wind passing around a 55 story corner creates turbulence that challenges nearby pedestrians and flexes our glass curtain wall.

Being close to the lake also creates considerable temperature variation between inside and outside, especially in Spring, and also within the building, between its top and bottom halves. As a result, air moves vertically within the building, seeping through gaps between the cur-

tain wall and concrete floors. In that situation, smoke and other smells can and do flow to units both above and below.

What to do?

OK, how can you minimize the likelihood that smoke or cooking odors might escape your condo, your own personal living space? We suggest the following.

- Keep your entry door closed. The building's pressurization scheme relies on that to distribute air equally between floors and among units.
- Don't add weather stripping to the bottom of your entry door or in any other way discourage "the breath of life" from entering your unit.
- •t's always a good idea to keep windows closed when out and not personally enjoying the fresh air. But especially, remember to close them tight in the presence of strong smells, be they from smoking, cooking, incense or whatever.
- Behind the kitchen vents is a motorized flap that opens whenever the kitchen ceiling light is turned on, the rationale being that cooking occurs in a lit kitchen. When remodeling, don't remove that vent or put a wall cabinet there! And don't remove the wall switch either. Use it to activate the vent, even if you haven't installed a ceiling lighting fixture
- Keep your bathroom exhaust vents unobstructed, clean, and free of debris!
- Seal up unnecessary holes in the wall or, if that's beyond your skill set, consult with management as to how to get it done.

Airtight our units will never be, nor should they be. But following the steps above will support a more pleasant living experience for all residents.

And if I forget?

Management and the board take smoke/ odor issues very seriously and consider them rule violations. (See the Rules & Regulations Handbook, under the Library tab at www.ptcondo.com)

Residents themselves are the key to enforcement. Please direct complaints to management during office hours, and at other times to the doorman. Someone will come to investigate and write it up.

Depending on the circumstances, it can take some time to track down the source of smoke and other odors. The key is to report it when it happens and management will keep trying until they find it.

Management includes a summary of complaints in its weekly report to the board. When a pattern of violations is established, the board refers it to the Rules & Regulations Committee. Smoke and odor violations usually begin at \$250, and they go up dramatically in cases of non-compliance.

Please be assured that we at TowerTalk do not have all the answers! Please email news@ptcondo.com with your own take on situations you read about here, or let us know how you and your neighbor resolved your own, particular problem.

TowerTalk would like to thank Tim and the management office for providing information for this and the columns that follow **T**

From Our Readers...



Send your tips and remarks to news@ptcondo.com, and we'll use as space allows.

April 20, 2015 Would appreciate if you'd let everybody know .. The Breakers has a walking group Tuesdays

and Thursdays at 10 am. Three volunteers take the group out for 30 to 45 min. We'd like to invite your building to participate. Email <u>Christopher.Morales@GenesisHCC.com</u> or phone 773.271.5189.

June 9, 2015 Thought this might be something of interest for the newsletter .. explore Edgewater by foot, bike, bus,

train, DIVVY, and shared car .. order your free Go Kit .. http://goedgewater.org/

June 22, 2015 Here's the link for the treasure hunt I spoke with you about last week, treasure hunts using GPS on your smart phone .. https://www.geocaching.com

Committee Focus

PT Committees Provide Opportunity for All to Contribute

by Bob Shamo



The Committee Focus column, new in this issue, will update essentials and call attention to likely committee agendas for the near future.

Committees (formally known as "Commissions") are appointed by the board, and make recommendations to the board, on matters of importance to the association. Owners -- and in some cases, renters – first volunteer and are then recommended for membership by committee chairs.

Charters governing the work of committees are reviewed each Fall and

may be viewed under the Library tab at ptcondo.com. Inquiries emailed to news@ptcondo.com will be forwarded to the appropriate committee chair.

Budget & Finance Committee..

Monitors monthly income and expenditures, and works with management to prepare the following year's budget.

Paul Groeninger, chair Jean Shamo, board liaison

Only owners may be members. All owners are welcome to sit in except at meetings at which personnel, wages, and legal issues are discussed.

Next meeting (open to non-member owners) Sept 23, 2015, Party Room, 4:30 to 6:00 pm

At the next meeting we will review the latest financial statements; receive the

2016/17 proposed budget from management; and set the next eight or so meetings to discuss the proposed budget and possible revisions.

Owners are encouraged to attend the open meetings, where they will gain insight as to how the committee arrives at the assessment levels needed to cover expenses and build our reserves. Open meetings, such as the one in September, begin with the chair addressing questions from visitors.

Note, however, that questions from visitors are not allowed during budget review meetings, in order that the association may meet its legal deadlines leading up to the March 1 start of our next fiscal year.

Rules & Regulations Committee..

Considers violations of the association's declarations, bylaws, rules & regulations, and recommends appropriate penalties





Know Your Neighbor

Five Familiar Faces (A Park Tower Quiz) & Postman Dynah Ellison

by Sheldon Atovsky & Bob Shamo

Having been mistaken for one another on numerous occasions, the four residents to the right in this picture decided it would be fun to test the reader. Oh, and the guy to the far left? An interloper who happened on the scene .. which explains the generally amused expressions. Who's who? (Names upside down beneath pic).

Dynah Ellison began delivering our mail this past May. Prior to that, she helped Pete, our former mail carrier, with the morning Balmoral and Kenmore portions of his route. But now she's on her own, arriving at Park Tower a bit later than Pete (about 1:00 pm) and leaving when finished, which can be as late as 7:00 pm.

Her mailrooms are neat and organized with reminders on a few boxes about recent moves, vacations, and the like. She keeps an alphabetical listing of everyone in the building and has a bin for mail that isn't picked up promptly.

Dynah does her work standing, and her daughters – one a pharmacist and the other completing a physician's internship – have offered to help crochet washable mats of yarn and recycled garbage bags to "soften" the floor. And she plans to ask if her contractor husband might install new flooring, counter supports and paint.

These improvement, added to the jazz she listens to while sorting, will make the facilities ever so much more comfortable and inviting.



