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# Anniversary celebration emulates Sun City lifestyle

**BY CHRISTINE SUCH** For the Sun Day

Residents showed their community pride by wearing the Sun City 20th anniversary gear to a full day of celebration and entertainment. Saturday, June 22, began with a pancake breakfast by Sammy's Bar & Grill outdoors at the Fountain Pavilion.

Following the breakfast, The Jesse White Tumblers entertained residents and visitors on the lawn overlooking the Fountain. The Jesse White Tumbling Teams started in 1959 to provide a positive alternative for the inner-city

kids. The team has 150 members of all ages. They give approximately 1,500 performances each year at various events.

Resident Teenah Gannon-Hinman said of the performance, "Pretty Darn Cool. I have seen them before but a long time ago." Ringing a cowbell, Gannon-Hinman said, "You need to pick up one of these [cowbells] to cheer the team at the end.'

First National Bank was a sponsor of the Sun City 20th year Celebration and provided cowbells with the Sun City 20th year logo for residents, staff, family, and friends to

ring their appreciation for the entertainment.

Grandchildren and children of all ages enjoyed Kona Ice and Face painting (organized by the Grandma and Grandpa and me club), staffed with volunteers from Huntley Ice

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#### qu/ckquote

"Knowing it was a family member tugged at my heart strings. They kept me hyped to finish the transaction by telling me my nephew is so proud of me." Bonnie Archer | Sun City Resident on phone scam | Pg. 6

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The views of the writers do not necessarily reflect those views of the outputs staff or those associated to the Sun Day.

#### lifescapes

# No offense, but we need a new phrase



We've all been hit with the phrase, the warning shot, the disclaimer: "No offense, but..."

Maybe when you hear it, you brace, or roll your eyes, or take a deep, heavy sigh. Either way, one thing is clear: an offense is on its way.

The phrase isn't really that clever. If you think about it, those three words proudly trumpet the arrival of an insult, giving it more fanfare than if the insult had arrived all by itself.

But people who use the phrase see it otherwise.

The phrase has become an all-access, VIP pass, allowing the user to say something offensive without any blame.

Personally, when I hear the phrase, I'm taken back to high school hallways and cliquey conversations.

Although it might seem nice ("Oh, they don't want to offend me"), it's more of a personal declaration of innocence than a genuine desire not to offend.

Merriam-Webster agrees that the phrase is not just a cautious safety measure. The dictionary defines the phrase as one that is "used before a statement to say that one does not want the person or group that one is speaking to to feel hurt, angry, or upset by what one is about to say." There is inherent risk involved in the proceeding statement or "no offense, but" wouldn't be necessary.

I will say that I think most of the people who toss the phrase around are not on the prowl, looking for excuses to offend. Instead, I think it's more of a sign of conversational carelessness, a way out if it's too much effort to take others' feelings into account. To test this, once or twice I've interjected - "No offense taken" - and received confused stares, as if they didn't remember they'd said "no offense" in the first place.

And here's a secret: we all

do it. The phrases "Not to be rude" or "Don't be insulted" are all the same thing. "No offense" just picked up the most steam.

So where does that leave us?

Proponents of the phrase might argue that there is a time and place for constructive criticism or honesty. I think the best test is to ask yourself: what would the sentence sound like without the words "no offense" tacked in front? If it's not quite right, maybe the sentiment needs some re-wording.

And maybe if you can't find a way to say what you want to say without the "no offense" preface, it's best not to say it at all.

#### YELLOW CAUTION LIGHTS APPEARING MORE REGULARLY AT MCHENRY COUNTY CROSSWALKS

McHENRY COUNTY - A sign with flashing yellow lights that is appearing at more and more crosswalks in McHenry County is meant to alert drivers to stop for pedestrians and cyclists.

With warm and sunny weather finally back for pedestrians and bicyclists to enjoy, the McHenry County Division of Transportation is reminding motorists to heed the newer and unfamiliar signs equipped with rectangular rapid flashing beacons. County highways with the flashing crosswalk signs now include Ridgefield, Virginia, Walkup and Ackman roads.

"Although rectangular rapid flashing beacons have been around since 2008, they are appearing more and more frequently on county, municipal and state roads, and drivers need to become familiar with them," Director of Transportation/County Engineer Joe Korpalski said. "We often hear of people complaining about drivers routinely failing to stop for pedestrians in crosswalks. We don't want to see anyone hurt or worse."

- SUN DAY



# Send us your snapshots!

Have an interesting photo of family, friends, Sun City, or the greater community you'd like to see published in the Sun Day?

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mycommunity@mysundaynews.com

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# Christine Such | Sun Day Photo For the golf cart parade, Helen Wiederkehr, Treasurer of the Geneology Club Dress-es in her grandmother's handmade swimsuit.

#### ANNIVERSARY

School as well as Grandparents. Five-year-old Lily Leuck could not wait to have her face painted. Chris Leuck, Lily's Dad said, "She was screaming she wanted her 'paste painted." Lily did get a rainbow on her forehead with sparkles which did make her very happy.

Addressing the crowd before the concert, Sun City Staffer Melissa Hornick said, "Thank you all for getting down on your knees and praying for this beautiful weather."

The Sun City Marine Color Guard with Doug Logan, Bob Burnett, Joe Scorn, Werner Duttge, Bob Krukowski, and John Martinez provided a great kick-off to the Band Concert. The Sun City Silverettes Twirl Team showed off their Baton skills. Dawn Moore said, "We're performing with the band and there are three of us. Joining me will be Clare Barnett and Dale Zurek. We have been practicing for six weeks."

Along with the Face Painting for kids, a photo booth was available and guests could make a "Wax Hand' replica of their hand. In a few simple steps, a wax hand artist guided the participant in creating a 3-D mold of their hand. The participant chose a hand pose, dipped the hands, and the final steps included color. It was a unique type of entertainment that resulted in a great souvenir for young and old.

Jeannine Palmer, a resident celebrating her 20th year living in Sun City said, "I am one of the original residents still here in neighborhood 4." Mary McCormick her Sun City friend added, "I have been here for 18 years in Neighborhood 15."

The Golf Cart and Classic Car parade started at 12:30. Residents, Clubs, and Staff lined up for the parade. The Huntley police and fire departments escorted the parade, with some participants tossing candy to the kids. The Golf Carts were very creative and brought smiles to onlookers. The Theatre Company had three golf carts in the parade. Drivers and passengers were dressed in costumes from past plays. Kevin Fenner, in costume as the Mad Scientist from Young Frankenstein, said, "We have Chief Sitting Bull and another female cast member from Annie Get Your Gun, Julian is dressed as a Red Velvet Cupcake."

The Genealogy Club also had three Golf Carts, Helen Wiederkehr, Treasurer of the club was dressed for the part Wiederkehr said, "What I am wearing was really my Grandmother's. She was born 1n 1890 and she made this outfit. It's a swimsuit. My grandmother was shorter than I was, that's why my knees are showing. They would not have been showing back then. It would have been shocking."

Some Sun City Residents had decorated two golf carts, one looking like a covered wagon with a sign attached to the back reading "Sun City or Bust" and the second decorated with champagne and bubbles to celebrate the twenty years of Sun City.



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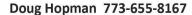
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# Tracing the "enemy of the people" to its true source



TR KERTH Columnist

Today — as with pretty much any other day — I heard our president call American journalists "the enemy of the people."

He says it so often you would think he invented the phrase: "Enemy of the people." He says it every time he refers to the press, that most American of institutions that our Founding Fathers insisted on protecting when they drafted our First Amendment, the most urgent document of them all, guaranteeing our most important rights that most clearly define what it means to be an American.

But then, this president believes that those Founding Fathers were just clearing their throats before getting around to the really important Amendments, like the Second.

But if you trace the phrase "enemy of the people" back in history, it all makes sense that this president would take ownership of it, because he has chosen to play an almost identical role to the title character in the play that bears the name "Enemy of the People."

Henrik Ibsen was the Norwegian writer who penned the play "An Enemy of the People" way back in 1882, and it's considered a literary masterpiece.

It's not just a coincidence that our Commander in Chief calls the press the "enemy of the people" when he gets teed-off with them, because the play from which he quotes is about a politician (in this case, a mayor) battling against a newspaper editor who wants to warn the public about a health hazard at the public baths. The narcissistic mayor declares the article fake news, intended only as a political attack on his administration.

But it's not fake news, be-

cause when the town's doctor reveals scientific proof that the baths are indeed a public health hazard, all the facts support the editor who only wants to warn the people of the dangers that threaten their health.

