

# The North Shore Weekend

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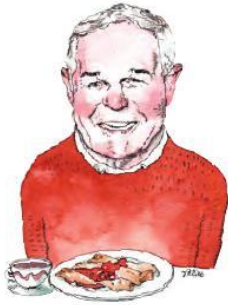


ILLUSTRATION BY BARRY BLITT

## SUNDAY BREAKFAST

Mike Dau's teams have captured nearly 50 national championships.  
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## OUT & ABOUT

Is this finally the year for the Cubs?  
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Loyola Academy takes second in state hockey.  
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### NEWS

## Restaurants partner to help young adults

Inovasi, an upscale restaurant in Lake Bluff, is partnering with Curt's Café, a non-profit restaurant and coffee shop in Evanston, to further the Café's mission of helping at-risk young adults in the Chicago area.

Inovasi owner John des Rosiers and Curt's Café owner Susan Treischmann are expanding the Café's menu to include dinner in a style and manner that blends the Café's atmosphere and work program with a menu similar to The Other Door, the Inovasi-owned casual restaurant in Lake Bluff.

The evening concept at Curt's Café will be called "la Taqueria" and will open at the original Curt's location at 2922 Central Street, Evanston in early May and later this year at Curt's soon-to-open second Evanston location, Curt's Café South. And three Chicago aldermen have expressed interest in having Curt's Cafe expand to their

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The Chicago Botanic Garden offers beautiful sights for all ages.

## SPRING BREAK AT HOME? THERE'S PLENTY TO DO

BY BILL MCLEAN

Kids hunt for Easter eggs. Adults hunt for wayward golf balls to the right and wayward golf balls to the left.

Behold the rites of spring break on the North Shore.

In most local school districts, this year's spring break starts March 27, and students return on April 6. Sportsman's Country

Club in Northbrook opened its nine- and 18-hole golf courses on March 20. The facility also features a practice range and a miniature golf course, and the numbers in its address — 3535 Dundee Road — are the exact numbers (35-35) any golfer would love to card for a round of 18 holes.

"This time of year, right around spring break, people have

cabin fever and are eager to get outside and do things," says John Billiter, head golf professional at Sportsman's.

Five inches of snow blanketed Sportsman's on March 23, forcing scratch golfers and duffers to retreat, once again, to the ... great indoors.

Many North Shore residents have departed for warmer climes, another rite of spring break.

Others like to stick around and enjoy a staycation. The latter folks are the brave ones, the resourceful souls, the creative residents.

There are plenty of things to do during spring break here — besides shoveling.

### Bird watching

Not everybody likes to swing for birdies on golf courses. Some like to grip binoculars, look up and observe chirping, flying birds.

Two of the best places to partake in the recreation are at Chicago Botanic Garden (1000 Lake Cook Road, Glencoe) and Middlefork Savanna, a forest preserve in Lake Forest.

"Loons of Lake County," an annual Lake Cook Audubon field trip, starts at 8 a.m., on March 29, near Diamond Lake in Mundelein. Outdoor enthusiasts search for migrating loons and other waterfowl. They travel to other lakes, mostly by car. Bring a spotting scope if you have one, the field trip leaders suggest. You do not have to be a member of the Illinois Audubon Society or the society's Lake Cook chapter to participate in the event.

For more information, visit [www.lakecookaudubon.org](http://www.lakecookaudubon.org).

### Sign up for an activity or two at a park district

Not all parents get a spring break. Some have to work. Offerings at park districts allow

parents to drop their kids off at a facility in the morning and pick them up in the afternoon. The length of a day of activities at a park district usually matches the length of a typical school day (9 a.m.-3 p.m.).

"Working parents are looking for activities that keep their kids entertained and busy," says Erin Maassen, manager of marketing and communications at Glencoe Park District.

Glencoe Park District offers theme days. Clay Play Day is set for March 30 in the district's ceramics studio. Nickel City Day will be held on March 31, when spring breakers will head to the arcade and family entertainment center in Northbrook.

Each day costs \$45 for Glencoe residents and \$54 for non-residents.

Children (ages 4-13) interested in chess or engineering or sports should consider registering for an activity (or two) at the Wilmette Park District ([www.wilmettepark.org](http://www.wilmettepark.org)). Among the sports offerings are lacrosse, basketball, noncontact football, gymnastics and archery. One of the sports camps — Spring Break Sportsters — accentuates sportsmanship and fun for boys and girls (ages 4-9). Campers get to play soccer, floor hockey, kickball, basketball, Wiffle ball and other sports/activities.

"We have a nice mix of activities, a wide variety," says

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## Pulitzer Prize winner to visit Wilmette

The Wilmette Public Library's One Book Everybody Reads program will culminate with a visit by Pulitzer Prize winner Jane Smiley — author of this year's book "Some Luck" — on April 26. Smiley's book focuses on

family life on a rural farm in Iowa during the 1920s through the 1950s, and it is the first book in a trilogy about the transition from farming to urban life.

Finding a book that interests the entire community is no small task. Soon after the

current One Book is completed, a committee of librarians begins the process of selecting a book for the next year.