See the answer on who's who below.

Photo by Mike Magliane



Photo by Sheldon Atovsky

While not exactly a neighbor – she lives on the far south side – Dinah's quick and engaging smile has already made her a familiar presence in the building. She wants us to know that she loves to "engage," to answer questions and help in any way she can. She admits to making mistakes but is also determined to fix them ASAP and to not repeat them.

Dynah is dynamic, intelligent, hard-working and creative. Stop and say hello ...You'll be glad you did! **II**

Five Faces, Five Names

From Left to Right: David Beach, Ed Hinkley, Dan Johnson, Bob Shamo and Ken Anderson

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Edgewater Theatre Beat A New TowerTalk Column

by Christopher Hinkley

As many of us know, Chicago is one of the best theatre cities in the US. Our own Edgewater Theatre District has nearly a dozen theatres to choose from. From comedies to romantic tragedies to current Broadway shows – they are all here, in our own backyard.



As space allows, TowerTalk will list these neighborhood theatres and perhaps a sentence or two characterizing their typical offerings.

And – a great idea from a reader – send your own opinion of a show recently seen to news@ptcondo.com. Not to worry, no names or contact info will be included in whatever we print.

Let's zero in on the two theatres closest to Park Tower, City Lit Theatre Company and Redtwist Theatre.

"City Lit Theater is dedicated to the vitality and accessibility of the literary imagination. City Lit will be producing concert readings and full-stage productions of adaptations of literary material, scripted plays by language-oriented playwrights, and original material developed especially for City Lit."

Hurry to see **Patchwork Drifter** at City Lit. It closes September 16, with the next play at that location starting in April 2016.

"[The Redtwist Theatre] strive[s] to do white hot drama, from name-brand block-busters, to risky new works, and obscure buried treasures, that pack emotional force, examine moral dilemmas, and reveal greater truths..."

Who's Afraid Of Virginia Woolf? runs from September 9 through October 11 at Redtwist. **Incident At Vichy** and The **Drawer Boy** follow, all before Christmas.

Note: In the pdf version of TowerTalk, the theatres that follow are linked to their respective websites.

Local Edgewater Theatres:

1: CITY LIT THEATRE COMPANY

1020 W. Bryn Mawr Ave. Chicago, IL 60660

2: RAVEN THEATRE

6157 N. Clark St. Chicago, IL 60660

3: JACKALOPE THEATRE

1106 W. Thorndale Ave. Chicago, IL 60660

4: L'IL BUDS THEATRE COMPANY

1206 W. Rosedale Ave. Chicago, IL 60660

5: THE NEO-FUTURISTS

5153 N. Ashland Ave. Chicago, IL 60640

6: REDTWIST THEATRE

1044 W. Bryn Mawr Ave. Chicago, IL 60660

7: COMMEDIA BEAUREGARD

6157 N. Clark St. Chicago, IL 60660

8: RIVENDELL THEATRE

5779 N. Ridge Ave. Chicago, IL 60660

9: THREE CAT PRODUCTIONS

6205 N. Sheridan Road Chicago, IL 60660

10: ABOUT FACE THEATRE

5252 N. Broadway Chicago, IL 60640

11: IDLE MUSE THEATRE COMPANY

TT

@ Edge Theatre for 2015-2016 Season 5452 N. Broadway Chicago, IL 60640

A Fine July 4th Celebration!

by Jeff Hauser

Despite the rainy start to summer this year, Mother Nature cooperated by giving us a wonderfully dry and sunny July 4 afternoon. And the stiff breeze off the Lake? Well, it sure kept the mosquitoes away!



NSM Archival Image

The spectacular weather continued into the evening, affording us a front row seat to the most unique and stunning fireworks imaginable: the Saddle and Cycle Club's annual show right next door.

Did you know our rooftop party is a volunteer effort? It's organized by the Social Committee, but other residents help, too, many of them continuing from one year to the next. Here's how it all came together again this July 4.

First, after the committee figured out what would be needed, there were trips to Sam's Club for canned drinks, burgers, hot dogs, and other fixin's – also the salads and various serving supplies.

There's a lot of work just getting the deck and party room set. So on party day, chief engineer Steve Bisping and his staff – including Leo Jiménez, Maria Silva, Sada Sada, Pasqual and Noe Silva – did the heavy lifting.

A bit later in the day, we took delivery of a big order from Brown's chicken. Chriss Phillips got going on the (truly fantastic) sweetcorn, and yours truly started grilling burgers and hot dogs.

As things really got rolling, garage hikers "Brook" Rosy, "Nick" Dragomir, and "YaYa" Zekarias parked cars, and doormen Robert Lee and Henry Hart welcomed visitors to the building. Georgie Nowak and Paul Groeninger checked everyone in at the Party Room.

From the TowerTalk Archives

Circa1979, Park Tower Goes Condo

by Bob Shamo

With Marian Shaw's passing last year, Park Tower lost one of its original owners and most colorful residents. She left behind many items of historical interest, among them issues of the newsletter dating back to 1979, our first year as a condominium association.



Mrs. Shaw's family offered us those back issues, and we accepted with appreciation. The News & Social Media Committee is now copying them to our website and, as space allows, we'll feature one here in the current iteration of the newsletter.

Having just become a condominium association itself, the **Spring 1979 Park-TowerNews** describes ...

- •How homeowners form a condominium association, presumably the steps just completed by PTCA.
- The first Board of Directors, as well as a resident preparing for the 1980 Sailing Competition. (The real Olympics that year, with the sailing portion in Tallinn, Estonia?!? Not clear, but interesting nonetheless.)
- Chart showing that shades are more efficient than drapes or blinds at keeping out summer heat and keeping in winter warmth – also notice that a new rule would soon require

shades, and that they must show a uniform color to the outside (gray, as it turned out -- a shade that is still available from at least one Chicago retailer, though no longer required).

- Elevator #5, "Which Side is Which!"
- Racquetball courts coming, also several rooftop benches and tables. Grills nixed, however, due to wind and potential "inconvenience" to others.

