# SUII DE LOUIS ERVING THE COMMUNITY OF SUN CITY IN HUNTLEY



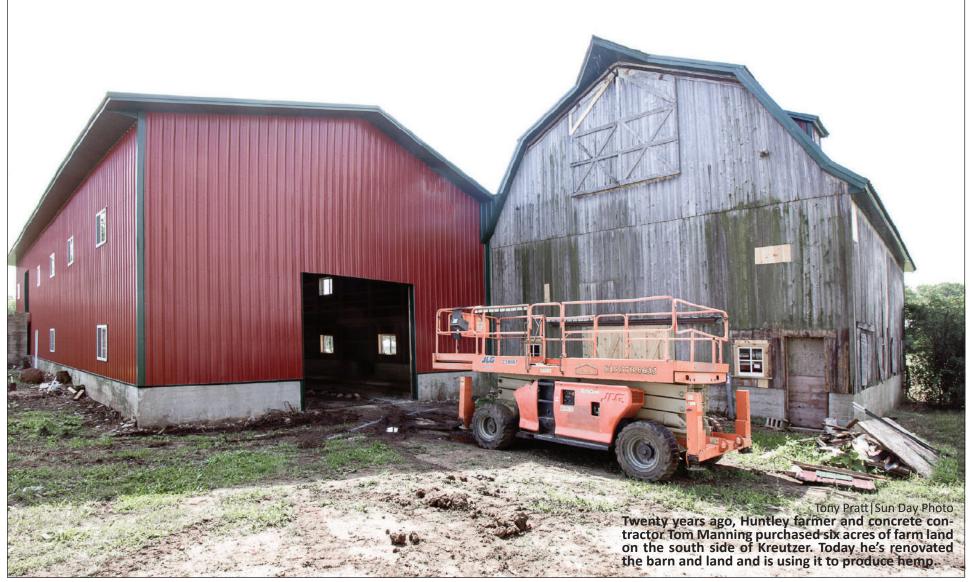
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Sept. 5 - Sept. 18, 2019

# LOCAL FARMER BRINGS POPULAR COMMODITY TO HUNTLEY



For the Sun Day

During World War II in the 1940s, hemp was tough and provided American troops with stout rope and parachute cords. Domestic production of

it was considered "patriotic."

Today, hemp is in many products and markets that serve the economy. Bottom line: Hemp-growing has come to Huntley and Kane County.

But this story isn't only about reviving a product, it's about a man with a strong connection to the history and building of Sun City. It's about Tom Manning, and his roles in the community's history. Tom was a Huntley-area concrete contractor and farmer when Del Webb Corp. came to Huntley and started building Sun City in the mid to late 1990s. Seeing an opportunity, Tom hooked his concrete company to Del Webb's project to build the first Sun City outside America's sun belt.

"I didn't keep track if the details, but I tell Sun City people that I probably built the concrete sidewalks and maybe

some of the driveways around their homes," Manning said in a recent interview with the Sun Day.

At about the time Sun City opened 20 years ago, Manning bought six acres of farmland on the south side of Kreutzer **HEMP**| Pg. 4





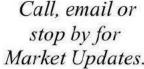
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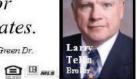
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### qu/ckquote

"Those are the stories that I think really need to be heard, and I try to share those from my personal experience and from working with World Trade Center survivors and other Pentagon survivors." Ryan Yantis | 9/11 Pentagon Survivor | Pg. 16

# Will you accept this ruse?



Last winter, when it was too cold to do anything outside of the house, and when I had a free trial of You-Tube TV, my friend Kera and I decided it would be fun to distract ourselves from the negative temperatures outside and watch ABC's "The Bachelor."

For those who don't watch the show, "The Bachelor" features a cast of 20 women who compete to win over the Bachelor through a series of dates, parties, and trendy locale vacations. There is one winner at the end, narrowed down through a series of rose ceremonies that eliminate contestants each week. "Will you accept this rose?" the Bachelor asks the contestants each week. The show started in 2012, and it's picked up a large following ever since. It dominates social media. It's mentioned at every turn on Facebook, Instagram, and Twitter.

I don't have a TV, so in order to watch, I propped up my computer on a small marble table I bought from Hobby Lobby, the electrical cord glamorously winding across the floor to the outlet. I had to plug in my little pink external speakers in order to hear the sound. Kera made the popcorn. I provided the rose wine. We were just playing the stereotypical demograph-

ic for the show, of course. We weren't really like this.

"We're watching ironically," we said to comfort ourselves. We weren't the type of people that actually wanted to watch the show. We were the ones watching solely for the purpose of mocking it.

Three Bachelor seasons of watching later, are the lines blurred? When does being an "ironic" spectator cross over the line into true fandom?

To answer this, let me explain that there are two types of fans who watch the show. Those who think that the contestants are all speaking and acting candidly, with the cameras merely there to capture honest drama, and those who think it's scripted.

I'm a part of the second camp. Sure, Kera and I will

gasp when the Bachelor makes certain decisions or when one of the contestants does something wild ("I can't believe Demi interrupted him like that!"). We almost hope some of the show's drama and romance is real. But in the end, we know it's all scripted. (Right?)

I think we are fans. But I think we're fans of our own way of watching. We know it's all a pre-planned screen-play under the guise of a reality show, yet here we are. We still sit on my living room floor, gazing into my computer screen, guac and chips and sparkling water by our side, waiting to see what the cast will say and which few words weren't listed on ABC's script.

# haneyourhat

For years, Paul Harvey, a well-known radio personality entertained a vast listening audience with banter and chit chat about life occurrences that didn't make the headlines. His stories were always interesting and informative.

He called the special segment of his daily show: NOW YOU KNOW THE REST OF THE STORY. The closing words provided a surprisingly little-known fact about THE REST OF THE STORY.

Here in Sun City, the expansion of Northwestern's Physical Therapy facility provides an opportunity for interested residents to KNOW THE REST OF THE STORY.

In spite of a resident's suggesting at the Board meeting, that the Northwestern Physical Therapy issue is "Like Beating A Dead Horse" meaning any further discussion about the issue is pointless there

are some additional facts that are interesting and should be something you may want to know.

\*The Physical therapy service was launched in a corner of the walking track

\*Some how, some one realized, to no one's surprise, that the space was inadequate

\*Somehow, someone including the Fitness Committee, CAM Board, Fitness Manager, and Centegra's Liason, agreed to convert the fitness manager's office to accommodate an expanded physical therapy facility.

\*THE REST OF THE STORY: Full service therapy requires a variety of types of equipment. Therefore current fitness facility equipment will also be available to therapy patients on a monitored basis. When, Sun City's space or equipment are inadequate, patients will be directed to the hospital or a facility of

their choice.

\*MORE REST OF THE STORY: Sun City is providing an incubator of revenue generating services for the hospital. It falls in the category of commercialism, business, trying to increase market share.

Sun City is participating in a commercial venture competing with at least six therapy services in town. Bonus incentives as offered in the current Lifestyle, smack of marketing offers, such as buy one get one free or \$1000 off MSRP. Why the incentives for therapy?

\*What's next? Not to trivialize the possibility but maybe a valet pick up service to and from home and the Lodge for therapy sessions.

**JIM DAROW** Neighborhood 5



# 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? Send it to

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Road, just a few hundred yards west of the Union Pacific Railroad track crossing. The site is part of an old dairy farm dating back to the 1930s, and is located in Kane County. It was the county that provided Manning with a special license he needs to grow his "new" product. "I bought land as an investment originally, but now I've decided what I'm going to do with [it]," Manning said.

Many Sun City and Huntley residents probably have noticed that an old dairy barn that sits on this property has had its roof replaced and that a large red building has been attached to the old barn and there is construction work being done on the property.