Of course, the mayor knows that shutting down the baths temporarily might hurt the booming economy — and along the way reveal the corruption of his political administration that led to the bad conditions — so the mayor publicly proclaims the civic-minded whistle-blower to be an "enemy of the people."

The mayor's political base rises up as a mob. Cowed by fear, the editor kills the story instead of publishing it.

But the civic-minded doctor holds firm, and he pays the price of the Mayor's lies and narcissistic rage, because with the press muffled into submission, only the politician's voice echoes in the people's ears. The mayor's political base swings into action — the doctor's landlord evicts him and his family from their home, his office is destroyed, and his daughter is fired from her teaching job.

And thus the town is made "great again," free to be poisoned at the baths without interference from "enemies of the people" like doctors, editors and teachers.

You can read the play if you like, but it isn't easy to get through. After all, it was written by a Norwegian, and you know how Norwegians can be. They go swimming in the winter — you can only imagine how chilly their prose must be.

Or you can just watch the movie "Jaws," which Steven Spielberg admits was inspired by the Ibsen play.

All the elements are there
— the corrupt politician
(Mayor Vaughn) declaring the
overwhelming shark-attack
evidence to be fake news and
keeping the beaches open even
as swimmers vanish morsel by
morsel, claiming all along that

the greater threat to the people is not the shark but the guy blowing the shark whistle (police chief Brody).

Spielberg used the Ibsen play only as a starting point, though, because in his film the forces of good stand up to the sniveling mayor, who eventually backs down and lets them fix the problem, but you'll get the idea. Besides, there's that great scene of a big bloated shark blowing up at the end, and that's always fun to watch. (Well, it's more fun than watching CNN, which almost never shows a big bloated shark blowing up. At least not literally. Metaphorically, they show a big bloated orange-haired shark blowing up almost every minute of every broadcast.)

So when our Commander in Chief opens his command-hole and insists that the path to "Make America great again" is to muzzle the press and limit our right to free, fact-based speech, let's follow his "enemy of the people" quotations directly to their literal source—the Henrik Ibsen play, "An Enemy of the People."

Let's remember that those lines of dialog are spoken by a corrupt, scheming, lying politician concerned only with money and reputation, willing to trade the welfare of the people for his own self-aggrandizement, and happy to goad his base to violence to get the job done.

Because if you're a true patriotic American, you owe it to your Commander-in-Chief to recognize the role he's chosen to play in this very real drama, don't you?

• Author, musician and storyteller TR Kerth is a retired teacher who has lived in Sun City Huntley since 2003. Contact him at trkerth@yahoo.com. Can't wait for your next visit to Planet Kerth? Then get TR's book, "Revenge of the Sardines," available from Amazon, Barnes & Noble, and other online book distributors.



#### Sun City resident victim of a phone scam

#### Posed as relative 'in need,' call leads to significant loss

BY MICHELLE MORENO
For the Sun Day

Vehicles shown may not reflect prices, stock numbers, or discounts.

SUN CITY - 76-year-old Sun City resident Bonnie Archer never expected an average trip to Walmart would result in such an unforgiving nightmare.

At approximately 1:30 p.m. on Thursday, May 30, Archer received a call from an unsuspecting Seattle number.

The unknown caller claimed to be Archer's nephew in

need of \$5,000 for his release from jail. An additional caller claiming to be the nephew's attorney followed shortly after with instructions to Archer on how to send the money.

Not doubting a familiar sounding voice, Archer did not

hesitate in texting pictures of her license to the suspects to finalize the transfer.

"Knowing it was a family member tugged at my heart strings. They kept me hyped to finish the transaction by telling me my nephew is so proud of me," Archer said.

Huntley police were called later that night to investigate the incident after a phone call to Archer's nephew, Gary, had confirmed that he had been at home, safe the whole time.

Police were able to collect eight phone numbers that were used in the scam to contact Archer a total of 25 times. The incident is still currently under investigation. Archer has not been able to recuperate any of her stolen funds.

The Federal Communications Commission (FCC) warns callers to use caution when being asked about disclosing personal information over the phone from any unknown incoming call.

Had it not been for the fact that she was in the car when the call came in, Archer said she would not have answered.

As a final word of caution to anyone else who may find themselves in a similar situation, Archer says, "If you hear that voice that sounds familiar, like a relative, check it out first."

## newsqu/ck

#### The Singles Club

The Singles Club is a group that was created for women and men to pursue new friendships and provide an opportunity to go to movies, lunch, dinners and a number of other activities. We look forward to having you join us at our next meeting at Meadow View Lodge in the Oak/Elm room (see change of place for August 8)

July 11 - MVL- Meeting and

cards 7-8:30 p.m.
July 13 - MVL Game Day 1-4
p.m. Mexican Train and Cards
contact Sandy Portincaso 815-218-2578

July 23 - Movie/Lunch or Dinner - contact Betty Loid 847-669-6355

August 8 - FVL Hickory Room - 4-6 p.m. Short Meeting, then box dinner provided by Jamesons (\$5 charge) followed by outdoor concert.

August 19 - MVL Game Day 1-4 p.m. Mexican Train and Cards contact Sandy Portincaso. 815-218-2578

August 27 - Movie and Dinner or Lunch - contact Betty Loid, 847-669-6355.





Tony Pratt|Sun Day Photo

A Sun City resident Greg Ward flies a PRIDE flag next to his front door to show support for and his involvment in the LGBTQ+ community.

## Taking **PRIDE** in the neighborhood

CAROL PAVLIK

For the Sun Day

In front of Greg Ward's home, a colorful flag, bedecked in rainbow colors, flies just left of a vivid blue front door. The words Love - Peace - Respect - Pride are emblazoned across the brightly colored flag. Ward has had the flag out two years in a row in June to celebrate

LGBTQ+ Pride Month, which marks the anniversary of the Stonewall riots that occurred in June 1969.

Putting the rainbow flag up was, according to Ward, a cal-

culated risk, not knowing how it would be received by neighbors. Ward was already aware of the Homeowners Associations conditions, covenants, and restrictions.

"It wasn't to upset anybody," he says. "It was just, why not? But I knew Sun City has really strict standards."

Ward was already familiar with some of the standards when he decided he wanted to paint their front door blue.

"Our house used to have a front door that was battleship gray. I am artistic and love art and design," he says. "I wanted to have a blue door."

Ward got his blue door, but only after submitting a paint chip to be reviewed by the Homeowners Association.

Ward says the only feedback he's heard about the rainbow flag are about its beauty.

"It's not a traditional rainbow flag," he explains. "This flag has all the colors in it, but it doesn't scream gay. An Amazon carrier and Fedex carrier both knocked on the door and said, "Thank you."

"They noticed [the flag]," says Ward. "Maybe they're

part of the community - I don't know. But they noticed it."

Ward divides his time between Huntley and Hawaii. But home is in Huntley, where he describes his neighbors as "loving and accepting."

Ward remains active in Sun City's Neighborhood Watch, and serves as the N-14 Neighborhood Watch Neighbor-Helping-Neighbor Coordinator.

"Most people assume a neighborhood watch is a kind of crime thing, and they're confused what it is," says Ward, who has been active in his neighborhood watch for more than three years. "What I'm really emphasizing is to really get to know your neighbor."

Ward says residents of Sun City often move in and immediately get involved in the many clubs and activities happening in the community.

"It's really easy to get into your own little world," he says. "But you need to spend some time getting to know the people in your neighborhood, too"





# BRING I

Poms in Sun City: inspired by a movie inspired by real life

**BY CHRISTINE SUCH** 

For The Sun Day

The movie Poms, starring Diane ■ Keaton, is based on a true story of a group of women who form a cheerleading squad at Arizona's retirement community, proving that you're never too old to "bring it!"

Sandy Oldham, Sun City resident and tap dance instructor, was inspired.

"I saw the preview for the movie and I thought you know we should have a Pom-Pom group here. Before I knew it, I started getting emails stating, 'I heard you are starting a Poms group here in Sun City. I am interested.' This gave me my motivation to get something started ASAP!" she said.

Oldham, a Sun City Resident since 2002, has had a lifetime of experience

"I wanted to teach here in Sun City,"

she said. "I didn't want it to be a job. I wanted to enjoy it, and I do. The class I run here is Hoofers and Hunks Tap Class."

Oldham went through the Fitness Department and got the idea going.

'We offer the class on Tuesdays at 4:30 and for June it's free. You know our residents like free!" said Oldham.

Oldham's philosophy is simple.

"I believe movement is important and dance not only gives you that but engages your brain and that is good for all of us," she said.

Lynn Meyer agrees.