Find the Spring 1979 newsletter, and others, online, under the Library tab at www.@ptcondo.com.

Finally, know that there are some holes in our historical record, random missing newsletters from 1979 through 2008. If you have any from those years, we would be so grateful. Just drop them off in the management office with a note to pass them along to the News & Social Media Committee •

Park Tower Committees Continued from Page 5

to the board, which then makes the final determinations.

Chuck O'Bringer, chair Michael Parrie, board liaison

Only owners may be members of this five-member committee. Due to the sensitive nature of its work, meetings are not announced publically nor are visitors allowed to sit in.

The Ad-hoc Rules & Regulations Committee, an extension of the regular R&R Committee, meets whenever new rules/regulations are proposed by management or the board. The next such meeting will be announced, and both owners and renters will be welcome to attend.

News & Social Media Committee...

Informs, educates, and encourages dialogue on matters of importance to the association.

Bob Shamo, chair David Nicosia, board liaison Members may be either owners or renters, and visitors are welcome to publically announced meetings. Next meeting, Mon, Sep 28, 4:00 to 6:00 pm, management office.

The committee welcomes residents interested in working on its current platforms: TowerTalk, <u>www.PTCondo.com</u>, and www.facebook.com/PTCondo.

Writers are highly-prized, whether as committee members or volunteer "free-lancers."

New Resident Committee..

Hosts the single meeting new owners and renters are required to attend, within a month of moving in, the purpose of which is to inform them of association procedures and protocols.

Harriett Dominique, chair George Pauley, board liaison

Only owners may be members, but either owners or renters may sit in.

Meetings are the second Thursday of the month, next one being Sept 10, 2015, Party Room, 7:00 to 8:00 pm.

A set of guidelines is distributed at our meetings, the most pertinent of which are then discussed. Questions and concerns are most welcome, of course.

Health Club ..

Monitors operations at the facility and suggests improvements to the board. (No operational responsibilities)

Ken Anderson, chair George Pauley, board liaison

Only Health Club members may be members, but any owner or renter may sit in publically announced meetings.

Next meeting not yet scheduled.

Renovations to the Health Club facilities

Tower Talk Restaurant Guide

Looking for more restaurant ideas? Check out some of the other hot spots in the local Edgewater and Andersonville restaurant scene! Are we missing one of your favorite places? Let us know and we'll add it to the guide!

Average Dinner Entree \$\$\$\$\$ = Greater than \$25 \$\$\$\$ = \$18 - \$25 \$\$\$ = \$12 - \$18

\$\$ = \$7 - \$12 \$ = Less than \$7

A Taste of Heaven

\$\$ - Sandwiches, Bakeries, Desserts

5401 N Clark St., Chicago IL 60640 773-989-0151 Mon-Thu: 7am-10pm Fri-Sat: 7am-11pm Sun: 8am-10pm www.atasteofheavenchicago.com

Acre

\$\$\$\$ - Gastropub, Bar Food

5308 N Clark St, Chicago 60640 (773) 334-7600 Mon-Thu: 5pm-12am Fri: 11:30am-1am Sat: 11:30am-1am Sun: 11am-12am www.acrerestaurant.com Andie's

\$\$\$ - Mediterranean, Middle Eastern, Vegetarian-Friendly

5253 N Clark St, Chicago 60640 (773) 681-5215 Daily: 11am-12am www.andiesres.com

Anteprima

\$\$\$\$ - Italian, Wine Bar

5316 N Clark St, Chicago 60640 (773) 506-9990 Mon-Thu: 5:30pm-10pm Fri-Sat: 5:30pm-11pm Sun: 12pm-3pm+5pm-9:30pm

Antica Pizzeria

\$\$\$\$ - Pizza, Italian

5663 N Clark Ave, Chicago 60640 (773) 944-1492 Mon, Wed-Thu: 5pm-10pm Fri-Sat: 5pm-11pm Sun: 5pm-9pm www.anticapizzeriachicago.com **Apart Pizza Co**

\$\$ - Pizza

5624 N Broadway Ave, Chicago 60660 (773) 828-4230 Daily: 11am-10pm www.apartpizzacompany.com

Bar63

\$\$ - Bar Food

6341 N Broadway St, Chicago 60660 (773) 942-6269 Mon-Thu: 3pm-2am Fri, Sun: 11am-2am Sat: 11am-3am www.bar63.com

Ben's Noodles

\$\$ - Asian Fusion, Thai, Noodle Shops

1139 W Bryn Mawr Ave, Chicago 60660 Mon-Thu: 11am-8:30pm Fri-Sat: 11am-9:30pm

Fri-Sat: 11am-9:30pm Sun: 12pm-8:30pm

www. bensnoodles and rice. com

| Dining Guide Continues on page 10

The Brightest Smiles in Edgewater are Just Next Door



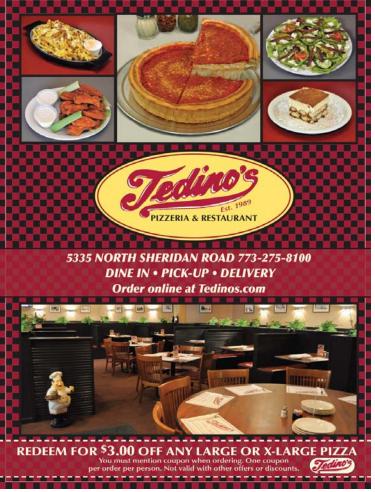
John Sfikas, DDS General Dentistry

Dentistry is Our Passion, Excellence & Compassion Our Focus.

773-506-1111
5319 North Sheridan Rd. (Next Door at The Breakers)

\$40.00 OFF any Procedure for New Patients. Bring this ad to receive the discount.





New Board & Election Roundup

Continued from Page 1

The board also set dates for meetings through the June 2016 annual meeting, as well as dates for home owners' forums.

Board meetings, unless canceled, will be the 2nd and 4th Mondays each month. The forums will be on August 3, November 7, February 2, and May 4. (See flyers on our bulletin boards and the Calendar at ptcondo.com for updates.) Somewhat surprising was the fact that only 37% of Park Tower owners voted in this year's election. For comparison, turnout in 2014 was a shade over 50%.