"We try to find a book we think will resonate with the community," explained Betty Giorgi, head of adult ser-

VICES. The committee reads books, reviews, holds discussions and talks to publishers and literary agents to find the perfect selection. They look for living authors (since the program always includes an author visit), who have a body

of work and a reputation for connecting well with audiences, said Giorgi.

Once a book is chosen, a planning committee comprised of four librarians organizes the author visit, the

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Loyola Academy freshman Anne Bloomer (below) flicked a puck past Latin School goalie Alec Rodman in the opening period—of the state championship game at the United Center on Sunday. She gave the Ramblers an early 1-0 lead. Latin staved off a late comeback attempt to win the game 4-3.

[ LAST BUT NOT LEAST ]

**42 SUNDAY BREAKFAST**

Move over, Urban Meyer. Mike Dau of Lake Forest College has nearly 50 national championships on his resume.



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NEWS

# MIDLIFE CRISIS TURNS INTO A REBOOT

BY SABINA SULLIVAN

**D**ianne Bischoff James “had it all,” her own marketing company, a busy family life with her husband and three kids, and a home in the North Shore suburbs.

However, the Glencoe resident was depressed, overweight, bored in her marriage — and suffered an innate feeling that the path she had chosen was the wrong one.

A fateful 38th birthday present, a visit to psychic and New York Times best-selling author Sonia Choquette, changed everything. Choquette confirmed Bischoff James’ fears that her life was modeled after her parents’ desires and urged her to “grab the real brass ring” before it was too late.

Bischoff James spent the next decade reinventing her life, a journey detailed in her book “The Real Brass Ring,” published by Turning Stone Press in 2013. It has sold more than 1,000 copies in print.

“I had to undo the American Dream and rebuild it step by step,” says Bischoff James, who graduated magna cum laude from Northwestern University with a masters of science in integrated marketing communications after receiving a bachelor of arts in psychology from Marquette University.

She left her unsatisfying marriage and found new love, lost 50 pounds, and crafted a career that combined her background in marketing with her passions for theater, writing, and metaphysics. Now a Screen Actors Guild actor, author, and motivational speaker, she uses her story to help others.

She created her own job title, midlife reboot specialist, and founded Live Your Everything (www.liveyoureverything.com), a web resource for middle-aged people seeking to rediscover their true purpose.

Under a sign proclaiming “The witch is in,” Bischoff James described her philosophy over Skype.

“I like to communicate large, overarching ideas in a very simple, clean, clear way,” she says. “I have the 14 rules which I call the Shortcuts for Happy Living, and they have helped me change my life immensely.” These rules, which she drafted at the beginning of her own midlife reboot, focus on self-care and positive thinking.

Bischoff James is candid about the financial realities of rebooting. She struggled with bills during the recession and faced the repercussions of buying a dream home that required costly repairs.

“You might have to get a day job,” she explains. “There’s the passion track and the financial track. Sometimes the passion track and the financial track are one and sometimes they run parallel. And sometimes they intersect and sometimes they separate.”

Her average work day is busy. “I do everything, still. I’m still very involved with the kids... I also have been touring all over the country. I do some



Dianne Bischoff James

marketing work for clients. I wear a lot of hats.”

When asked about burnout, she replies, “I’m fortunate in that I have a lot of energy and I

always have.”

Ambitious and committed to her vision, Bischoff James looks to the future.

“I do believe the middle part

of your life can be the best part of your life, where it’s no longer a midlife crisis — it’s a midlife reboot. I hope it becomes a movement.”

## 1440 N Lake Shore Drive | Unit 6CD

Breathtaking views from 44 feet of unobstructed lake frontage. This thoughtful combination of two condos gives the homeowner half of the floor. Enjoy spectacular lake views from every room except the two large bedrooms in the rear which have city views. Wood floors run throughout the home while different granite tiles are used in each of the three full bathrooms. The expansive master suite was placed in the front of the home offering stunning views of the lake front along with a large walk-in closet. The master bath was remodeled to have a full tub and two vanities separated by a pocket door from the shower, toilet, and an additional vanity. The kitchen has been updated with new stainless steel appliances, beautiful cabinetry, and a glass backsplash. The two remaining rooms are located in the rear of the condo overlooking Astor Street. There is a full bath in the hallway leading to the two bedrooms in the back and plenty of closet space. There is also a closet with a full size washer and dryer and shelving for storage. The carefully laid out floor plan and large size of the home creates privacy between the master suite and the two bedrooms.

The home has all the luxuries that come with living at 1440 N. Lake Shore Dr. which include a 24-hour door staff, on-site maintenance and property manager, attached valet garage, extra full size storage cage in the basement, and a separate bike room and fitness room. A hospitality room located on the rooftop offers spectacular views, and a sundeck. These amenities, along with a beautiful home in one of the most sought after locations in Chicago, make this home a must see for any serious buyer looking to experience the true essence of living in Chicago. **\$929,900**



TO LEARN AND SEE MORE PICTURES, GO TO [1440nLakeShore6cd.KoenigRubloff.com](http://1440nLakeShore6cd.KoenigRubloff.com)

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