"The Sun City Poms is a great mix of exercise and fun. While learning new dance steps we're exercising both body and mind. We have a very enthusiastic group with lots of laughs. The saying goes 'variety is the spice of life' and poms does exactly that," she said.

Oldham stresses, "I am passionate about dance. Sure, walking and running are good for the body, but dance engages the brain."

The response to the class offering was overwhelming. Oldham states, "Women started pouring into the first class. We had to open up the doors for the two studios. We had 52 women show up for that first class."

Elain King adds, "The 'Poms' movie brought back great memories of being

on the pom-pom squad in high school so I was excited to hear that Sandy was starting a class! She's the perfect person to do it since she was a cheerleader at the University of Wisconsin and has a terrific imagination when it comes to dance steps. I had taken tap class from her and knew her attitude is that we're all there to have fun. No pressure to be perfect, but we still all want to try to do the steps and look as good as she does. The hour goes really fast and we all get a little exercise too. I don't know how she does it, but with very little word of mouth advertising, the first class attracted over 50 women! Sandy and her talented assistant, Dana, managed to anticipate the response and somehow managed to have actual pom poms for everyone to use. The second class was attended by over 60 women and today will be the third class so we'll see what happens. It's such a fun addition to Sun City!"

Others feel the same.

"There is no one more qualified than a former University cheerleader or gymnastics professional to lead this group!" Debi Sieckman emphasizes.

"It's so amazing. It brought some women out that have not been involved in any clubs. It's great, I put the music on and we start and there is such joy in seeing all their smiling faces. We were all having fun. There is nothing better than that for a teacher," Oldham said.

What were the requirements? Oldham answers, "I told them all on the first day. There are two standards. One, you all made the team, and two, there are no rules."

Helke Loughlin states, "We are certainly having a great time. We did not have poms in Germany, so this is my first experience. Love

Carol Schweitzer also had a positive reaction.

"I saw the movie. I thought it was great because I could relate to it living in Del Webb," she said. "When I found out about the Poms here in Sun City, I thought how much fun and there is exercise and I just love to perform!"

And there will be an opportunity to perform, Oldham states.

"We are quite ready yet, but hopefully we will be ready to appear in the Sun City All-Stars game and the Pickle Ball Club has indicated some interest in having us at one of their events," she

The Arizona Sun City Poms team has been moving and grooving for 40 years now and it looks like they're motivating women here in Del Webb Huntley.

It's not too late to join. Classes are held on Tuesdays at 4:30 p.m. at Meadow View Studio A. You can register online, and registration is also available in person at the Prairie Lodge Member Services Desk.



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Please consult your doctor or regular health physician before following suggestions found in any Sun Day health columns/stories.

# <u>STEOPOROSIS</u>

#### EXPLANATION OF DISORDER, STATS, AND RISK FACTORS

For the Sun Day

Taving just succumbed to my seclond thoracic vertebrae (spinal area) fracture in 3 1/2 years, I thought it only fitting to discuss this unfortunately common malady found among seniors. The word, osteoporosis, is derived from the ancient Greek, osteo, meaning "porous bone." It indicates an increase in size of the honeycombed display of small spaces inside the normally healthy bone. The occupant of the weakened bones may then, more likely through a fall, produce a break or fracture in the hip, wrist, or spinal area. About 54 million Americans are living with osteoporosis or with the low bone mass (osteopenia) that puts them at risk for the disease. One medical source puts ten million adults or 80% women actually having the extremely low bone density disorder known as osteoporosis. Other studies suggest that this bone deterioration includes half of all women and a quarter of men older than 50. WebMD explains that "Broken bones (1.5 million yearly) in older age (especially) can reduce mobility and independence and lead to isolation and depression. Hip breaks (350,00 yearly) significantly raise an older adult's risk of death within a year."

How and when does this hormonal aided dysfunctioning of the bone tissue in your body occur? Centegra Health System (CHS) tells us that "Bone is living, growing tissue. It is made mostly of collagen, a protein that provides a soft framework, and calcium phosphate, a mineral that adds strength and hardens the framework."

Bones and teeth contain more than 99% of the body's calcium. Removal of old bone (resorption) and formation of new bone occurs throughout our lifetime. Maximum bone density and strength is finally reached by the age of 30. CHS continues, "After that time, bone resorption slowly begins to exceed bone formation." Centegra adds, "Osteoporosis is more likely to develop if you did not reach optimal peak bone mass during your bone-building years."

Men in their 50s do not experience the rapid bone mass loss that women do in the years following menopause. However, by 65 or 70, both men and women do lose bone mass at the same rate. This means that the absorption of the essential nutrient for a lifetime of bone health, calcium, then decreases in both sexes.

While some adults do not share risk factors for the bone-thinning condition, many do. There are several risk factors that cannot be changed. However, other risk factors can be altered.

The following are risk factors that cannot be changed:

- 1. Gender: Being a woman
- 2. Your age: The older you are, the thinner and weaker your bones become
- 3. Your body size: small, thin-boned women are more likely at risk
- 4. Ethnicity: Caucasian and Asian women are highest at risk
- 5. Family history: This condition may in part be due to heredity.

The following are risk factors that can be changed:

- 1. Sex hormones: Abnormal absence of estrogen and testosterone levels is a problem needing medical help
- 2. Anorexia nervosa: An irrational fear of weight gain can keep weight too low
- 3. Calcium and vitamin D intake: If too low of consumption, these two lifetime diet items need to be increased
- 4. Medication use: Certain meds such as steroids and anticonvulsants need to be controlled, if possible
- 5. Lifestyle: If not being done regularly, make an effort to get out of bed and exercise
- 6. Cigarette smoking: This habit is bad for the bones, heart, and lungs
- 7. Alcohol intake: Excessive consumption increases risk for fractures.

Part 2/3: Prevention, Symptoms, Detection, Treatment/Fall Prevention, Research for Next Publications





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#### derived from https://www.history.com/this-day-in-history

#### historyhighlights



**HERM FAUBL** Columnist

Jun 27, 1829 - In Genoa. Italy, English scientist James Smithson dies after a long illness, leaving behind a will with a peculiar footnote. In the event that his only nephew died without any heirs, Smithson decreed that the whole of his estate would go to "the United States of America, to found at Washington, under the name of the Smithsonian Institution, an Establishment for the increase and diffusion of knowledge." Smithson's curious bequest to a country that

he had never visited aroused significant attention on both sides of the Atlantic.

**Jun 28, 1969** - Just after 3 a.m., a police raid of the Stonewall Inn — a gay club located on New York City's Christopher Street — turns violent as patrons and local sympathizers begin rioting against the police. Although the police were legally justified in raiding the club, which was serving liquor without a license among other violations, New York's gay community had grown weary of the police department targeting gay clubs, many of which had already been closed. Soon, the crowd began throwing bottles at the police. The protest spilled over into the neighboring streets, and order was not restored until the deployment of New York's riot police. The Stonewall Riots were followed by several days of demonstrations in New York and was the impetus for the formation of the Gay Liberation Front as well as other gay, lesbian and bisexual civil rights organizations. It's also regarded by many as history's first major protest on behalf of equal rights for homosexuals.

Jun 29, 1995 - The American space shuttle Atlantis docks with the Russian space station Mir to form the largest man-made satellite ever to orbit the Earth.

Jun 30, 1859 - Jean-Francois Gravelet, a Frenchman known professionally as Emile Blondin, becomes the first daredevil to walk across Niagara Falls on a tightrope. The feat, which was performed 160 feet above the Niagara gorge just down river from the Falls, was witnessed by some 5,000 spectators. Wearing pink tights and a yellow tunic, Blondin crossed a cable about two inches in diameter and 1,100-feet long with only a balancing pole to protect him from plunging into the dangerous rapids below.

Jul 1, 1997 - At midnight on July 1, Hong Kong reverts back to Chinese rule.

Jul 2, 1900 - In the sky over Germany's Lake Constance, Count Ferdinand Graf von Zeppelin, a retired Prussian officer, successfully

demonstrates the world's first rigid airship. The 420-foot, cigar-shaped craft was lifted by hydrogen gas and powered by a 16-horsepower engine.

Jul 3, 1988 - In the Persian Gulf, the U.S. Navy cruiser Vincennes shoots down an Iranian passenger jet that it mistakes for a hostile Iranian fighter aircraft. Two missiles were fired from the American warship-the aircraft was hit, and all 290 people aboard were killed. The attack came near the end of the Iran-Iraq War, when U.S. vessels were in the gulf defending Kuwaiti oil tankers. Minutes before Iran Air Flight 655 was shot down, the Vincennes had engaged Iranian gunboats that shot at its helicopter.