Why thedecline of 13%? Hard to know. Perhaps owners are in general satisfied that issues are being handled well by the board and by management. (On the other hand, it could suggest that dissatisfied owners have simply given up voting!)

In fact, 37% is closer to the historical norm. Average turn-out for the last 10 years was 42%, with a high of 55% in 2008 and a low of 28% in 2006.

As property manager Tim Patricio notes,

"The biggest factor that impacts turnout is the percentage of renters. The more owners live on site, the more they participate. The second biggest factor – and it's a close second – is controversy. Last year, there was a lot of angst and controversy, hence, a huge bump in participation. And In 2008 you had a slate of 6 candidates, so there was a lot more interest, and a lot more campaigning."

The News & Social Media Committee encourages readers to keep up-to-date with the work of the board by attending its meetings and keeping track of its decisions. The association's website features informal, post-meeting "roundups" and a continuous, tabular "How Your Board Voted" page at http://www.ptcondo.com/ board-votes/

Paper copies of minutes are posted on the wall opposite our Receiving Room/ Cleaners, and the office staff will be happy to print out the tabular report from our website if it is not accessible to you online III

Big Jones

\$\$ - Southern & Soul, Local/Organic, Cocktails

5347 N Clark Ave, Chicago 60640

(773) 275-5725 Mon-Thu: 11am-9pm Fri: 11am-10pm

Sat: 9am-10pm Sun: 9am-9pm

www.bigjoneschicago.com

Broadway Cellars

\$\$\$ - American (New)

5900 N Broadway St, Chicago 60660 (773) 681-9487

Dinner

Mon-Thu: 5pm-10pm Fri-Sat: 5pm-11pm Sun: 3pm-9pm

Lunch

Sat: 11:30am-3pm

Brunch

Sun: 10:30am-3pm www.broadwaycellars.net

Burke's Public House

\$\$ - Burke's Public House

5401 N Broadway St, Chicago 60640 (773) 944-1109 Mon-Fri: 4pm-2am Sat-Sun: 12pm-2am

www.burkespublichouse.com

Calo Ristorante

\$\$\$ - Italian, Pizza

5343 N Clark St, Chicago 60640 (773) 271-7725 Mon-Thu: 11am-11:30pm

Fri-Sat: 11am-12:30am Sun: 2pm-11pm www.calorestaurant.com

\$\$ - Korean, Wings

1104 W Granville Ave, Chicago 60660 (773) 754-0255

Daily: 11:30am-9pm www.dakwings.com

| Dining Guide Continues on page 13



From Left to Right: Betty Terry-Lundy, George Pauley, Jean Shamo and Michael Parrie (Note: Board member David Nicosia was called away prior to the meeting) Photo by Jeff Hauser





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Park Tower ShoutOuts!

All Residents + Louie, Steve and Amir

by Tim Patricio

First, a ShoutOut! to ALL Park Tower Residents. Getting through a major plumbing project such as we have just had reguires a team effort. And not just by the staff and hired contractors. It has taken a lot of patience and perseverance on the part of residents as well. The office and staff received an extraordinary amount of positive support and feedback, which goes a long way when facing such challenges. Considering the hassle and inconvenience of the water shut offs and the construction zone in the lobby – coupled with the work in front of the building continuing as this project got underway - residents deserve a lot of credit for what they have endured.

Another ShoutOut! to the building's

in-house plumber and to our engineer, Steve Bisping, who devised a strategy to keep the air conditioning on during water shut downs. Once we realized the work being done required regular full-building water shut downs, the concern shifted to air conditioning. Without the cooling tower getting fresh water, there would be no AC. The team came up with a back-up plan -- and even a back-up to the backup plan, to make sure cooling would be available. While the water may have been

off to the units, we were at least able to provide relief in the form of cooling!

Finally, a ShoutOut! to Amir Cobalovic in the office. As the association's bookkeeper, and the one on the front lines collecting owner's assessments, it can be a thankless job. The person in this position is right on the firing line. He charges the fines, fees and other charges to owners' accounts - including late fees. And that can be a most difficult and awkward position for any employee. As most of us can imagine, he has some pretty difficult conversations with owners. However, since he started, the association's past due assessments have come down about 25%!



NSM Archival Image

Want to Recommend PT Staff for ShoutOut?

Tells us all about it at:

news@ptcondo.com





Recently Rehabed

Window Sills, Murphy Bed and a Tier 02 Unit Preview

by Bob Shamo

A short column this time, starting with a preview of a tier 02 remodel that didn't quite finish by our copy deadline. Here's a preview to tease your imagination: two structural concrete columns, exposed and intended to remain that way in the completed living room. Full story in the next issue of TowerTalk.

Those of us with studio and two-bedroom units sometimes puzzle over how best to fit in a bed. Have you considered a Murphy bed?

The owner says, "This queen sized Murphy bed is not only a perfect solution for a small room or studio, it is a beautiful piece of furniture. The standard firm mattress is very comfortable. The sheet, down blanket and pillows stay on the bed when closed, thus making the bed is a snap. The optional shelving was customized to include pull out nightstands and file drawers."

It's not always the glamorous jobs that need doing. If you still have the original window sills, they've probably flaked and show evidence of dry rot -- the consequence of leaving windows open in the rain.

An owner recently sent before and after pictures with the following comment. "They replaced the rotted particle board with wood and painted both the new sills and the HVAC unit so all is now beautifully clean and pristine. The cost for both bedrooms was a total of \$350."

This is one of those tricky jobs -- more than our maintenance crew can handle, but less than most contractors are interested in doing. This owner found a competent handyman, equipped to do the job with professional results.

To learn more about any of the work described here, write to news@ptcondo. com. Your email will be forwarded to the owners.

And if you have a project you'd like to share with other owners, send photos to the same email address III



Photo by Resident



Photo by Resident



Photo by Resident



PT Committees

Continued from Page 8

-- providing more space and a better environment -- will begin after March 1, 2016. One racquetball court will be repurposed, with new weight room equipment installed in this space. Cardio equipment, most of it new, will then occupy the space now housing weight equipment.