Curious about the activity, the Sun Day stopped at the site recently, and Manning himself walked out of his "new" barn to greet the visitor.

"What is going on here?" Manning repeated the question he was asked. "We're turning this six acres into a hemp farm, and we intend to develop this site into a productive hemp farm and sell it to producers that are located today in northern Illinois and southern Wisconsin."

In recent years, hemp growers and producers have found markets that are making paper, textiles, clothing, biodegradable plastics, paint, insulation, biofuel, food, flooring, and animal feed, according to a July report in the Daily Herald. Hemp plants are already growing profusely on three sides of the sixacre Huntley site surrounding the revitalized and enlarged barns.

Manning himself works the site and has already hired employees to help him with the initial planting.

"Our new larger barn near Kreutzer Road will be used as a growing site for the plants, he said, "and the old barn will be the drying site where the hemp is prepared for shipment to growers." Running the business along with Manning is one of his four daughters, Maggie. "My father works the planting along with the employees, and I do a lot

of other things in the business," Maggie said. I'm the only one of my sisters who is interested in this kind of business."

Tom and his wife, Eileen, live in a large home just west of Huntley on Church Road in McHenry County, near Marengo Road. Because of his work with Sun City in the late 90s, he still feels a strong attachment to the community, and that's the reason why he bought this property.

"I got the idea for this project from Brian Kay, who runs a nursery near here," Manning said. "I knew his dad earlier. Brian has been very helpful to teach me what this hemp stuff is all about

"We bought the site as an investment, but I always thought it would be good to own a piece of land that we could put to good use," Manning said.

According to the Daily Herald article, industrial hemp is making a legal and financial comeback in Illinois, the state's Department of Agriculture officials report. It has granted industrial hemp licenses to more than 550 growers and 118 processors this year, including many in the Chicago suburban area. Growers are motivated to grow hemp because the plant produces CBD, the ingredient found in prescribed medications and a variety of over-the-counter products that legally can't make health claims, but which are popular with some as cures of whatever ails us, according to the Herald article.

Manning's work with Del Webb isn't his only connection to Huntley. James Dhamer, Huntley mayor who signed the land development agreement for Del Webb's 2000-plus acres in the 90s, is Manning's uncle. Huntley honors Dhamer today by naming a road at the south side of the community after him.

Whatever venture Manning has tried has succeeded, and there is every reason to expect that this one should do the same. Huntley was once considered the dairy capital of Illinois. Today, the village is home to the production of grilles for the outdoor amateur chef, medical devices, and many other products for the home, business, and even the military.

#### The Shalom Group

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.

Sunday, September 15, at 12 p.m. Shalom Sunday Cabaret. Pizza lunch followed by Jeff and Janis performing music by Jewish composers.

Monday, September 16, at 12 p.m. Ladies lunch at Moretti's.

Friday, September 20, at 3 p.m. in Fountain View. Shalom Book Club followed by dinner. Monday, September 23 at 9:30 a.m. Men's breakfast at Brunch Cafe.

#### **Polish-American Group**

NO REGULAR meeting IN SEPTEMBER due to all our other activities that are planned for this month. Circle calendars for – Annual Picnic on Friday, September 6, at 11:30 a.m. at FV Pav. Miniature Golf 10am on Sept 11 at Lippold Park (then Culvers). Potawatomi Casino trip on Sept 18

Next regular Monday meeting: October 21. Contact Bonnie Autowski, President, at 217-971-2863 or Bjvett@aol.com



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#### theviewfromplanetkerth

### It's time to take an adult look at our childish toys



TR KERTH Columnist

When I was a kid, Mom had a little pearl-handled pistol that she kept in her top dresser drawer. I wasn't supposed to know where it was but I did. And sometimes when Mom and Dad were in the yard I would sneak into their room, take the gun out and play with it because it was prettier than any toy I owned.

I don't know if it was loaded, because I never pulled the trigger. It may have had a safety that would have kept it from firing if I had pulled the trigger, but I don't know. I just pointed it here and there and pretended I was shooting bad guys. I squinted one eye and stuck my other eye into the end of the barrel to see what it looked like down there.

And then I put the pistol back exactly where I found it, so Mom and Dad wouldn't know that I knew where they kept it. As long as they didn't move it to a more secure place, I could play with it again some other time.

Decades later, as Dad lay on his deathbed, he ordered my older brother Bill to destroy that pistol.

"I'll take it to the police station tomorrow," Bill said.

'No," Dad said. "Destroy it. With a hammer. I want to see it."

Bill did as Dad asked, and Dad died with his heart at peace when he saw the twisted metal, knowing that none of his young grandkids would ever find that gun and make a tragic game of it.

Dad owned guns all his life because he was an avid hunter and a crack shot at skeet and trap. I learned to shoot safely and responsibly at his hand, and we hunted together every fall and winter.

Dad is gone now, and his guns went to my brother Bill and me. Although I inherited half of Dad's many guns, they are all kept at Bill's house because he has a locking gun safe and I do not.

Any gun kept at my house is stored separately from its ammunition, which is always kept under lock and key.

I own a shotgun, because someday I may want to shoot a pheasant or a rabbit again.

I own rifles, because someday I may want to shoot a deer.

I do not own a pistol, because my fear of being attacked by invaders is less than my fear that such a weapon is far more likely to kill me or someone I love, as statistics prove.

And I sure as hell do not own an assault rifle with highcapacity magazines, because I have no desire to shoot large numbers of human beings in a military-style engagement, which is the only reason to own a gun like that.

I once was an NRA member back in the 70s, when that organization was opposed to military-style weapons and wanted primarily to guarantee that Americans would still be free to reasonably enjoy their Second Amendment rights with reasonable weapons. I left the NRA a long time ago, once their leaders embraced wide-open gun ownership that even most current NRA members disagree with.

A few weeks ago, on the heels of senseless massacres in Dayton and El Paso, I wrote a column that questioned gun laws that protect our "right" to own weapons of mass destruction, like AK47s with high-capacity magazines. While most reader responses agreed with my opinion, one letter from Cindy D suggested that the answer to gun violence was still

"Take guns away from citizens," she wrote, "and only the criminals...and government will have guns. No thanks."

I won't quote her further, because it was just more of the mindless NRA quacking points you already know notions that miss the essential point that even our military and law - enforcement community want military-style weapons to be out of the hands of private citizens.

The Second Amendment begins with the words: "A well-regulated Militia...." It is significant that our Founding Fathers spoke of gun regulations at the very start of their thoughts on gun rights. But you won't hear the NRA remind you of that.

I thanked Cindy D for her email. I had said my point; she had said hers. Case closed, I thought.

But then today I got a note from Bob M, who also lives in Sun City.

He said: "Our son was killed in July, 1989, because our across-the-street neighbor had a loaded unsecured firearm in his basement. His 10-yearold son shot and killed our 11-year-old son. Parents and grandparents need to ask if there are firearms in houses where their children and grandchildren play. It can save a life."

Bob went on: "We would have a much better world if we would concentrate on prevention, rather than offering thoughts and prayers after people have lost their lives. We can have reasonable gun control without impinging on any rights. Let no one misunderstand. Guns actually do kill people. That is what they are designed to do."

Bob and his wife lost their son forever because of a tragic kids' game with adult toys. More than sixty years ago, I would have been that kid but for the grace of God.

I played with Mom's gun. I survived. My friends survived because....

Well, just because.

And that was just a pretty pistol. Imagine how much fun an assault weapon would be to play with! And then imagine that toy in the hands of a disturbed adult.

Yes, we have rights. We should preserve them, as Cindy D writes.

But we also have responsibilities to ensure that our rights don't rob others of their fundamental right to be alive. And those responsibilities require thoughtful regulation, as our Founding Fathers wrote.