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#### Sheldon Clark's Creative Corner

#### What can you do with the Sun Day after reading it?

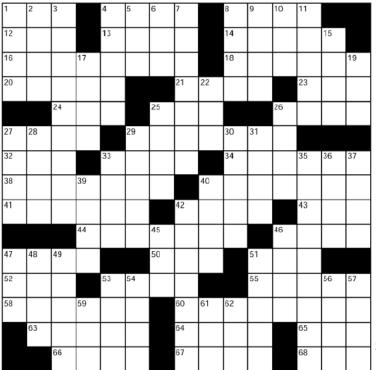
Summer vacation season has arrived, and so has the need to use luggage. Need to air out your suitcases in a timely fashion before the next trip? Use old pages of The Sun Day to absorb odors in between travels.

Submit ideas to: 847-658-6090 or mycommunity@mysundaynews.com

#### suchapuzzle

#### **CHRISTINE SUCH** Columnist

## Big Bang



SOLUTIONS PG. 20

#### **ACROSS**

1 Poet Edgar Allen

4 Helper 8 Crook

12 Dinner jacket

13 Alignment

14 Aromas

16 Heel Tendon

18 National capital

20 British county

21 Time in office

23 Wet dirt

24 Tavern

25 Baseball stick

26 Labels

27 Blintz

29 Small tree

32 Cereal

33 Seventh Month

34 Before fifh

38 Bruce Willis movie

40 Raffle

41 Salad green

42 Sounds of disapproval

43 Government worker

44 Noticeable

46 No cost

47 Trades

50 Monosodium gluta-

mate

51 Lager

52 Stage of life 53 N.A. Indian

55 High ranking man- used

formerly

58 Complacent 60 Decode

63 Better

64 Sports channel

65 Ram's mate

66 Turfs

67 Deer

68 Genetic code

#### **DOWN**

1 Parent groups

2 Owiee!

3 Displayed

4 More able

5 Sickly

6 Buck's mate 7 Joy

8 Danish physicist

9 Swiss-like cheese

10 Second to last mo.

11 Theater

15 Cozy

17 Iraq's neighbor

19 Spots

22 And so forth

25 Bare scalp

26 Firm

27 Omen

28 Set down

29 Hand lotion brand

30 On foot

31 Decays

33 Indonesian island

35 Rested

36 Very tall plant

37 Dr. Jekyll and Mr.

39 Snake sound

40 Linear

42 Other than

45 Rascal

46 Doggy door

47 Japanese (slang)

48 Eye

49 Supports

51 Imitating

53 Back

54 Chances of winning

56 Chopped

57 Location

59 Chief executive officer

61 Eastern Time

62 Certified public ac-

countant

#### Sun City Celtic Club's Annual Picnic

is Sunday, July 14 from 4-8 p.m. at the Fountain View Pavilion. Food from Masi's (Italian Sausage, Fried Chicken, Burgers, French Bread, Coleslaw, Fruit Salad, Baked Beans. Water bottles too. Jamison's Cash Bar offers wine & beer. Please bring a dessert to share. Enjoy music & games! Cost is \$15 per person, prepaid by Monday, July 8, to our Treasurer, Pat O'Dwyer at 13185 Drendel Road, Huntley. Checks payable to Sun City Celtic Club. See Lifestyles for more information.

The Shalom Group of Sun City

The Shalom Group of Sun City Huntley offers fun and fellowship for members of the Sun City Huntley Jewish community, their spouses, significant others, singles, and Jewish interfaith couples. For further details or membership information, contact Vicki Goldberg, program chairperson at 847-965-8344. Friday, July 5 at 5:30 p.m.; Monthly meeting/annual picnic at The Sun City Pavilion.

Monday, July 15 at 12 p.m.; ladies lunch at Kosta's Restaurant in Algonquin, II. Friday, July 19 at 3 p.m.; Book Club meets in Fountain View atrium; followed by Book Club dinner.

Monday, July 22 at 5 p.m. Rookies Restaurant for \$1 chicken sandwiches, 1/2 price pizzas, 0.75 wings and lots more.

Monday, July 29 at 9:30 a.m.; Men's breakfast at Brunch Cafe.









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Christine Such | Sun Day Photo

The Flyers practicing at Fusion Sports.

# **Sun City Mintonette teams prepare for the gold**

For the Sun Day

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SUN CITY - You are not alone if you have no idea what Mintonette is.

It is the original name of the game of volleyball. It was invented in 1895 by William G. Morgan. The game was designed to be a combination of basketball, baseball, tennis, and handball. The first volleyball net, borrowed from tennis, was only 6'6" high (people were shorter in the nineteenth century).

In 1896, a spectator, Dr. Alfred T. Halstead, suggested that "volley ball" would be a better name for the sport since the game primarily consisted of volleying a ball back and forth. In 1952 the two words were combined.

John Roccasanto, Captain of the Sun City FDG Fusion

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Flyers Volleyball team, said "Two teams from Del Webb are competing in the 6-County IPRA Senior Olympic Volleyball Tournament in Schaumburg on July 12. Both teams will be practicing at Fusion Volleyball."

Illinois Park & Recreation Association IPRA celebrates 75 years of supporting the professionals in the field of parks and recreation in 2019. The six-county senior games are celebrating its 38th year this summer. There are twenty different events scheduled including softball, volleyball, pickleball, track and field, swimming, golf, bowling, table tennis, billiards, trap shoot, and more.

Roccasanto said, "Our team is named the FDG Fusion Flyers. Our players are as follows: John Roccosanto, Paul Flentge, Barry Cianciarulo, Don Wickersham, Bill Klingler, Jeff Gatti, Holly Rudolph, and Cary Niewold."

The Heaters, like the Flyers, are also competing for the gold in the volleyball division.

Nick Konnen said, "This is the Heaters sixth year in participating in the quest of the gold."

Leo Brandenburger added, "We are the defending Champions. We took the gold two

years in a row and the silver the year before."

The FDG Fusion Flyers plan to change that this year and give the Heaters some competition.

The team members for the Heaters are: Ed Fabro, Captain, Scott Phillips, Nick Konnen, Dion Zinnel, George Goodhue, Dan Vital, Leo Brandenburger, Frank Yacono, Mike Fitzgerald, and Wayne Markett.

Konnen, a member of the Heaters, said, "I've been playing for the last 10 years and lucky enough to be able to make six trips to the Senior Games."

The competition is open to seniors 50 years and older and IHSA rules apply. It is a Round Robin tournament and open to recreational division teams.

Fabro said, "We will be playing teams that have 50 years old. We have four players in their seventies. That makes a big difference."

Most of the players on both teams play a variety of sports here in Sun City. They are also softball players, tennis players, pickleball players, bocce and golf to name some. Roccasanto is on the Softball board and Konnen is a Certified Personal Trainer.

Konnen said, "I do keep

busy with all the activities. I am on three Softball Teams, Pickleball and of course volleyball. And I also attend my grandkids' game. I have both a granddaughter and grandson that play hockey and I try to attend as many games as I can. They are here in Huntley, so it makes it easy. \I am having fun. That is the bottom line."

What do the Flyers predict?

"The Flyers are going to wail," said Wickersham. "We are bringing home the gold. I have lived in Sun City for 14 years and I love it."

Rudolph is the only female on both teams.

"I don't feel any different," she said. "I started playing volleyball as senior here in Huntley. I never played in high school. There were no sports for girls when I attended. I am not that tall anyhow and it seems like you have to be tall for all sports nowadays."

While the Flyers played against the Heaters at Fusion Sports Center in Marengo, the ball kept going back and forth and the players were competitive. But it also was a group of people having a lot of fun and trading mild insults. It was a close game, but noticeable filled with good comradery and laughter. The competition was friendly and both sides cheered for teammates.



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#### gardenersforum



# Walk this way

Recently Christopher, my son, his girlfriend, Celeste and I drove down to Tennessee. Each of us had our own purpose for making the trek. Christopher, as an incoming freshman, was attending the summer orientation for Middle

Tennessee State University. This was his chance to register for classes, meet potential friends, and start to acclimate to literally a new climate. It was also important for him to share with his girlfriend where he would be spending the next four years. For Celeste, it was an opportunity for her to continue to do what she is so wonderful at; support someone who is important to her. For me, I just wandered around looking at the beautiful plants. Smokebush, dogwood, holly -Oh MY! As I was exclaiming the virtues of plant after plant to the ambivalent kids, Christopher muttered to Celeste "This is what my mom does! She talks about plants!" I guess as the saying goes "You need to know your audience."