The new equipment will be delivered and installed after renovations are completed. Additional details will be provided at a later date closer to the start of the project.

Social Committee ..

Plans and produces association-sponsored community events, currently the only one being the July 4 Celebration.

Don Yuratovac, chair George Pauley, board liaison

Both owners and renters may be members and sit in publically announced meetings.

Next meeting not yet scheduled, and nothing new to report at this time.

Home Improvement Committee ..

Recommends and monitors the progress of improvements to the association's public spaces.

Scott Schmidtke, chair Betty Terry-Lundy, board liaison

Only owners may be members, but other owners may sit in publically announced meetings.

Next meeting not yet scheduled, and nothing further to report at this time.

Ad-hoc Declaration Review Committee

Will study the association's declarations and bylaws and recommend changes and additions

Chair to be selected by members George Pauley, board liason

First meeting to be announced, and nothing to report at this time I

Ethiopian Diamond

\$\$\$ - Ethiopian, African 6120 N Broadway St, Chicago 60660 (773) 681-9553

Mon-Thu: 11am-10:30pm Fri-Sat: 10am-11:30pm Sun: 11am-10:30pm

www.ethiopiandiamondcuisine.com

First Slice

\$\$ - Cafes & Coffeehouses, Bakeries

5357 N Ashland Ave, Chicago 60640 (773) 275-4297 Mon-Thu: 10am-9pm Fri: 10am-10pm Sat: 9am-10pm

Sun: 9am-8pm www.firstslice.org

Francesca's Bryn Mawr

\$\$\$ - Italian

1039 W Bryn Mawr Ave, Chicago 60660 (773) 506-9261

Lunch

Mon-Fri: 11:30am-4pm

Dinner

Mon: 4pm-9pm

Tue-Thu: 4pm-9:30pm Fri: 4pm-10:30pm

Sat: 3pm-10:30pm Sun: 3pm-9pm

Brunch: Sat-Sun: 10am-3pm www.miafrancesca.com

Gino's North

\$\$ - Pizza

1111 W Granville Ave, Chicago 60660 (773) 465-1616 Daily: 4pm-11pm

Hamburger Mary's

\$\$\$ - Burgers, American (Traditional), Cocktails

5400 N Clark St, Chicago 60640

(773) 784-6969 Mon-Fri: 11am-2am Sat-Sun: 10am-2am

www.hamburgermaryschicago.com

Hopleaf Bar

\$\$\$\$ - Gastropub, Bar Food, Local/Organic

5148 N Clark St, Chicago 60640 (773) 334-9851

Lunch

Mon-Fri: 12pm-5pm Sat-Sun: 12pm-4pm

Dinner

Mon-Thu: 5pm-11pm Fri: 5pm-12am Sat: 4pm-12am Sun: 4pm-10pm

www.hopleaf.com

JB's Deli

\$ - Sandwiches, Delis

5501 N Clark St, Chicago 60640 (773) 728-0600

Mon-Fri: 7am-7pm

Sat: 8am-6pm Sun: 8am-3pm

| Dining Guide Continues on page 19

July 4th Celebration

Continued from Page 7

Among our regulars were Amy Diaz, Harriett Dominique, Maria Ronnett, and Bea Steiber serving from ever-brimming food trays of potato salad, coleslaw, sweetcorn, burgers and hot dogs. Mary Toosi was there, too, handing out beverages first, then ice cream for dessert.

Tim Patricio, our DJ in past years, had the holiday off, so JD Stamper did the honors this year.

Everyone pitched in to clean up and a bit later, as darkness set in, came that traditional and over-the-top fireworks display.

Social Committee chair Don Yuratovac sincerely thanks everyone who helped, and he welcomes suggestions for next year. If you'd like to become one of the volunteers, or have an idea for improvement, please email news@ptcondo.com, and it will be forwarded to Don To



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All Things Mechanical

Water, Water Everywhere... Park Tower Plumbing - Part 1 Why All the Shutdowns?

by Tim Patricio

Maintaining a skyscraper and all its parts and pieces can present quite a challenge – especially when it's not just any building but one that a thousand plus people call home. There are miles of plumbing lines in our building, and a lot of time, patience and resources are needed to properly maintain them.

The plumbing project being completed now – overhead in Park Tower's lobby, party and weight rooms – is one all high-rises need eventually, but also one of the most disruptive. The aggravation and interruption to day-to-day routine is made worse by the almost daily loss of water service and the "industrial makeover" appearance of the lobby.

Over these past several years, we have been replacing the risers that move hot water up into residential units, a labor-intensive and patience-exhausting job if there ever was one. And as we open bathroom and kitchen walls to replace the risers, we also replace the branch lines that connect them with sinks, tubs and toilets except where, due to building requirements, those new copper branch lines are already in place due to earlier remodeling.

Disruptive but necessary, this hot water riser and branch line replacement will continue for several more years after which we will turn our attention to the HVAC (heating/cooling) risers.

About a year ago we learned of a situation that caused us to put off the scheduled hot water riser replacements for the time needed to address a serious problem with the main lines, or loops, that connect up with risers.

To back up a bit, the building gets its water from – and moves its waste to – city facilities. Water coming into the building is pumped up to two huge water supply loops, one cold, the other hot. Waste about to leave the building drains down from residences into an equally large drain loop.

| Continued on Page 15

All three loops are installed in the crawl space above lobby, party and weight room ceilings, filling the entire triangular expanse of the building. It is these loops, then, that connect with the risers, which ascend vertically from the 3rd to the 55th floors.

Waste from sinks and toilets drains into branch lines, which move it to drain risers, where it falls into a single drain loop and finally empties into the city's system. Fresh hot and cold water move in the other direction, through their own risers.

Two additional points: First, only hot water risers are being replaced; the cold

water risers are okay for the foreseeable future.

Second, between the many risers – 34 in all – and their three loops are rotary valves that act as on/off switches allowing a greater measure of control.