And if you don't get that yet, then you should spend a lot of your time on thoughts and prayers that you won't have to live the rest of your life as Bob M and his wife do, with only aging photographs to remind you of your child who will never have the chance to get even a day older than he was on the playful day he died.

• 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.



Tony Pratt | Sun Day Photo

Starting September 5, Sun City will have a new gathering place located just outside the lodge and overlooking the golf course. The fire pit is four feet in diameter and seats twelve with additional seating available.

#### NEW FEATURE 'HEATING UP' SUN CITY JUST IN TIME FOR COOLER WEATHER

BY CHRISTOPHER BORRO

For the Sun Day

SUN CITY - Just outside

the Solarium, overlooking Whisper Creek Golf Course's eighteenth hole, visitors to Sun City's Prairie Lodge &

Welcome Center might notice a new addition to the outdoor patio: a firepit.

"We wanted to give the resi-

dents another gathering area, in this case one that was outside," Dennis O'Leary, president of the Sun City Community Board of Directors, said.

"It's a nice opportunity to come in the evening, sit, and relax," he added.

The idea for the firepit was born out of a strategic plan the community board came up with; as part of a conversation as to what features residents would like to have in Sun City, the notion of outdoor seating was discussed and approved. After that, O'Leary said, the board approved a bid to construct the pit itself.

The circular pit is four feet in diameter, with a brick paved surface, and with stonework added for a seat ledge. It is surrounded by a dozen chairs, with more waiting just inside to be moved outdoors if the need arises.

Designed during the winter, O'Leary said it took "four or five weeks, all told" to construct at a total cost of \$70,000, which included landscaping and furniture.

The firepit will officially open to the public on Sep-

tember 5, launching with a kick-off party, although it was completed in mid-August. The public reaction to the firepit may prompt additional changes to the patio.

In its current form, the area surrounding the firepit has no "shady spots," as O'Leary said, which might provide respite from the sun. He said the board will gauge community reactions and renovate accordingly, provided the public deems it a necessity.

The board chose not to add any shading so as not to obstruct the view, he said, calling the vista of the lake and waterfall of the course a "signature view" for Sun City.

In addition, the current seating capacity may be permanently increased if such a need

O'Leary also said the possibility of additional firepits across Sun City wasn't out of the question, as well, so long as the residents have a desire for more gathering places of a similar nature outdoors.



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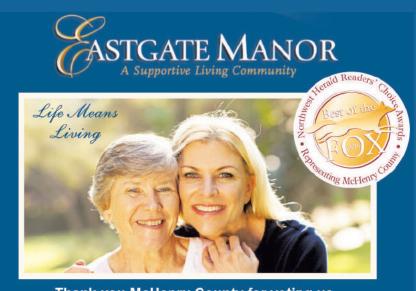
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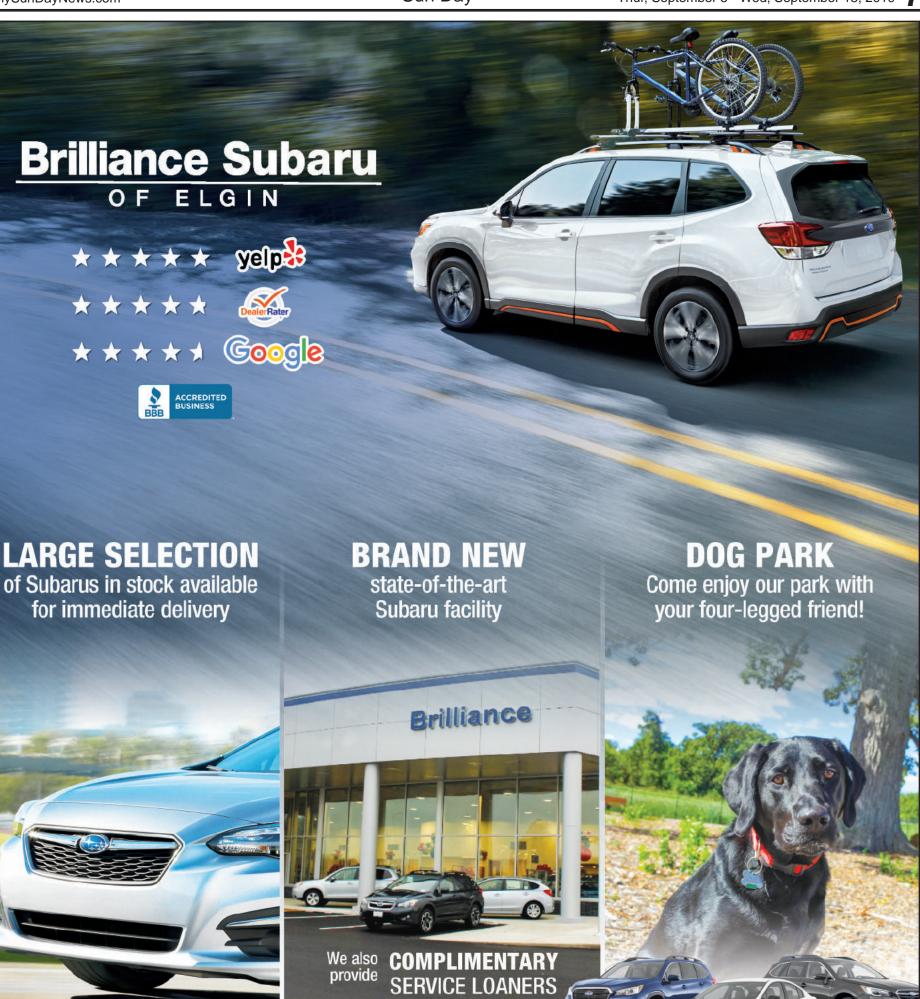


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# Water the odds

# McHenry County water forum sheds light on rainy days

By Stew Cohen Staff Reporter

McHENRY - We've had a very unusual summer in northern Illinois because of prolonged wet weather. But this doesn't surprise Water Resource Specialist Scott Kuykendall. He's always alert to extremes.

A staff member of the McHenry County Department of Planning and Development, Kuykendall is very aware of increasing precipitation patterns. He is preparing for the annual McHenry County Water Forum on Flooding.

"I've received calls daily from people saying we've had flooding, but it's different now," he said.

McHenry County residents, especially the repeat victims of flooding, are constantly alert. They've witnessed the Fox River overflow its banks from north to south. It's only been a couple of years since then Governor Bruce Rauner personally encouraged volunteers filling sandbags and heard the concerns of flood victims living along the Fox River in Algonquin. Rauner's visit gave the Fox River statewide attention though people like Kuykendall have followed water issues in McHenry County all along from flooding to safe sustainable water supplies.

Hosted on September 11 by the McHenry County Department of Planning and Development with key sponsorship from McHenry County College and the Heartland Realtors Organization, the forum will allow people to learn more about flooding and what they can expect in the future in McHenry County. "We are getting more and more rain from more intense storms and this apparently will continue,

so we must learn how to adapt ourselves, our communities, and our homes," Kuykendall

Using rain as more of an asset than a liability presents a different mindset.

Cynthia Kanner, executive director of the Environmental Defenders of McHenry County, and her volunteer staff with the water and natural resources protection committee are involved with the McHenry County Water Forum. Kanner will go Facebook Live inside the MCC Luecht Auditorium and Conference Center in Crystal Lake as presentations begin at 6:15 p.m. on September 11. She'll bring to Facebook Live comments from not only Paul Osman, chief of the Illinois Department of Natural Resources: "Flooding in Illinois" but also from other speakers talking about such topics as "Floodplain Management in McHenry County" and "Approaches to Address Local Flooding." Kanner's idea involves native plants.

"One of the things that I do is to have native plants as a garden in my front yard instead of turf grass. Water soaks into the native prairie plant and drops down into the aquafer, however, water runs off turf grass very easily and isn't soaked back into the earth," Kanner said.