Want to wander around the look at beautiful plants set in absolutely gorgeous gardens? Please consider attending the Sunflower Garden Club Garden Walk on Saturday, July 13.

The theme this year is "Walk through our Gardens," and nine homes will be featured in the walk. The Railroad Club will also have the trains running in their gardens. Maps of the homes in Sun City will be available between 10-11:30 a.m. on the day of the walk. Simply drive through the portico at the Prairie Lodge to pick up a map. The walk is from 10-2, admission is free and the public is invited. For more information please contact Judy Etten at judyetten6385@gmail.com or call 224-858-7781.

A few gardeners who are participating in the Garden Walk have agreed to give us a glimpse into their gardens and what motivates them to garden.

For Carol, gardening can have the added benefit of being a social activity. "It relieves my stress and gets me out into the sunshine. Plus I live on a corner so many of my neighbors and passers-by stop by to talk, so I have met many friendly people through gardening and belonging to the Garden Club."

Richard's garden attracts hummingbirds and several species of butterflies. He has incorporated a series of evergreens including boxwood and yews. His garden also includes topiaries, nasturtiums, potted herbs and alpine currant. Geraniums are also planted in abundance.

When visiting Susan's home, make sure to check out her new garden. It is located in the front of her home near the walkway. Her garden is a labor of love since she has worked hard to create everything herself. As she so eloquently writes, "I feel my garden is a place to be closer to God - it's very spiritual for me. I just love flora and fauna."

Like most of us, Jacque occasionally has a problem with rabbits in her garden. The hardscape materials in her garden including an arbor, birdbath, fountain and waterfall all work together to create a wonderful effect!

All of the gardeners agree that gardening leads to better health. As Richard so wonderfully states, "I get lost in the garden. It is my safe space where I can think, relax mediate and pray. It refreshes my soul and never disappoints me...well, maybe, no never!"

Please set aside Saturday, July 13 to view the gardens in the Sunflower Garden Walk. Just like Richard's garden they will not disappoint!

• Kathleen Carr is the owner of The Growing Scene, Inc., a garden center and landscaping company. She can be reached by calling 815-923-7322 or emailing her at Kathleen@ thegrowingscene.com. Have a gardening question? Please contact her. She may address it in an upcoming column.

# Village of Huntley mosquito-control efforts

HUNTLEY - With May being the wettest on record and temperatures on the rise, we are bracing for an intense start to mosquito season in Illinois. If weather conditions hold, multiple broods of floodwater mosquitoes are expected to hatch out by the end of June and nuisance levels will be high.

Here are some steps residents can take to help control mosquito breeding and exposure:

Tip & toss any standing water around their properties to prevent mosquito breeding. Larval source reduction is the single-most important thing residents can do to stay safe and comfortable outdoors.

The public should limit their exposure to mosquito bites to avoid health issues. Avoid being outside when mosquitoes are most active at dawn and dusk. Wear long pants and long sleeves

when possible and apply a CDC-recommended repellent whenever outdoors

Residents should report standing water and nuisance levels so problematic breeding sites can be addressed. You can use Clarke's new online Resident Hotline to report this and sign up for text or email notifications for scheduled adult mosquito control applications in your area. Access the portal at

https://www.clarkeportal.com/hotline

• If you have any additional questions you can view the Village Mosquito Abatement Program at www. huntley.il.us or contact Public Works at 847-515-5222.

- SUN DAY



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# DUNDEE'S "THE WALL THAT HEALS" SET TO HONOR ALL VETERANS

By Carol Felvey

For the Sun Day

The "Wall that Heals" will be set up in Randall Oaks Park due to the combined efforts of American Legion Post 679 and True Patriots Care.

Harry Mierisch, a Vietnam veteran and Board Member of True Patriots Care, explained that his group honors and helps all Veterans and first responders, including fire fighters and police officers. During 2019, four state troopers were killed in four separate incidents. Harry shared that True Patriots Care provided all flags for each of the troopers' funerals in solidarity and support of their courage.

True Patriots Care participates in about twenty-two different types of events per year to include Memorial Day, Purple Heart days, 9-11 tributes and Veterans Day. Have you ever passed by Culvers on Memorial Day or greeted by a sea of American flags? This is the work of True Patriots Care.

Harry shared that in 2009, forty

years after Vietnam he was still struggling with PTSD. During this year he attended a presentation given by Jerry Christopherson, President of True Patriots Care. The two men spoke afterwards and by evening's end Harry said he took a first step toward being able to "cross the bridge" from the past to the present. A life of service and volunteerism followed.

Harry has never forgotten Vietnam nor his fellow veterans. He is passionate about his work with True Patriots Care. He shared a part of his experience in the Corps Zone in South Vietnam; the conditions, the constant bombings, the loss of life and then his return home to a country divided about the war.

Harry's hope that "The Wall That Heals" will bring Vietnam veterans, their families and the families of veterans who lost their lives, peace and closure.

Volunteers are needed during the entirety of the event. If you would like to participate, visit www.wallthathealsdundee.com.



# Celebrate Independence Day in Huntley!

June 29th Family Fun Day at the Farmers Market 8am-1pm
Town Square/Coral & Church Streets Shop the Farmers Market &
Craft Fair • FREE Kids Games (sponsored by Huntley Realty), Moonwalk &
more • FREE Kids Bike/Stroller Decorating (9-10:30am) & Mini Bike Parade
around the Square at 10:30am • ENJOY being entertained by DJ Don Esposito
(sponsored by Huntley Eye Care) - bring your friends & lawn chairs!

Come Hungry: Kountry Kettle Corn will be serving breakfast sandwiches,
Chicago-style hot dogs, kettle corn/pop corn ● Culver's Ice Cream Social for
Special Olympics from 10:30am to 1pm (thank you Culver's for sponsoring) - YUM!

#### July 2nd Mr. Myers Concert in the Square 7-8:30pm

Bring your lawn chairs and dine-in/carry-out from one of our great downtown food establishments or bring a picnic and enjoy the Mr. Myers band that blends the tropical sounds of calypso and ska, the rhythms of reggae and a little rock-n-roll with some favorite classic tunes to create their own special style of music - Caribbean Rock! FREE!

#### July 4th Independence Day Fireworks Show

Deicke/Warrington Park All are invited to Party in the Park with Huntley Community Radio starting at 6pm and then enjoy the Village's fireworks show set to music on 101.5 FM. *Bring a picnic or enjoy the on-site food vendors!* The Fireworks show begins around 9:30pm. (Rain date: 7/5)

#### July 6th Farmers Market & Craft Fair

**Town Square/Coral & Church Streets** Lots to do at this market! Along with the Farmers Market we'll have Crafters and it is ALPACA DAY! Come meet these beautiful animals. The Legion's Breakfast Buffet will be taking place from 8-11am.

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#### Odd Couple headed to Sun City

CAROL PAVLIK

For the Sun Day

he Neil Simon play, "The Odd Louple" comes to life on the Drendel Ballroom stage in July, highlighting the hilarity of two mismatched roommates trying to share a New York apartment with very different standards of cleanliness and decorum.

Although most fans of the play (or the 1968 movie or the popular sitcom of the 70s) are familiar with the fastidious Felix Ungar and the slovenly Oscar Madison, fewer may be familiar with Simon's updated version, adapted by Simon himself in 1985. It features two women in the lead roles. In the Sun City production, audience members will be delighted by the antics of Florence and Olive, who instead of playing poker like their male counterparts, play the board game Trivial Pursuit with their friends.

Kevin Fenner makes his directorial debut at Sun City, directing the cast of eight.

"Neil Simon is an icon as a comedy writer," says Fenner. "He wrote over 30 plays and made-for-TV movies, and at one point had four of his shows on Broadway at the same time." Fenner describes Simon's writing as not being a "string of jokes," but rather storytelling in a hilarious way, taking the time to develop the characters, who ultimately endear themselves to the audience.

Judy Stage is producer for "The Odd Couple," but also plays the part of Mickey the cop.

says Fenner. "Mickey's the type of female cop who takes over when things go off the rails, and gets things back down to earth."

Stage, no stranger to the Sun City Theatre, is quick to acknowledge all the hardworking people who make the show possible behind the scenes. From set design, costumes, makeup, props, and stagehands, all the way to ticket sales and ushers, Stage says the play is a concerted group effort, a sum of all its parts.

"There are lots of volunteers," she says. "We do it because we love it."

Stage feels confident that the show will bring a lot of laughs, since she often finds herself cracking up.

"It's going to be a fun show. I still laugh at the same things every time in rehearsal!"

Stage says the cast is made up of hard workers, who are enthusiastic to share the comedy with their audience.