What caught our attention early on, while replacing risers, was that those supply and waste loops were nearing the end of their useful lives. The loops were so fragile that just touching them could compromise their integrity and result in a leak. And the valves were functionally obsolete – which we learned in early August when we attempted unsuccessfully to



A typical vertical riser prior to replacement project.

Photo by Tim Patricio



Typical condition of deteriorated pipe.

Photo by Tim Patricio

This is the main drain hub (Inset: the deteriorated and fragile conditions of these pipes can be seen from the inside).

Photos by Tim Patricio



New vertical riser and valves, with old lines in the background.

Photo by Tim Patricio

Plumbing

Continued from Page 14

use them for more targeted water shutdowns.

When these conditions were discovered, the Board, our budget and finance committee, and management began laying the foundation to shift focus for one year from riser replacements to the project we now expect to complete in October.

During the two years that follow, we will return to riser replacement, doing the next six most in need. Relying on an ultrasound study performed in 2009 by McGuire Engineering, we have been replacing them in the order of their condition, worst ones first.

We are also upgrading the technology that controls this network of plumbing. While not as glamourous as some of our recent lighting and electrical upgrades -- and not expected to save us a radical sum of money like, say, the recent upgrades to our boilers – the new valves and mechanisms are expected to save water, time, disruption and money in the future.

In the next issue of Tower Talk, I will explain some of the things we have done with this project which will benefit the building and association in the long term \blacksquare



Park Tower Profile

Jo Kaucher & Mickey Hornick, Restaurateurs Par Excellence

by Sheldon Atovsky

believe that preparing and serving a meal is one of the most beautiful things that any of us may do for one another. To believe and to do this on a daily basis is one of the amazing traditional aspects of being a parent or caregiver. And it most certainly has that meaning for Park Tower residents Jo Kaucher and Mickey Hornick.

Jo and Mickey own the Chicago Diner, a restaurant with locations in the Lakeview and Logan Square neighborhoods. There are also catering and wholesale baking facets of the business, the latter with 50+ Whole Foods stores in the USA and Canada and more to come.



Photo by Sheldon Atovsky

They joined me a few weeks ago for an early evening visit on our trellised roof-top deck. Despite Mickey's recently-broken foot, the two of them shared a zest of life and a love for each other that made it downright exhilarating to be in their company. It also dawned on me that lacking those qualities, a married couple had probably best not go into the restaurant business!

The Chicago Diner has a motto, "Meat free since '83." Indeed, it is an internationally, American and Chicago awarded vegetarian and vegan establishment.

Given Mickey's background in finance — he worked on Chicago's LaSalle Street — he's good with numbers and has a feel for marketing. Jo's background is in baking and cooking, especially desserts and breads. She knows health and nutrition, in styles from simple to "haute cuisine." She is disciplined, he a joker. But both are analytical and creative, and they seem to have extraordinary vision in their respective areas.

Jo and Mickey were born and reared in Chicago. Mickey has always worked downtown, but Jo lived and waitressed for a while in Malibu, California. It was at the Bread Shop (now closed) that they met. She was baking and he, at age 32, had left LaSalle Street to take a job there washing dishes.

Mickey began feeling better, eating greens and natural foods, but Jo had to train him to understand vegan, organic and natural cuisine. She remembers, ""Oh, boy, he could hold two green things in his hands and not know which was the cabbage!"

Jo and Mickey have lived at Park Tower for 27 years, but prior to remodeling seven years ago they did consider places deeper in the heart of the city, also further north in elegant Evanston.

They decided to stay. Edgewater was convenient, they appreciated the stimulating mix of ages and cultures – and there was the pool which at certain times of day they could have virtually to themselves.

They now share combined 06-07 units in which the 07 portion is their bedroom and one of the bathrooms is the laundry. From their location on a lower floor, they have a splendid view of the park and lake. As Jo said, "When they're mowing the lawn I feel like they're mowing my lawn," and Mickey adds, "Does it get better than this, living on North Lake Shore Drive?"

When they opened the Chicago Diner, on April 2, 1983, vegan was virtually unknown in Chicago and, even if known, regarded somewhat disparagingly. Jo, however, has a "light California touch" and knows how to transform a healthy but ordinary recipe into something light, lively, and appealing.

The Chicago Diner really is a diner. With a deft twist, the items you might expect to find there become, "The Radical Reuben," "The Titanic BLT Burger," "Buddha's Karma Burger," and "Cuban Sandwich." All of them vegan and all of them fun.

Readers will not be surprised to learn that both Jo and Mickey are really always working. Having delegated many of the restaurants' operations to a nephew, Michael, and younger staff, they are now particularly involved with the catering and wholesale facets of their business.

Jo enjoys making pottery at Lillstreet Art Center. (Mickey says, smiling, that she is much sweeter when she comes home.) Mickey, says Jo, never rests. Even at their second home in Union Pier, Michigan, "He sits for maybe five minutes and then he's fixing the roof, fixing the house."

At home, Jo's agenda -- now that they're not at the restaurants 70 hours a week -- is to slow down and to develop a new routine. Mickey's is to find a location for a different kind of restaurant. Says he, "She retired and didn't tell me!" They also travel - though much of it is work-related - and socialize with family, friends, colleagues and former employees.



Photo by Mickey Hornick

To learn more about their food, history, t-shirts, cookbook and philanthropic causes go to www.veggiediner.com.

To visit the Chicago Diner on Halsted Street, jump on a southbound CTA Bus #36, get off at Roscoe, walk two short blocks, turn north and find the restaurant at 3411 North Halsted.

Chef's Corner

Enjoy A Late Summer Delight, Cherry Crostata

by Taryn Heubner



Photo by Taryn Heubner

It's early Sunday morning and I'm sipping a strong cup of La Colombe coffee, pondering how this day might unfold. I'm torn between lying under the covers another hour (or three) or puttering into the kitchen and putting these newly acquired cherries to use.