Kuykendall believes you can do things in constantly wet areas . "You can create a rain garden and direct runoff from your roof to a rain garden so it can seep into the ground. Plant native vegetation with deep roots and it'll act like a sponge and reduce the amount of water coming off your property so it's actually contributing less runoff to your neighbors downstream," Kuykendall said.

The McHenry County Water Forum is a free program from 5:30-8 p.m. and includes food served by Duke's Ale House and Kitchen. The main event is the speakers, specialists in managing flooding and water resources. You'll also have a chance to speak one-on-one with such professionals as engineers, ecologists, planners and conservationists.

McHenry County continues working on updating its Water Resources Action Plan (WRAP). The Forum on September 11 is a part of WRAP. Once the WRAP Task Force is finished, McHenry County will have a comprehensive guide on water resources. Upcoming task force meetings include October 9 on Transportation and meetings on November 13, December 11, and January 8, and February 12 and March 11 on the draft WRAP review.



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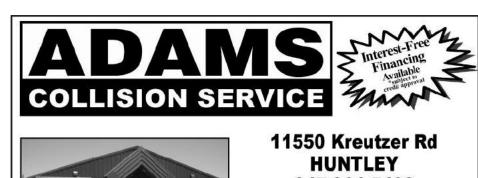
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Christine Such | Sun Day Photo

2019 World Series champs, The Capitals, pose for a victory photo.

BY CHRISTINE SUCH

For the Sun Day

SUN CITY - Sun City Softball reached the end of the season and dove into the week of playoffs.

On August 19 in its bid for the playoffs, the #4 ranked Nationals beat the #1 Ranked Lumbarjacks with a stunning score of 12-2.

A rainout on both days, August 20 and August 21, caused second championship series playoff game to be rescheduled to August 22. That Thursday night, witnessed

by the standing room only crowds, the number 2 ranked Capitals took the game from #3 Ranked Coyotes 12-7.

Pat Klatt, assistant manager of the Coyotes said, "Great game last night. Looking forward to the inaugural Sun City World Series!"

The newly formed and entertaining pom-pom squad, the Sun City Spirits, performed pre-game on the first game of the finals on August 23. The fans got their money's worth with an 11-inning game. The Capitals endured the extended innings game and won the 1st game in the Final World Series games. The ending score Capitals 9 Nationals 8.

On August 24, The Nationals took the charge of that playoff game and extended the series with the Score Nationals 9 and Capitals 4.

A rainout on Monday, August 26 pushed the final game of the Sun City World Series to Tuesday, August 27. Umpiring all the World Series games, Glenn Groebli and John Roccosanto took their places to

rule on the game that would determine the victor. Taking on the responsibility of keeping the crowds informed, was Gary Krewer, announcing the play-by-play and keeping the Score Board updated was John James.

The first inning started with Nationals at-bat. Dion Zinnel hit to get on base and tried to extend the hit to second base, where he was called out. Steve Kutska hit a strong ball right into the mitt of the pitcher Rick Sebastian. Bob Ross received a gift and got a walk onto 1st base. Dave Sanders ended the inning with a hit right into the mitt to the third baseman.

Pitching for the Nationals Tom Bischoffer, gave the first batter up, Rick Sebastian, a base hit. Les Meurit hit next and an error put him on base and Bischoffer advances.

Krewer announced, "Dan Quirk number 14 is up next. This will be Dan's last game in Sun City."

Quirk hit a fly ball that is caught but brings in Sebastian,

SOFTBALL | Pg. 15







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



By Joanie Koplos For the Sun Day

y recently published story on the FASTING Diet has motivated me to continue the diet theme throughout my next three H&W articles. Each proposed change in your eating habits attempts to inform readers of a variety of ways to eat healthier and maintain/lose weight. The word "diet" here then refers to following basic life-altering eating habits that are targeted to improve your health. A multitude of studies have been used to come up with the scientific results on each of my chosen eating patterns: FASTING, KETO, PALEO, and PORTION CONTROLLED. For those needing a healthier lifestyle in nutrition, as well as better weight control, one of these plans might be worth trying. But remember, these nutrition regimens are unlike fad diets from the past which helped you to lose weight at an unhealthy pace, and were never meant for the long term scheme of things. These daily diets are proposed to be present and future life-altering positives for your health.

In an attempt to decrease the amount of Americans suffering from heart disease in the 60s, the FDA (Food and Drug Administration) proposed erroneously that Americans eat less fat which led to more carbohydrates, especially processed ones, in their diets. More carbs then signaled their pancreases to produce insulin to decrease blood sugar levels. Less digested fats also meant shorter periods between hunger pangs leading to more consumption of carbs. The result has been catastrophic! 'Bill Turner, author of "Food for Thought" at The Lake/Lake Geneva Magazine

explains, "This is the well-documented 'carbohydrate-insulin' model of obesity and diabetes."

Dr. Josh Axe, author of "Keto Diet: Your 30 Day Plan to Lose Weight, Balance Hormones, Boost Brain Health and Reverse Disease" gives us the following terrifying data: "In 1960, 31% of U.S. adults were overweight and 13% were obese. Today, a whopping 70% are overweight - and more than a third fall into the obese category, where the risks of weight-related health problems are the most dire."

In fact, the Centers for Disease Control and Prevention reports that there are now more than 100 million Americans with diabetes or prediabetes.

As noted in the renowned medical journal, The Lancet, a huge study of 135,000 adults was conducted in 18 countries. The research discovered a high-fat diet led to lower death rates, while a high-carb diet led to a higher risk of mortality. The National Institute of Health performed two more mega investigations in 2016 and 2017. The institute discovered no relationship between heart disease and the consumption of fat. As a result of these findings, the FDA has now officially reversed its earlier teachings on dietary cholesterol being a health factor. For example, the consumption of more dietary cholesterol, as in eggs, has been found to produce less cholesterol in the body, and the opposite is true, as well.

\*\*\*Thus, the Keto or Ketogenic diet was born. It includes a program for low-carbohydrates and high-fat content. Unpopular in the 60s, Turner tells us, "The Keto is a new generation of the Atkins diet, like a new generation of the Ford Mustang."



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#### historyhighlights



**Sept 5, 1836** - On this day in 1836, Sam Houston is elected as president of the Republic of Texas, which earned its independence from Mexico in a successful military rebellion.

Sept 6, 1915 - First tank produced. A prototype tank nicknamed Little Willie rolls off the assembly line in England. Little Willie was far from an overnight success. It weighed 14 tons, got stuck in trenches



and crawled over rough terrain at only two miles per hour. However, improvements were made to the original prototype and tanks eventually transformed military battlefields.

**Sept 7, 1977** - On this day in 1977, President Jimmy Carter signs a treaty that will give Panama control over the Panama Canal beginning in the year 2000. The treaty ended an agreement signed in 1904 between then-President Theodore Roosevelt and Panama,

which gave the U.S. the right to build the canal and a renewable lease to control five miles of land along either side of it.

Sept 8, 1504 - One of the world's most beloved works art, "David," the 17-foot-tall, 12,000-pound marble masterpiece by Michelangelo Buonarroti, is unveiled to the public in Florence, Italy's Piazza della Signoria. Carved from a single block of white Italian Carrara marble that had been rejected by other artists for being flawed, the massive statue depicts a nude David, the Biblical hero who used a slingshot to slay the giant Goliath.

Sept 9, 1971 - Prisoners

riot and seize control of the maximum-security Attica Correctional Facility near Buffalo, New York. Later that day, state police retook most of the prison, but 1,281 convicts occupied an exercise field called D Yard, where they held 39 prison guards and employees hostage for four days. After negotiations stalled, state police and prison officers launched a disastrous raid on September 13, in which 10 hostages and 29 inmates were killed in an indiscriminate hail of gunfire. Eighty-nine others were seriously injured.