Fenner agrees.

"It's a marvelous cast," he says. "They'll make me look so good!"

#### **TICKET SALES:**

Monday, June 24, and Tuesday, July 9, from 9 a.m.to 12 p.m. in the Hickory Room in the Prairie Lodge.

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#### askthewoodchucks



Woodchucks Columnists

Question: The high winds we had 2-3 months ago managed to get behind one of my shutters and break it. With the nice weather, it's time to replace it, but where do I get a replacement?

I have a Buckingham purchased in 2014. In the folder received at the time, I can find no information on shutters. If it helps, the vinyl siding is "pepplestone clay," the exterior trim is "desert sand", and the door is "tram gray." The shutter is plastic, not wood. I have contacted Pulte via their web site but have received no response.

Where can I get a replacement? I know that initially it won't match the remaining shutters but with time it should fade to match them

**Answer:** The big box stores do carry a limited number of shut-

ters, but if you can't find what you need in any of them there are several vendors on the internet that carry hundreds of different shutters. One that seems to carry a very large assortment of types, sizes, and colors is https://www. exteriorsolutions.com. If you can't find the color you need or if your shutters have faded, many can be painted, but check this before purchasing them. Take a sample of the old shutter to the paint stone and have them scan it to give them the exact formula to mix the paint.

Question: We love your column. We see some homes with downspouts that drain directly into the ground. How can we do that? What is involved with that instead of draining onto the property?

Answer: If you want to do this yourself you need to start by buying the parts. You will need a length of 4-inch black drain hose with a rectangular 4" by 2.5" opening on one end to fit over your down spout. This hose is typically 15 to 20 feet. As an option there is

a green connector to slide over the end of the down-spout and connect to the drain hose. On the outlet end there is a popup terminator that allows the water to flow onto the lawn.

To install the drain hose, dig a trench from under the downspout to a location on the lawn where you want to release the gutter water. Save the sod pieces you remove to put back after you refill the trench. If you need to go under a sidewalk, dig a hole just large enough to feed the drain hose through using a trenching shovel. Mount the popup terminator at the end of the drain hose and make sure it is positioned so that it pops up freely. You will have to trim the grass around it about twice each summer to keep it working properly.

If you don't want to do this job yourself, most of the landscaping vendors can do it.

· If you have suggestions for future tips or have questions about maintenance around your home submit them to ask.the. woodchucks@gmail.com

#### i.sison'smenagerie by Joe Sison



#### **Neighborhood 22**

Wednesday, June 19, 1 p.m.

Bunco at Karen Witz's house, 12691 Rock Island. \$6pp. Call Karen Witz at 847-515-1531 if you plan on attend-

Thursday, June 27, 4 p.m.

Ladies Luncheon will be at the Jamison's Restaurant, 12860 Del Webb Boulevard, Sun City Huntley. Followed by the outdoor concert at Fountain View Amphitheater from 6-7:30 p.m. with the group Peach's Beach Party. If you plan on attending, call Pat Atkinson at 847-669-

**UP-COMING EVENTS** 

Tuesday, July 23

7 p.m.

NB22 Quarterly Meeting at Meadow View Lodge. This is an election night for two representatives. Nominations will be taken from the floor.

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Saturday: Prime Rib

Sunday: Chopped Steak w/ Grilled Onions \$13

Broiled Tilapia w/ Lemon Butter \$13

Chicken Fettuccine Alfredo \$13

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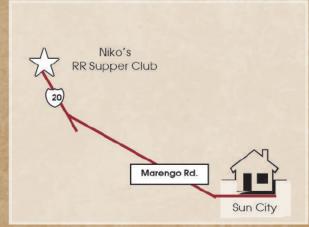


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# Spelunking for dinner



JIM & NANCY
EGGERS
Columnists

Jim and Nancy do not disclose the fact that they will review a restaurant before they attend, ensuring their reviews are unbiased and uninfluenced by their position with the Sun Day.

As you may or may not know, Nancy is President of the Sun City Bocce Club. Every year, from the beginning of May to the beginning of June, it is absolute chaos in the Dining Duo household. There are an average of 12 calls a day with such earth shattering questions like: "did I sign up for bocce ball last year, if so, when do I play," and the ever popular, "where are the bocce ball courts?"

Nancy was at the end of her rope (she was tempted to tie it around her neck), and there was even a more serious dilemma. Her Fireball Whiskey was starting to run out! I thought I better do something quick, so I decided to take my sweetie to Cafe la Cave in Des Plaines for an evening of romance and relaxation.

Walking in, our "guide" directed us as we "spelunked" (cave exploring, get it?) to our table. As with any cave, the lighting was subdued, and it actually looked like you were in a cave, but a very classy one. The waiters were even adorned in tuxedos. The pink lights in the cave gave off a romantic ambiance, just what I needed.

Nancy had a drink this evening to calm her nerves, a Black Cherry Garcia (\$12). This

was black cherry vodka, Godiva white chocolate liqueur, and cranberry juice with chocolate sprinkles. This drink mellowed her out, and she even stopped yelling at me.

Looking at the menu in a dark restaurant is a daunting task for us seniors. You either have to use your phone as a flashlight, or set the menu on fire with the candle on the table. This restaurant solved this problem in the coolest way possible. They actually have light up menus, GENIUS!!!

Nancy wanted to stay with this French restaurant's theme and ordered a Baked French Onion Soup (\$8) for her appetizer. This was really tasty and cheesy.

Jim had two appetizers this evening. He ordered the Lobster Bisque (\$9) which was, frankly, disappointing. So he then ordered the Escargot Bourguignon (\$11). This was not only tasty, but fun to eat. They were served in the shell, and he was given those special pliers and an itty bitty fork to yank those "suckers" out. Escargot proves that if you put enough butter and garlic on anything, you can eat it. They put up quite a fight, but in the end they were tasty.

Nancy spotted a dish that immediately caught her eye. This was the Seafood Medallions (\$30), which was shrimp, crab, and scallops, sautéed in a lobster brandy sauce, and served with risotto. She said this was absolutely amazing.

Jim wanted to show off and ordered the Steak Diane (\$41), which was cooked table-side. This was tenderloin medallions gently sautéed with garlic, shallots, mushrooms, and finished off with Cognac. This dish was out of this world, and you haven't truly lived until you've tasted it.

Because I ate light tonight (NOT), I had to order dessert. I saw the Chef's Fallen Choco-

late Souffle (\$8) and couldn't resist. This was a mini soufflé served piping hot with a scoop of vanilla ice cream on top. I was in luck tonight, Nancy took one spoonful to taste, and the rest was mine. This was just the right size and very decadent.

FYI: This restaurant is handicap accessible, and when making reservations, ask for a table in the cave.

Cafe la Cave is old school elegance, and deservedly they are celebrating their 50th anniversary this year.

The price for our "spelunking" adventure was \$152.90, calming Nancy down, priceless...

#### HE SAID/she said

**Jim's take:** Steak Diane is one of my favorite dishes, and this restaurant did it justice.

Nancy's take: Everything I had was awesome. I even took a doggie bag home.

• Have comments or restaurant suggestions for the Dining Duo? Send them an email at thediningduo@gmail.com



2777 S. Mannheim Road Des Plaines 60018 (847)827-7818 www.cafelacave.net

Directions: Take Rte. 47 South to I-90 East to Mannheim Road North to restaurant.

**Travel Time: 38 minutes** 

## newsqu/ck

#### Italian American Club

July 11 – Tuesday Thursday Luncheon at Village Pizza and Pub. 2496 Randall Road, Elgin. Time: 12 p.m. For information, please contact Ann (Danno) Benker @ 847-669-7676 or Mary Luisi @ 224-858-4625. Guest are always welcome. July 22 - Monday Monthly Meeting 6:30 p.m. at the Cos-

man Center. August 15 - Thurs-

Please join us for our annual club picnic. Thursday, August 15. Place: Sun City Pavilion from 12-4 p.m. The picnic will be catered by Joe's Place and music by Mario.

For reservation (by August 8) or information,

please call Ann (Danno) Benker @847-669-7676 or Mary Luisi @224-858-4625. Guest are always welcome! August 26 – Monday

Monthly meeting 6:30 p.m. at the Cosman Center.

September 23 – Monday Monthly meet-

ing 6:30 p.m at the Cosman Center. Our 3rd annual Western Night. Western attire is optional.