Both our Edgewater Farmers Market on Saturdays and the Andersonville Market on Wednesdays are havens for finding beautiful, local produce. I lucked out with these cerise beauties. And I'd give anything to re-create the tarts I found at a patisserie in Paris.

Crisp, slightly sweet pastry, studded with bits of crunchy raw sugar and stuffed with ruby red Bing cherries. I tasted them immediately after walking out of the shop and remember how juice dripped right down my chin, staining it red.

My usually highly self-conscious person just stood on the street, laughing

aloud, licking my fingers, trying to savor every last crumb. Yes, this is what I want this morning! Sweet nostalgia and a bit of sugar addiction catapults me into the kitchen this morning.

Here's how to do it.

- 1 ½ cup all-purpose flour
- 1/2 cup of cornmeal
- 1/4 cup granulated sugar
- 1/2 teaspoon salt
- 1 ½ sticks (6 ounces) COLD butter, cut into small pieces
- 1/2 cup ice water
- 3 pounds fresh cherries, pitted
- 2 teaspoons of cornstarch
- For glaze, 1 tablespoon melted butter
- 2 tbs of sugar in the raw

(freshly-whipped cream if desired)

In a bowl, mix flour, cornmeal and 1 tablespoon of the sugar and the salt. Add the cold butter and, working quickly, incorporate with your fingers until you have tiny pebbles of butter left – the mixture should feel like lumpy wet sand. Add the water and mix just until the dough begins to come together.

Gather up the dough and transfer it to a lightly floured surface. Knead briefly until it forms a smooth mass.

Pat the dough into a disk, wrap in plastic and refrigerate for at least 1 hour before rolling out.

(You can do the steps above a few days ahead of time so it's ready to go when you get back from the market!)

Preheat the oven to 400°. On a lightly floured surface, roll out the dough to a 15-inch round; transfer to a baking sheet lined with parchment paper.

Mix the cherries with 2 tablespoons of sugar and the cornstarch. Arrange the cherries in a bit of a mound on top of the dough, leaving a rim around the outside. Fold the edge of the dough up and over the fruit.



Photo by Taryn Heubner

Brush the melted butter over the pastry and sprinkle the 2 tablespoons of raw sugar over the whole edge of the crust.

Bake 40 minutes, or until the crostata is golden brown and bubbly in the middle. Let cool on a rack for 10 minutes. (If you can stand the wait!)

Top with a little freshly whipped cream if you like. Enjoy!

Taryn, a private chef, has lived at Park Tower since March, having moved here from Lincoln Square.



Got a Story Idea?

The News and Social Media Committee is looking for stories and people to help write them! If you would like to contribute contact the committee at: news@ptcondo.com

Restaurant Review

A Middle Eastern Marvel in the Heart of Swedish Andersonville

by Terry Gorman

Middle East Bakery and Grocery

1512 West Foster www.middleeastbakeryandgrocery.com 773-561-2224 Mon thru Sat 9:30 am to 8:00 pm Sun 11:00 to 5:00 pm



Not a restaurant, true, but a place to find delicious food and, in the author's opinion, "a place that could change your life!"

You've heard the expression, "Cruise like a Norwegian," calling to mind lavish cruises to Alaska, the Caribbean, and the Mediterranean?

Well, I have some Norwegian blood in me -- about 3/8 according to my mother. Which is good news. I know of a Norwegian woman over 100 years old – alert, perky, smart – who recently gave a talk to a large audience without a microphone!

But I wish to put forward another expression that suggests long life and good health, "Eat like a Middle Easterner." Or substitute Jordanian, Syrian, Turk, Israeli, Palestinian, Lebanese.

All this is by way of launching into a discussion of "One of My Favorite Things." Seriously, there are features of our Andersonville-Edgewater neighborhood I would dearly miss were I to leave this area. And one of them is Hisham Khalifeh's Middle East Bakery and Grocery, located on the north side of Foster -- that

short block between Clark and Ashland.

A little history. Hisham Khalifeh started his store in 1981. Despite its small size, the aisles – today as then – brim with nuts, seeds, olive oils, savory pies, sweets, and so many more foods that provide healthful and modestly-priced lunches to vegetarians and carnivores alike.

The deli's savory pies are made fresh every day and include my favorite, spinach and cheese. Other tantalizing varieties are chicken, mushroom, green/red pepper, parsley, olives/cheese, and lamb/potato. Dip them into tzatziki or another of the mouth-watering, summer-evoking spreads. My partner, Sheldon's, and my own favorite is the fresh garlic hummus.

Yelp mentions with appreciation that the store lists ingredients clearly, so you never have to wonder what you're putting into your body.

Yelp's overall rating for Middle East Bakery and Grocery (MEBG) is 4.5 stars out of 5. Seems it would have been 5 out of 5 except for the few who downgraded it because the store is small (which it is), crowded (which it isn't), or a little dusty (which it also isn't). On the other hand, reviewers praise MEBG's extensive variety of olive oils, hummus, olives, tapenades, cheeses and sweets.

Let me mention how offerings from MEBG inform the meals Sheldon and I often share. First, breakfast.

We top our morning cereal with crunchy roasted, unsalted almonds, hazelnuts, walnuts, pistachios, pecans, and prunes – these six among the best sources for antioxidants, fiber, and sorbitol (a natural laxative) – and sometimes also whole-grain toast with sour-cherry jam from Turkey.

I grew up in a home where bowls of M&Ms were readily at hand, but let's be honest, this isn't really adult food. So, after lunch and for snacks, we're likely to savor a date or fig. I'm partial to the Medjool date and often pop one after a bike ride.

Also for supper, we often include foods from MEBG. One favorite is salmon with Aleppo Red Crushed Pepper or Arabian Gulf Spice Mix. Another is simply a salad of greens, tomatoes, peppers and cheese. On the side, a piece of Barbari (sesame) bread (featured in photo) or a dish of toasted garlic pita chips, either plain or smothered with hummus. And for dessert, how about four dark, chocolate-covered almonds with fresh fruit? Yum!!