**Sept 10, 1897** - On this day in 1897, a 25-year-old London taxi driver named George

Smith becomes the first person ever arrested for drunk driving after slamming his cab into a building. Smith later pleaded guilty and was fined 25 shillings.

Sept 11, 1814 - During the Battle of Plattsburg on Lake Champlain, a newly built U.S. fleet under Master Commandant Thomas Macdonough destroys a British squadron, forcing the British to abandon their siege of the U.S. fort at Plattsburg and retreat to Canada on foot. The American victory saved New York from possible invasion and helped lead to the conclusion of peace negotiations between Britain and the United States in Ghent, Belgium.

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# Sheldon Clark's Creative Corner

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

Sun City has a new fire pit seating area. Bring the latest copy of the Sun Day to discuss stories with your friends while enjoying a toasty evening around a comfy fire!

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

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Ultimately, companionship and interaction with others are powerful tools to enjoy retirement, and with so many entertaining options and the caring community staff on hand, Huntley Springs will certainly bring residents together.





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# **September Information Seminars**

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# Monday, September 16

Lunch and Learn

Registration: 1:00 p.m.

Presentation: 1:15 p.m.

Dine and Discover

Registration: 4:00 p.m.

Presentation: 4:15 p.m.

Seating is limited. Please call for additional information and to RSVP today:

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Christine Such | Sun Day Photo

Lucille 'Lulu' Winkelman was born in 1913 to a family of farmers. She was brought up from a young age to always look forward.

**CHRISTINE SUCH** For the Sun Day

Sun Day

Traveling is a common activ-L ity that many participate in throughout their lifetime. Betty "Lulu" Lucille Winkelman is no stranger to the world, having been to 19 foreign countries and on 90 cruises total.

What makes Winkelman's love of adventure so extraordinary is that even on her 100year birthday, she continued her favorite hobby on board a cruise to Costa Rica. A birthday trip made unforgettable by the 100 flowers gifted to her and the 4,000-person chorus singing "Happy Birthday."

Although now 106-years old, the high-spirited Winkelman has not slowed down in tackling activities such as cooking and reading, with a little help from a virtual library and audio books. Technology from a time vastly different than when Winkelman was growing up.

Born on April 3, 1913, Winkelman was the second oldest out of six children that was raised on a farm in northern Missouri.

Winkelman remembers her

time as a child in Missouri.

"I didn't know any different. We were happy. We all had our own job and thought nothing of it. I fed the chickens and carried wood for our stove. We didn't have a furnace. I rode a horse to school in the winter time. walked in the summertime for two miles. We tied the horses to a fence and during lunch time all the children would run out of the one room school house to feed the horses," she said.

As for her home life growing up, she describes it as nothing short of wonderful despite some hardships.

She explains, "I had a good home life for a while, then my father became ill. Then it wasn't very good. My mother was left with six children to care for and worry about, but she did a wonderful job with the things she taught us and what to do and not to do and think of others before yourself. Don't look at somebody else and don't feel sorry for yourself. Be thankful for what you have. Those things stick with you."

Winkelman came by herself to live with an aunt in Chicago at just 15 years old. In 1929, at

the age of 16, she got her first job as a phone operator at Illinois Bell, today known as AT&T. As the company transitioned to dial service, Winkelman moved through the ranks to soon become a consultant in aiding other businesses in Chicago with their communications. This included helping the police department and various hospitals move from manual to dial service.

Winkelman continued to work at Illinois Bell for 39 years, until retiring in 1968.

She credits her longevity to not listening to what others think and looking ahead. A life lesson she shared with her husband of 54 years, Larry, who she happened to meet at a house party. They had no children together, instead choosing to travel and experience unique cultures.

Winkelman continues to live life to the fullest of her abilities alongside some family. This includes Robert "Bob" Gordon who currently resides with Winkelman after moving to Sun City from Arizona alongside her 6 years ago.

Their friendship spans as far **LULU** | Pg. 21





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op-ed

# Quality programs define NAMI-McHenry County

(Editor's note: What follows is a COLUMN submitted by Sun Day Staff Reporter Stew Cohen.)

Acall for improvements in the world of mental health may seem a natural one after the recent mass shootings in El Paso and Dayton.

The reaction to mass shootings in general seem to be based on the status of gun control regulations and perceptions that mental illness leads to violent behavior. The responses are two-fold; tighten laws for access to guns and improve the mental health system.

Based on a Danish National Register study and a linking study in the U.S., the risk of being subjected to crime shows a very small, single digit connection to schizophrenia, bipolar disorder, and depression. What the study shows is that people diagnosed with a mental illness are more often victims of violent crime and discrimination.

The mentally ill are victims of a stigma and because of its propagation, there are consequences. Organizations such as NAMI and National Institutes of Mental Health work hard to dispel myths because they recognize people in need of mental health counseling fear the stigma and may not seek professional help.

NAMI believes strongly in successful treatment and support leading people to live good quality lives.

The announcement of the fall lineup of programs by NAMI-McHenry County (National Alliance on Mental Illness) coincides with questions nationwide of what is being done to provide more hands on for those suffering from mental illness. Alex Campbell, NAMI-McHenry County executive director, put context to a call for more efforts nationwide on mental illness.

"NAMI's mission is to provide sup-

port, education and advocacy for those who've been diagnosed with a mental health challenge and also to provide those same services for their families," Campbell said

One of the programs discussed in the kickoff is Youth Mental Health First Aid Training. This is an 8-hour training designed for teachers, school staff, and parents. Caregivers, neighbors, and health and human service workers are also encouraged to train and gain the tools to spot signs of youth in crisis. The training session is Saturday, September 28, 8 a.m. to 4:30 p.m. at Main Stay Therapeutic Farm at 6919 Keystone Road, Richmond. NAMI-McHenry County has the responsibility for administrating the training and recruiting certified trainers to provide training throughout the county. Phyllis Seyler, NAMI-McHenry County program manager, is a trainer for the program.

"We had a period of time where there were a number of suicides in McHenry County putting more emphasis on this program. Sage Legacy Fund, Community Foundation for McHenry County, and Mental Health Resource League for McHenry County were generous in their reaction to the suicides," she said.

Campbell noted these organizations allowed NAMI-McHenry County to provide training for the past year.

"You are trying to help people spot signs and intervene with professional resources before a young person gets to a serious point," Seyler said.

The program designed for adults teaches a 5-step action plan that covers such topics as anxiety, depression, and substance use. Seyler explained that someone successfully trained is considered a mental health first aider.

"Similar to if you have ever taken CPR, you know if you spot someone

who looks like they are having difficulty, you are going to go into action," Seyler said.

The earlier the intervention the better chance they have of getting through the challenges they face successfully. If you can't make the September 28 training session, Campbell suggests contacting NAMI-McHenry County and his staff will help coordinate a session

Lachell Jeffries-Hanson is community outreach coordinator, responsible for public awareness of the new line-

up of programs unveiled in August. She's coordinated awareness efforts at local libraries, schools, fairs, and with local law enforcement. On August 13, NAMI-McHenry County was part of the 5th Annual Behavioral Health Resource Fair through the McHenry County Mental Health Board benefiting school professionals to help them learn about available resources and services in the community. Besides reading about (free) Youth Mental Health First Aid Training, the teachers and administrators read about Family-to-Family, (free) evidence based class for friends and family supporting someone with mental illness from September 17 to December 3 at NAMI's office, 620 Dakota Street in Crystal Lake.

Wellness Recovery Action Plan, (Wrap), runs on Thursdays, September 19 through November 7 at NAMI's office in Crystal Lake. WRAP is aimed at promoting recovery, finding possibilities and creating wellness with Wrap.

"It's wrapping yourself with care for your mental health. If you are not well, you can't take care of anyone else, especially someone with a mental health condition," Jeffries-Hanson said.