#### askanangel



As the summer begins to heat up, I'm concerned about my aging parents' outdoor activities. They enjoy gardening and trail hiking. My dad plays golf at least twice a week. My mom likes to walk around outdoor craft shows and farmers markets. They even attend outdoor summer concerts. While I appreciate their active lifestyle, and by no means want to discourage it, I worry about their vulnerability to heat stroke. They often leave their cell phones indoors, which worries me even more. Do you have any tips to help my aging parents maintain their active lifestyle in the heat of the summer?

How wonderful to hear Athat your aging parents have such an active lifestyle! With a gentle approach, you can have an open and honest conversation with them, and maybe develop a plan so that you don't have to worry about their health on those hot, summer days. Here are a few tips on how your elderly parents can continue to enjoy the great outdoors as summer heats up.

1. Encourage them to par-

ticipate in outdoor activities before or after the hottest time of day. Suggest that they hit the trails at dawn, instead of waiting until midday. Schedule golf tee times for the first of the day. Advise your mom to beat the crowds at outdoor markets by going first thing in the morning. Look for outdoor concerts that start later in the evening, or earlier in the summer season, before the heat of the summer arrives.

- 2. Insist that they carry their cell phones on them when they head outdoors. Help them make this a habit by hanging a reminder sign near their usual exit doors. Ask them to call you before and after their outdoor activities so you know that they are safe.
- 3. Make sure they wear appropriate clothing for their outdoor activities. Often, older adults feel chillier, even on the hotter days, so they layer in heavy clothing. Find lightweight jackets, long sleeves, t-shirts, and pants that are made from breathable material. Many outdoor stores carry specialized clothing with built in UV protection too. The appropriate clothing will help keep your parents comfortable, without causing them to over-
- 4. Other outdoor must equipment includes sunglasses, a

sun hat, and sunscreen. Create a drop zone near the exit door so that your parents remember to grab their hat, sunglasses, and put on sunscreen before heading outside.

- 5. Encourage your parents to drink plenty of water, before, after, and during their outdoor activities. Older adults are susceptible to dehydration because their thirst reflux is slower to alert their brain of their thirst. Find a reusable, portable water bottle that your parents can carry with them. Include a water reminder on the cell phone reminder sign.
- 6. Finally, set boundaries with your parents about when to avoid going outdoors. Ask them to avoid the outdoors when the temperatures get above your degree threshold. Encourage them to come inside during the peak heat of the day. Remind them that your concerns are coming from a place of love, and that you can focus more on your everyday life when you know they are being safe.
- Have a question for our angel correspondent? You can send our angel an email to apetersen@visitingangels. com, or send your question via mail to Ask An Angel, 65 Woodbury St., South Elgin, IL *60177*.

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#### The Singles Club

The Singles Club is a group that was created for women and men to pursue new friendships and provide an opportunity to go to movies, lunch, dinners and a number of other activities. We look forward to having you join us at our next meeting at Meadow View Lodge in the Oak/Elm room (see change of place for August 8)

July 11 - MVL- Meeting and cards 7-8:30 p.m. July 13 - MVL Game Day 1-4 p.m. Mexican Train and Cards contact Sandy Portincaso - 815-218-

July 23 - Movie/Lunch or Dinner - contact Betty Loid 847-669-6355

August 8 - FVL Hickory Room - 4-6 p.m. Short Meeting, then box dinner provided by Jamesons (\$5 charge) followed by outdoor concert.

August 19 - MVL Game Day 1-4 p.m. Mexican Train and Cards contact Sandy Portincaso, 815-218-2578

August 27 - Movie and Dinner or Lunch - contact Betty Loid, 847-669-6355.

#### Sunflower Garden Club **Presents their annual Garden Walk**

Saturday, July 13 10 a.m. to 2 p.m. Sun City residents and public invited Admission is free.

Drive thru the Center Portico @ Prairie Lodge to pick up your free garden map, Saturday, July 13. 10-11:30 a.m.



\$12,9AM-12PM Monday, June 17 and 24 | Tuesday, July 9 Hickory Room, Prairie Lodge To inquire about tickets call: 847-902-2844







# LET'S DANCE HONORS VETERANS WITH GLENN MILLER TRIBUTE

For the Sun Day

Special Honoree attendees, all in their 90s, were recognized, honored, and thanked for their service to their country at 'A Tribute to the Music of Glenn Miller' concert by the Let's Dance Big Band.

Cathleen Chay, introducing the World War II Veterans individually, gave her "Heartfelt thanks to all veterans who made the ultimate sacrifice and to all those who returned. Thank you for serving our country and protecting our freedoms. Our special thanks go to World War II Veterans who are in attendance tonight."

Introduced and honored were the following Sun City residents: Anthony Catalano, Robert Gordon, Warren Higgins, Pete Karambelas, Charles Locker, and Fritz Masur for their service in WWII.

John and Lois Kemp said, "It's wonderful that our heroes are recognized. They are slipping away and we need to honor and thank them all for their sacrifices."

Juliana Krupka and Rosemary Myer gave each WWII veteran a thankful hug. Krupka expressed, "The hug was in thanksgiving for their service. They all smiled, giving us a hug and kiss in return."

Chay expanded her thanks to all in the audience and the band. "We would like to thank all the veterans here tonight. Please stand up," she said.

The audience expressed their appreciation for their service with resounding applause.

Charles Locker reminisced, "It was a different time. After the bombing at Pearl Harbor, everyone lined up to enlist. We were determined to serve our country."

Francine Vause, daughter of

a WWII vet, said, "I think it's fabulous that these men are honored and recognized."

Joseph Nitti, one of the residents enjoying the concert by dancing, added: "The music is beautiful. It brings back memories. When Pearl Harbor happened, the next day, December 8, all the young men enlisted with no thought of their safety."

"It's a Great Tribute to these men," said Pat Bencich, echoing the feeling of many enjoying the concert.

Judy Lang and John Kawa said, "The music brings back times with friends that are gone. It's a remarkable evening."

Eleanor Kozielski remarked, "I love it that the audience is participating."

Many couples enjoyed the music by grabbing a partner and dancing the song away.

Warren Higgins - described

on his business card as an 'American Patriot Veteran' - is still very active and has published a book: 'The Wednesday Pen: A Grandfather's Legacy to His Family.' Higgins, 95 years young, summarizes his story: "In August 1992 Ryan Pearce turned thirteen, and his grandfather Warren Higgins began a tradition that would carry on until Ryan entered adulthood. Every Wednesday for the next five years, Ryan's grandfather composed a letter filled with life lessons and infused with insight to his eldest grandson. In the five years leading to Ryan's eighteenth birthday, Warren never missed a week not one. Thus, The Wednesday Pen was born. These steady letters, sharing Warren's experiences, thoughts about life, and inspired musings, not only imparted the kind of wisdom that can come solely from the

thoughtful considerations of a grandfather but also kept the family connected despite the miles that separated them. The Wednesday Pen: A Grandfather's Legacy to His Family is an anthology of traditions, wisdom, and teachings--a legacy to pass on to anyone with a love of family. Motivational and deeply touching, this testament to one grandfather's affection will touch the hearts of all who turn these pages."

For the rest of the event, the audience enjoyed the well-orchestrated music of Glenn Miller and enjoyed the opportunity to dance with their favorite partner. The veterans in the audience appreciated the heartfelt thanks from family, neighbors, and strangers.

Coming up: Ballroom Extravaganza with The Let's Dance Big Band with dance lessons, appetizers and two hours of dancing. Tuesday, July 23, 5-9 p.m.



#### reeltimewithtom

# Toy Story 4: Movie ok, ice cream much better





y sabbatical is over and I amback. First and foremost I want to thank Will Moore for filling in during my absence. Will, you did a superb job, and I know the editors are comforted by the fact that someone of your caliber is around to help out if and when needed. Thanks again. (But I wish you had left Rocket Man for me!)

This is the third Toy Story sequel, and as usual, Pixar and Disney join hands providing us with another amazing

production. The "animation" and fast moving action are fascinating to watch. As usual, Sheriff Woody, voiced over by Tom Hanks, and Buzz Lightyear, voiced over by Tim Allen, provide the heroics, determined to keep their families together through thick and thin. This time the adventure takes us on a cross country road trip, where as you might expect there are all kinds of issues to deal with, including some nasty toys with ideas of their own. The climax takes place in an amusement park, very colorful and a perfect place for the family brood of toys to pull off the rescue. While the story line is somewhat predictable despite the challenges our heroes faced, there is a surprise ending which caught me off guard and left me misty eyed, which is not surprising as I am highly sentimental.

I was most assuredly the oldest person in the sold out theatre, and the only one without a youngster in tow. It was fun to watch everyone leave in a good mood, the families who came together obviously had a good time, akin to my experience with Incredibles 2 last year. Find a grandkid or two to take and you will have a good time.