Allow me an aside. My former employer, Uncle Sam, tracks the health of its retirees, partly by means of annual surveys. My score these last two years was 96 out of 100, where the average for people my age (67) is in the mid 60's.

These enviable numbers are no doubt



Photo by Mike Magliane

due to a) my Norwegian genes, b) a year of workouts with personal trainer, Arthur Velazquez, c) bike riding with Sheldon .. AND .. d) healthful food sold by Hisham and his family at Middle East Bakery and Grocery.

By the way, here is my exact breakfast recipe:

Half cup oatmeal or cereal of your choice .. 9 almonds, 4 hazelnuts, small fistful of walnuts .. 9 pistachios .. 3 pecan halves .. 4 dried cranberries .. 3 unsweetened dried cherries .. 1 prune .. fresh fruit of the season .. and skim milk.

You may not want to eat again until evening!

If the second is a second in the second

Jerry's Sandwiches

\$\$ - Sandwiches, Delis, American (Traditional)

5419 N Clark St, Chicago 60640 (773) 250-0790 Sun-Wed: 11am-1am Thu-Sat: 11am-2am www.jerryssandwiches.com

Jin Ju

\$\$\$ - Korean

5203 N Clark St, Chicago 60640 (773) 334-6377 Sun, Tue: 5pm-10pm Wed-Thu: 5pm-10:30pm Fri-Sat: 5pm-11pm www.jinjurestaurant.com

Lickity Split

\$ - Desserts

6056 N Broadway, Chicago 60660 (773) 274-0830 Daily: 12pm-10pm www.lickitysplitchicago.com

Loving Hut

\$\$ - Asian Fusion, Vegetarian-Friendly, Organic

5812 N Broadway St, Chicago 60660 (773) 275-8797 Wed-Mon: 4pm-9pm www.lovinghut.us/chicago

Tedino's

\$\$ - Pizza, Italian, American (Traditional)

5335 N Sheridan Rd, Chicago 60640 (773) 649-9770 Mon: 3pm-12am Tue-Sat: 11am-12am

Sun: 12pm-11pm www.tedinos.com

That Little Mexican Cafe

\$\$\$ - Mexican

1055 W Bryn Mawr Ave, Chicago 60640 (773) 763-1004 Sun-Thu: 11am-9:30pm Fri-Sat: 11am-11:30pm www.tlmcafe.com

The Brixton

\$\$\$\$ - American (New), Cocktails

5420 N Clark St, Chicago 60640 (773) 961-7358

Featured Photo Summer Storm Over Edgewater



Photo by Mike Magliane





Building Contacts

Office: 773-769-3250 Fax: 773-769-0047 773-769-3083 Doorman: 773-271-8859 Garage: Market: 773-275-9130

Cleaners

Recv. Room: 773-784-3353 Health Club: 773-769-1513

RCN

Service/Billing: 312-955-2500 **New Services:** 866-308-5556

Mall Business Contacts

PTCA Market

Suite 101 773-275-9130

Aynot Enterprises, Inc.

(Salon—Spa Contractors) Suite 103 773-728-6486

Dralyuk Real Estate

Suite 103A 773-275-8520

Healing Center of Chicago

Tony Hollenback, LCSW (Integrative Care: Counseling for the mind, body and the spirit) Suite 103A 773-255-9234

Lettuce Entertain You

(Gift Certificate Purchases) Suite 105 773-924-4438

Dr. Shirley Roy (Internal Med.) Dr. Robert Reeves (Adult Psy.) Dr. Robert Brinkman (Int. Med.)

773-878-5151 Suite 106

Park Tower Management Office

Suite 107 773-769-3250

M & J Care, LLC

Suite 109 773-878-1032

Elizabeth Todorovic

(Real Estate Attorney)

Suite 110 773-271-2110

Chicago Pain Clinics

Suite 113 708-344-1234

Dates to Remember

Budget & Finance Committee Meeting	4:30 PM	Party Room	Sep. 23, 2015
Board of Directors Meeting	7:30 PM	Party Room	Sep. 28, 2015
Board of Directors Meeting	1:00 PM	Party Room	Oct. 12, 2015
Board of Directors Meeting	11:00 AM	Party Room	Oct. 26, 2015
Owners Forum	11:00 AM	Party Room	Nov. 7, 2015
Board of Directors Meeting	7:30 PM	Party Room	Nov. 9, 2015
Board of Directors Meeting	7:30 PM	Party Room	Nov. 23, 2015
Board of Directors Meeting	7:30 PM	Party Room	Dec. 14, 2015

Please watch the bulletin boards or ptcondo.com for any scheduling changes. You can also contact the management office at parktowercondo@dkcondo.com.

Management Office Hours

Monday, Tuesday, Wednesday & Friday	8:00 am - 5:00 pm
Thursday	8:00 am - 6:00 pm
Saturday	7:00 am - 11:00 am

2015 Holiday Schedule

Labor Day	Monday September 7, 2015	Office Closed
Thanksgiving	Wednesday November 25, 2015	Office Closes at 3PM
Thanksgiving	Thursday November 26, 2015	Office Closed
Thanksgiving	Friday November 27, 2015	9AM to 3PM
Christmas Eve	Thursday December 24, 2015	Office Closes at 3PM
Christmas Day	Friday December 25, 2015	Office Closed
New Year's Eve	Thursday December 31, 2015	Office Closes at 3PM
New Year's Day	Friday January 1, 2016	Office Closed

Contributing to This Issue of TowerTalk

Bob Shamo (Committee Chair & Editor)	Christopher Hinckley (Committee Member)
Sheldon Atovsky (Committee Member)	William Kay (Committee Member)
Terry Gorman (Writer)	Mike Magliane (Writer & Photographer)
Jeff Hauser (Committee Member)	David Nicosia (Board Liaison)
Taryn Heubner (Writer & Photographer)	Tim Patricio (Advisor & Property Manager)

Have Any Story Ideas? Like to Take Photographs? Want to Pitch In?

The NSM Committee is looking for Roving Reports, Photo Fanatics and Social Media Specialists!

If your are interested in donating your time and know how, Contact us at: news@ptcondo.com