For the rest of the Fall lineup, check the website www.namimchenrycounty. org.

> Stew Cohen Sun Day



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#### askanangel

Sun Day



I am at a loss when QI am at a loss when it comes to making conversation with my grandpa. I have a good relationship with him but was always a little closer with my grandma. She passed away a few years ago, and since her passing, my grandpa seems a little withdrawn. He moved to assisted living about two years ago, and while he is doing well health-wise, he has occasional memory lapses. He lights up when I come to visit, especially when I bring my family (he loves watching my little ones toddle around the halls), but after the basic, "How are you, what's new," I find myself searching for conversation topics and ways to connect with him. Do you have any suggestions on how I can better engage my grandpa in conversation?

A First, I think it's wonderful that you try to bring your family to visit your grandfather. It sounds like he's lonely after losing his wife, and even if he might not know how to tell you, your visits are very important to him.

Older adults are from a generation where they

didn't talk about their feelings, especially the men. They may have a difficult time expressing them-selves in conversation because of the way they were raised. This doesn't mean that you can't encourage him to share his thoughts and feelings. Here are a few suggestions on how

few suggestions on how to engage in conversation with your grandfather. Ask open-ended ques-tions. Instead of asking a "yes/no" question, try ask-ing questions in a way that encourages him to elabo-rate. The phrase, "tell me" is a better way to start a is a better way to start a conversation. Try saying, "tell me about your favorite activity this week."

Give him time to respond. Remember that it takes older adults a little longer to process what you said and formulate a response. Watch his body language so that you know he heard you, then give him a few seconds to re-spond. If he appears to have not heard you, try repeating your question or asking it in a different way.

Come prepared with a few conversation topic

ideas. Share what you've been up to, avoiding the "not much" response. Give him details, share photos, tell him the funny things your kids have been saying or doing lately.

Ask for his advice, even if you don't really need it. Tell him a specific chal-

lenge you may have at work, with parenting, or your home. Do you have a leaky faucet? Does your car make a funny noise when you start it? Does he have any advice on teachchildren manners? He may engage more if there's a problem to solve, even if you already have a solution.

Reminisce with him. Ask him open-ended questions about meeting your grandma, their wed-ding, family vacations, his career, raising his family. Ask him about his own childhood, his favorite teacher, his best friends, the trouble he got into as a teenager. The possibilities are endless.

Finally, know that a little silence is normal and can be comforting for your grandpa. He may be just as happy watching you engage with your family. Bring a game you can all play together, and pair him with one of your children so he can play along too.

• Have a question for our angel correspon-dent? 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.

#### SOFTBALL

giving the Capital's the first score on the board. The Capitals got two more runs in, ending the first inning with the score Capitals 3 and Nationals 0.

The games progressed, and in the third inning, Sebastian got out of the inning with 3 Nationals up and 3 down. The Capitals fared better in the bottom

half of the inning, 9 men taking the bat and scoring 4 more runs ending the inning leading 7-0.

Nationals batted in the 4th inning brought in 3 runs, threatening the lead the Capitals held. An additional run in the 5th inning closed the gap a little the 5th inning closed the gap a little more with the score Capital 7, Nation-

Both teams managed to get more runs to bring the score to Capitals 9 and Nationals 5 at the top of the ninth as Klatt said, "Last chance for romance."

The Nationals had four at-bats, with #22 Dion Zinnel getting on base with a drop ball hit, but the hope ended with an out on the next play hit by Steve Kutska.

The Capitals win the series for the

second time.

Chuck Hund, manager of the Capitals said, "A great team win for the Capitals after losing several key players to injury at the end of the season. This re-

ally shows our character. Back to back titles is very hard to accomplish. I also think this three game World Series was

Congratulations to all the Capital Congratulations to all the Capital players: Rick Sebastian #3, Les Meuret. #7, Dan Quirk #14, Chuck Hund #1, Scott Phillips #13, Phil Haugens #10, Joe Nowak #5, Frank Paliermo #6, Bert Walker #2, Bob Oleson #8, Sam Cory #15, Sharon Fallon #4, Norm Richter #16, Tony Ryan #11, Dennis Finnell #9, and Leo Brandenburger #12.

Dave Sanders, manager of the Nationals said, "We had a great season, just came up a little short in champion-ship series. We were the 5th seed and beat the 4th and 1st seeds. Capitals played great and deserved to repeat as the champions.'

There is always next year. The team celebrated with the Capitals too. We all met at the American Legion afterward.

met at the American Legion afterward. It is just fun to be playing softball."

Congratulations to the National Players: Dion Zinnell #22, Steve Kutska #15, Bob Ross #17, David Sanders #2, Jeff Williams #21, Derek Willie #5, Carlos Ramos #7, Tommy Bischoffer #9, Jeff Roche #10, Sally Papak #6, Pop Halfars #12, Jim Rice #8 and Keith Ron Helfers #12, Jim Rice #8 and Keith Klintworth #1 who extended the series

The dust settled the streets cleared and the season was officially over.

# 9/11 SURVIVOR'S LIFE SHAPED BY ONE UNFORGETTABLE DAY

By Stew Cohen Staff Reporter

In cities and villages across the U.S., millions of people hugged their loved ones and called family members living further away. The emotions that poured out on September 11, 2001, and for the days and weeks that followed, ran very deep into the soul of America for we were tested in a way that we'd not seen since the attack in 1941 at Pearl Harbor.

We put U.S. flags on our car antennas and draped ribbons and bows of the stars and stripes around our trees. We felt a wave of patriotism for America and prayed for our country. And we vowed as a nation not to be fearful, but to honor the lives and memories of those brave souls that died on 9/11. Not only was September 11 a day that tested our character, but it became a rallying cry across the country that we would do everything possible to not let what happened destroy the fabric of our country. In a time of grief over the loss of so many lives, we strengthened our resolve to fight terrorism. Wave after wave of young men and women signed up for military service.

For Lt. Col. (Retired) Ryan Yantis, a U.S. Army veteran and Pentagon 9/11 survivor, September 11, 2001 is very much present in his mind. Yantis is very busy around 9/11 at schools, veterans halls, and other gathering places telling his story of the terrorist attack on the Pentagon.

The Crystal Lake resident, president of Silver Leaf Leadership Communication, shares with audiences how hundreds of men and women facing dangerous conditions that day stood up and took action to help others. Yantis tells of the passengers on United Airlines Flight 93 and how they decided they were not going to be passive and made heroic attempts to reclaim an aircraft taken over by terrorists.

"Those are the stories that I think really need to be heard and I try to share those from my personal experience and from working with World Trade Center survivors and other Pentagon survivors," Yantis said.

American Airlines Flight 77, flying out of Dulles International bound for Los Angeles, crashed into the Pentagon on September 11. Yantis was serving as a Public Information Officer (PIO) off of Corridor 6, second floor on the E ring, the outer ring of the Pentagon. Exact locations he noted were very important because the place in the Pentagon where one stood the morning of 9/11 could mean life or death. Yantis walked into the very spot in the Pentagon where Flight 77 would make a direct impact and burst into flames. He was with his boss, a Colonel new to the building, and they were trying to find where officers would discuss what if any help New York might need from the attacks on both towers of the World Trade Center. However, they couldn't find the room. Yantis convinced the Colonel the best thing they could do was call and find out where they were supposed to go and it turned out they were way off...and so they headed away from the corridor that was then a few minutes from bursting into flames from the terrorist controlled commercial airplane colliding into the Pentagon. As they closed in on the Army Operations Center below ground, the first lives he and the Colonel saved were their own. Realization of how close they came didn't hit Yantis for a while.

"As we walked in, the alarms went off and flashing strobe lights and the sergeant on security told us to evacuate," he said.