Now about the aforementioned Ice Cream. I doubt there are very few people reading this who don't like ice cream, especially my neighbors Darlene and Larry. Many of us flock to Culvers, some to the Dairy Mart, and the freezer sections at Jewel, Walmart and Aldi are bursting at the seams with

the frozen treats, every flavor known to mankind, with one exception; Blueberry Pie Ice Cream. Oh my, you haven't lived until you've tried some; and I know where to find it. The aforementioned Darlene and Larry introduced us to the Milk House Ice Cream store in of all places downtown Pingree Grove, which very few if any of us have ever heard of. Its' at 230 Reinking Road, but don't blink you might miss it. All of their ice creams are made on site, too good to miss.

P.S. About a year or so ago Netflix began streaming one of their original films, Bird Box, starring Sandra Bullock. The movie got a lot of play, and over 40 million people watched it the first few weeks it was out. I saw it and thought it was great. Now their latest release is called Murder Mystery, starring Jennifer Aniston and Adam Sandler. Thumbs down, its' terrible.

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#### **Garden Walk**

The University of Illinois Extension McHenry County Master Gardeners' Garden Walk 2019

Saturday, July 13 9 a.m. to 4 p.m.

Presented by McHenry County College and

University of Illinois Extension McHenry County Master Gardeners

\$12 early bird (through July 3), \$17 at the door

Visit some of the best home gardens in McHenry County. The University of Illinois Extension McHenry County Master Gardeners and McHenry County College will hold their annual Garden Walk on Saturday, July 13, which will showcase a total of nine beautiful gardens. The tour starts at the McHenry County College Demonstration Garden and meanders through the county.

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#### SEEKING

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At each residential garden, hosts have labeled their plants and will be on hand to answer questions and share their secrets to success. In addition, Extension Master Gardeners will answer gardening questions as well as offer educational materials.

The Demonstration Garden at MCC includes a vine garden, shade garden, theme gardens, and extensive displays of perennials and annuals that grow well in our area.

Buy advance tickets for \$12 by calling 815-455-8588 or online at mchenry.edu/gardenwalk (through July 3). No ticket sales available from July 3 through July 12. Or purchase your tickets the day of the walk at the Extension Master Gardeners' Demonstration Garden at MCC for \$17. All tickets are to be picked up the day of the event at the Demonstration Garden, just off parking lot C — no tickets will be mailed. Your ticket is required to enter each garden.

For information, call 815-479-7570, visit mchenry.edu/gardenwalk or email conferencecenter@mchenry.edu.

#### **Sunflower Garden Club** annual Garden Walk

WALK THROUGH OUR GAR-DFNS

Saturday, July 13 10 a.m. to 2 p.m. Sun City residents and public invited

Admission is free.

Drive thru the Center Portico @ Prairie Lodge to pick up your free garden map, Saturday, July 13, 10-11:30 a.m.

#### The Wall that Heals

Vietnam Veterans Memorial Replica and Mobile Education American Legion Post 679 and True Patriots Care is sponsoring 'the Wall that Heals,' a replica of the Wall in Washington DC.

This wall is provided by the VVMF (Vietnam veteran Memorial Fund) and directly associated with the wall in D.C.

July 4-7 Randall Oaks Park West Dundee, IL www.wallthathealsdundee.com

#### **Looking for ball players**

Baseball has changed a lot since it was played in 1859. But it's still possible to catch up on the original lingo and rules that first made the game great.

The McHenry County Historical Society's "club nine," the McHenry County "Independants," will play the first of two games this season, starting at 2 p.m. Sunday, June 30, at Algonquin Road Elementary School, 975 Algonquin Road in Fox River Grove, against the celebrated Chicago Salmon. A second "match" begins at 3 p.m. Aug. 24 in Grayslake. Prospective players must be fit enough to run the

bases (even slowly) and be able to make the games. Both events are free.

This type of Civil War-era baseball, or "base ball" as it was called, differed radically from today's rules. Players did not use gloves. A ball caught on the first bounce was considered an out, and a ball was considered fair or foul based solely on where it first touched the ground.

Those interested in learning more should contact historical society administrator Kurt Begalka at 815-923-2267 or email kurt@mchenrycountyhistory.org.

#### **CAR ENTHUSIASTS**

We are interested in starting a car club here in Sun City. Nothing formal, just those interested in cars, i.e., antique, vintage, pre-classic, classic, muscle, special, etc. Weekly, semi weekly, or whenever the mood strikes, venture out in a radius of about 50-100 miles for breakfast, lunch, dinner, with our wives, significant other, or by ourselves, to enjoy the camaraderie of our same interests in cars. Primarily Summer and early Fall excursions. If interested, please contact Heinz at 708-280-0449 or Bob at 847-515-7558.

#### **Lineup of Creative Living Speakers Announced**

2019-20 Season Begins with "Hamilton" Star Miguel Cervantes

The Woodstock Fine Arts Association announces the following schedule of programs in the 56th season of its Creative Living Speaker Series:

October 17: Miguel Cervantes, star of "Hamilton," shares his amazing story in "The Hamilton Effect"

November 21: Beatles expert Robert Rodriguez on the powerful collaboration of Lennon and McCartney

January 16: A look inside the studio of Caldecott Medal-winning illustrator Matthew Cordell February 20: Mary Zimmerman on "Staging the Impossible"--visual metaphor in adaptation for the theater

March 19: Newberry Library's Liesl Olson on the Chicago Renaissance in literature and art, 1893-1950

April 16: Glass artist Katherine Gray describes the challenges of making the invisible, visible

All programs begin at 10 a.m. at the Woodstock Opera House. Coffee and conversation offered beforehand at Stage Left Cafe. Series subscriptions are \$115 each. Single tickets are \$25 each,

available after September 3. Contact the Woodstock Opera House box office at 815-338-5300 or www.woodstockoperahouse.com.

#### **Great Art on Screen at Woodstock Opera House** New Series Co-Sponsored by



Woodstock Fine Arts Assn. and Woodstock Opera House Beginning on Thursday evening, May 30, Woodstock Fine Arts Association and Woodstock Opera House present Great Art on Screen, a four film series that will be shown at the Opera House on its newly acquired large screen. The equipment was donated by WFAA in memory of

Tickets for each program are \$18 and may be purchased through the Opera House Box Office, 815-338-5300, or online at www.woodstockoperahouse. com. All programs begin at 7 p.m.

Darlene Fiske, a founding mem-

ber of the organization.

June 27: "CARAVAGGIO: THE SOUL AND THE BLOOD" -- An immersive journey through the life and works of the Italian master Michelangelo Merisi di Caravaggio. This examination of the artist's masterpieces uses cinematic techniques to reveal his impulses and fears, the echo of his personal experiences and the expression of the human condition.

July 25: "KLIMT & SCHIELE: EROS AND PSYCHE" -- An examination of two artists at the heart of the Vienna Secession features images of extraordinary visual power against the backdrop of nocturnal Vienna full of masked balls and erotic dreams: from the eroticism of Klimt's mosaiclike works to the magnetic nudes and contorted figures of the young Schiele.

August 29: "WATER LILIES OF MONET: THE MAGIC OF WATER AND LIGHT" -- A voyage through the masterpieces of Claude Monet led by Monet scholars of the museums that house the largest collections of his work and his own house and gardens at Giverny. Monet's obsession with capturing light and water broke all convention; his timeless masterpieces revolutionized Modern Art.

#### **Woodstock Opera House** Showboat

Tuesday July 18 at 7 p.m. \$15 Adults, \$10 Student Chicago

Tuesday August 13 at 7 p.m. This 1975 musical was shaped by its director, Chicago native Bob Fosse. The show was subtitled "A Musical Vaudeville" because many of the numbers in the memorable score were pastiches of a particular vaudeville performer or type of act. You'll hear the historic originals, then the songs they inspired. On the way, you'll learn a lot about the city of Chicago in the 1920s

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The Banking Benefits – Deposit Introductory Program offers a high yield fixed Introductory Rate during the first 12 statement cycles after opening a new Consumer Money Market Savings account with State Farm Bank®. A new Consumer Money Market Savings account means you cannot have an existing Money Market Savings with the same ownership currently open or which closed within the last 12 months. Your Benefit account balance must remain below \$5,000,000 to earn the Introductory Rate. If the account balance is \$5,000,000 or above, you will earn the Standard Rate on your entire balance. The new Money Market Savings must be a Personal or Trust account. IRA Money Market, Estate, Uniform Transfer to Minors and Business accounts are NOT eligible.

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