Yantis did not evacuate, not right away as he had a team of men and women working for him. His team had managed to evacuate giving him a brief moment for calling his wife and letting her know he was okay. He checked and cleared each office as far as he could go in the E ring, "until I was between Corridor 5 and 6 and a big roll of smoke came around the corner and that's when I realized the fire was way too thick."

Security hollered at Yantis urging him to evacuate and so he went out of the Corridor 6 entrance and saw what he had described as the face of the Pentagon, "between Corridors 4 and 5 completely on fire." People were missing he found out quickly, and he rushed back, this time through the entrance at Corridor 8, the main entrance and exit to the Pentagon. He found a row of old World War II stretchers neatly lined up and took one of the wood and canvas stretchers leaning against a tree and helped carry people out of the building. Yantis was using the skills he'd learned as an Eagle Scout so many years earlier and the training he had in the Army on first aid as he'd

**YANTIS** | Pg. 21





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#### thediningduo



# BIAGGI'S BALL

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.

You may only think of the Dining Duo as charming, witty, and knowledgeable restaurant critics. While this is absolutely true, it is not the only avocation that we have. We are also bocce ball athletes!!! Every Friday morning we psyche ourselves up, jump into the mini-mobile, and head out to do battle at the bocce courts. This is the first year that I get to have Jim as my partner, oh lucky me! Rumor

has it that there was actually a pool circulating to guess how many games it would take before we killed each other. I find this hard to believe, since I am such a calm, understanding, non-competitive person. I just don't understand...

Due to the physical demands of two grueling hours of such a rigorous sport, we and our fellow combatants develop quite an appetite. In keeping with the ethnic tradition of bocce ball, what better place for us and our friends to satisfy our hunger, than Biaggi's Ristorante Italiano in Algonquin.

We assume that most of our readers have been to Biaggi's for dinner one time or another. We're going to review this restauant for lunch, since you may not know they offer quite a few lunchtime specials. If you are new to the area, and unfamiliar with Biaggi's, the dećor is that of a subtle upscale Italian restaurant, as it is handicap accessible.

While we were looking over the menu, we were stuffing our faces with the Italian and foccacia breads that we dipped in olive oil and cheese. Our table went through two baskets of bread since bocce ball is so physically taxing.

As with all conscientious Del Webber's, one of our friends had a coupon from the Sun Day News for a free appetizer. The general concensus was to try the Stuffed Mushrooms (\$9.99). This was eight huge mushrooms stuffed with Italian sausage, spinach, garlic, and served in a white wine butter sauce. Jim was in heaven; he said the Italian sausage made them exceptional. I passed on this one since I love "fun guys," but I don't like "fungi"!

Nancy wanted the Signature half pasta and half salad lunch combination (\$11.99). She chose the Caesar salad which was romaine lettuce, housemade croutons, shaved Parmesan cheese, with a caesar dressing. She decided on the Baked Ziti al Forno which was shrimp, grilled chicken, carmelized onions, cirspy pancetta, an Italian cheese blend with a lobster cream sauce. What arrived was a nice sized salad and a bowl of pasta that she said was excellent.

Jim decided on the Classic half pasta and half salad lunch combination (\$10.99). He had the Mediterranean salad which was mixed greens, cucumbers, cherry tomatoes, capers, red onions, kalamata olives, and feta cheese with a red wine vinaigrette. For his pasta, he chose the Spaghetti and Meatballs with marinara sauce, basil, Parmigiano-Reggiano cheese. His was served exactly like mine, and he said it was delicious. It was a deal since it filled up even Jim.

You know Jim won't pass up dessert and he had to try the Bomboloni (\$7.99). This was warm Italian donuts coated with cinnamon sugar, drizzled with caramel sauce and served with vanilla bean gelato. I sweet talked the waiter into substituting Spumoni for the vanilla bean gelato. This dessert turned out to be several Italian donuts, similar to french toast, crunchy on the outside, soft on the inside. They were unbelievably delicious and even I enjoyed dessert today. The spumoni ice cream was also awesome.

In conclusion, Biaggi's offers a surprising group of lunch specials. They are clearly not just for dinner. We had a great time with our eight friends laughing and noshing on good food, Mangia!!!

The price for our bocce ball after party was \$39.81. Remember, the mushroom appetizer was free.

#### HE SAID/she said:

**Jim's take:** These were unexpectedly great entrees at a very good price.

Nancy's take: The spumoni should be the default choice for the bomboloni; they went that well together!

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

#### Biaggi's Ristorante Italiano

1524 S. Randall Road Algonquin 60102 (847)658-5040

**Directions:** Take Rte. 47 North to Algonquin Road East to Randall Road South to restaurant.

**Estimated Travel Time:** 21 minutes





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#### gardenersforum

### Come again? Best new perennials to keep around



KATHLEEN CARR Columnist

ardening is said to add Jyears to your life and life to your years. In order for those years to pass more beautifully and easily for gardeners, the Perennial Plant Association has developed a Perennial Plant of the Year (PPOY) program. For the past 29 years, members of this non for profit organization have met each summer and voted on which perennial flower they best exemplifies certain characteristics. Characteristics of past PPOYs include low maintenance, disease and insect resistant, have interest over several seasons and are hardy. Here is a summary of the past 10 years' worth of what could be considered the best of the

best perennial flowers.

#### 2020 Aralia cordata 'Sun King'(Golden Japanese Spikenard)

This large leaf perennial does best in part to full shade. Make sure to give this chartreuse leaved beauty plenty of room. It can grow to 32" by 32" and works as a wonderful specimen plant in any shade garden. It produces tiny white flowers followed by black berries.

# 2019 Stachys monieri 'Humelo' (Betony)

This dense mound shaped perennial has gorgeous spikes of light purple flowers throughout the summer. The flowers are very upright and grow to about 18" tall. It does best in full to part sun. Its compact habit makes it a great plant to use along the border of a garden.

2018 Allium 'Millenium'

(Millenium Ornamental Onion)

The purple globe flowers of ornamental onion can reach 2" in diameter and make a wonderful midsummer show. The thick glossy green leaves are attractive as well. Millenium Allium does best in full sun. It is tolerant of clay soil and is deer and rabbit resistant.

# **2017 Asclepias tuberosa** (Butterfly Weed or Milkweed)

As the name implies this plant attracts butterflies as well as hummingbirds. The deep orange flowers are present from early to late summer. Although the plant is low maintenance, deadheading (cutting off the old flowers) will encourage Butterfly Weed to bloom again. It grows about 2' tall and does best in full sun. The leaves on this plant are a food source for Monarch Butterflies. It at all possible, please consider making room

for one of these in your yard.

# 2016 Anemone 'Honorine Jobert' (Windflower)

The fall is when this flower looks its best. The pure white flowers bloom from August to September. Honorine Jobert can grow up to 3' tall and does best in part shade. Anemones can be slow to grow in the spring, so don't give up hope if you don't see them growing until mid to late May.

# 2015 Geranium cantabrigiense 'Biokova' (Biokova Cranesbill)

This perennial flower makes an excellent groundcover. It grows about 8-10" tall and can spread to 18". Biokova has white flowers primarily in May and tends to bloom sporadically throughout the summer. It grows best in full sun to part shade. The foliage on this semi evergreen perennial flower looks great most of the year

# 2014 Panicum virgatum 'Northwind' (Switchgrass)

This narrow, erect ornamental grass grows to 4-5°. It is a clump forming grass that tolerates wet areas. Like most grasses it develops seed heads in the fall and provides interest through the foliage in the winter. Once established this can be used as an effective screening plant.

#### 2013 Polygonatum odoratum 'Variegatum' (Solomon's Seal)

The graceful arching leaves on Solomon's Seal almost overshadow the dangling white flowers. This perennial flower does best in a shade garden and can be used as a cut flower. The flowers have a light fragrance.

#### 2012 Brunnera macrophylla 'Jack Frost' (Siberian Bugloss)

The large heart shaped leaves on Brunnera are white with a green vein like appearance.

**GARDENERS** | Pg. 20





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For more information call Lisa at Huntley Travel 847-669-8900 or email lisa@huntleytravel.com



#### **Climate Change Presentation**

All are invited to the Symposium/History Club on Monday, September 16 at 10 a.m. in the Birch room.

We will have a very special speaker, Robert Rosner, to discuss "Climate Change." All Sun City residents are welcome to attend as a quest!

Robert Rosner, is one of America's top Scientist in the field of Astronomy/Astrophysics and Physics. He is the past Director of Argonne National Laboratory where he served as Chief Scientist and founding director of the Energy Policy Institute at the University of Chicago. Mr. Rosner will discuss climate change and the role he played in developing the 2014 Climate Change Statement. He is a theoretical physicist, and in 2013 chaired the Panel on Public Affairs (POPA) for the American Physical Society (APS), the professional organization for physicists in the US. POPA is chartered by the APS to carry out studies and reports on issues that touch on public policy for which the physics community can plausibly claim professional expertise. At the time he chaired POPA, he was charged to revise the APS statement on climate change; and he conducted a study that led to that statement's revision. Mr. Rosner also reset the Doomsday Clock (nuclear risk and climate change) to 2 minutes to midnight a few years ago.

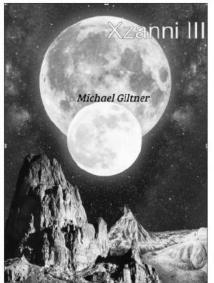


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Fall Social September 15. Contact Parsla at 846 204-7863.

Fall meeting on Thursday, October 3 at 7 p.m. in the Birch Room. Sign up for membership will be accepted that night also.

Save the Date: November 3 Tennis social at Crystal Lake Racket Club on Sunday, at 3 p.m. Contact Dorothy Urena at sunydot1@comcast.net

**Huntley Farmers Market** 

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#### **UPCOMING FARMERS MARKET EVENTS**

Sept 7: Craft Fair

Sept 14: Home Based Business Day

Sept 21: Knife Sharpening & Trash 2 Treasure Fair

Sept 28: Pie Bake Off & Huntley Fire District Open House (Station #1)

#### OTHER FUN THINGS TO DO IN HUNTLEY!

Sept 7th: Huntley Hootenanny Glow 5k Run/Walk 7:15-10pm Town Square There will be something for everyone! Dance to the DJ, Food, Games

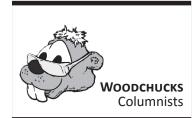
Sept 20-23: Huntley Fall Fest, Deicke Park www.huntleyfallfest.com

#### Oct 6: Huntley HS Homecoming Parade

Show your town spirit and come out to the parade which begins at the Municipal Complex (10987 Main Street) and travels west on Main Street to the Town Square for a Pep Rally!

For details on all upcoming events go to: www.huntley.il.us

#### askthewoodchucks



any new people have Lmoved to Sun City in the last ten years. I am taking this opportunity to review ten items that you should address to keep yourself safe and avoid costly repairs.

1. If your smoke alarms are more than 10 years old, they are beyond their useful life and are probably not working. You should change these before the end of the week.

2. If you don't have a carbon monoxide detector (the early Del Webb homes did not have them), you should get one and install it. If you have one and it is more than seven years old, you should replace it.

- 3. If your washing machine has rubber hoses connecting it to the water spigot, you should replace them with braided steel hoses. The rubber hoses get brittle with age and unless you turn off the spigot behind the washing machine whenever it is not in use you have full line pressure (about 50 pounds per square inch) on these aging hoses. When these rubber hoses fail, it is like you turned on a garden hose in your laundry room, doing tens of thousands of dollars of water damage. These braided steel hoses are available at local big box stores and on the internet.
- 5. This time of year, birds are looking for a place to nest. The vents from your bathroom fans and kitchen fans are very attractive to them. The big box stores have a device called a

pest barricade. It is attached to the vent where it exits the house. Your dryer vents to the outside either through the side wall or through the roof. This vent carries air, moisture, and lint out of your clothes dryer and out of your house through this vent. In the process, the lint is deposited on the wall of this duct restricting the air flow. There have been more than a few fires in Sun City caused by this. This vent needs to be cleaned. Normal households need this vent cleaned once a year. If you have shedding pets, you may need to clean the vent two or three times a year. If when you clean the vent, you get a ball of lint the size of a 16-inch softball you are not cleaning it often enough and need to shorten the time between cleanings.

- 6. If you have a basement with a sump pump there is a black tube to feed the sump pump water away from the foundation. This tube must be removed in the winter to keep it from freezing and possibly burning out the sump pump. The tube must be replaced when the danger of freezing is over.
  7. Furnace filters need to
- be replaced every one to two months.

Two items that are usually the responsibility of the home owner are maintained by the community association.

- 1. Driveways are sealed every other year.
  2. Mailboxes that are dam-
- aged or worn are repaired by the community association.
- 3. If your house was built between 2005 and 2009 it probably has a fire suppression system (sprinklers), especially if it is an attached property in neighborhood #34.

You can verify this by looking for sprinkler heads high on the inside walls. This is a good thing because if you should have a fire the sprinkler heads will start pouring water on the fire even before the fire department arrives.

The water is fed to the sprinkler heads by 1½ inch plastic tubing running through the walls. This requires that you follow protocols when hanging anything on a wall. The wallboard is one half inch thick so caution must be observed when putting nails or screws into the wall or when drilling holes for anchors.

Six of your neighbors have punctured these water lines and done water damage to their houses that ranged from several hundred dollars to five thousand dollars.

To hang a picture you should use commercial grade picture hanger hardware where the nail or nails go into the wall at a downward angle. The maximum nail length should be 34 inch. Longer nails will extend beyond the inner edge of the wall and may puncture the water lines.

When going away for more than a few days, you should turn off the main water valve. If you have an ice maker in your refrigerator, be sure to turn it off when the water is off. If you do not, and the water is turned off, the ice maker will dry cycle because no water will flow into it to make ice. This may cause it to burn out; an expensive repair.

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

#### GARDENERS

The dainty blue flowers appear in the spring. These plants grow 15" by 15" and do best in a part shade area. Jack Frost also makes a nice accent plant in flower containers.

#### 2011 Amsonia hubrichtii(Blue Star)

This unusual perennial flower is native to Arkansas. The needle-like leaves are soft to the touch. It attracts butterflies and grows to 2 ½' tall and wide. The blue star-like flowers appear in April through May. Amsonia often looks best when planted in mass due to its open habit.

#### 2010 Baptisia australis (Blue False Indigo)

This eye catching, very unique perennial flower is a must have. The purple flowers are routinely 12" long and are present May and June. This butterfly attracting plant grows to about 3 1/2' by 3 1/2'. It is drought and rabbit resistant and tolerates clay soils. Quite possibly the perfect plant for our area.

• 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 col-

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#### • YANTIS

become a First Responder.

"There were men and women of all ranks, all races, all backgrounds putting themselves at risk running in and out of the building, either to carry people to safety or get medical supplies," he said.

Yantis knew a number of servicemen and women that died that day inside the building such as Janice Scott, an army civilian employee at the Pentagon. He remembered Scott in the Army Budget Office, "the type of lady that could help us find what she

termed 'microscopic budget dust.' Janice was great and I made an effort to meet her in person when I got assigned to the Pentagon."

At the Pentagon, 125 workers were killed, 70 of those were civilians, 55 were army and navy. With the victims from Flight 77 and the Pentagon victims, 189 people died on September 11, 2001 at the Pentagon. From all the terrorist attacks that day, 2,996 people died. The numbers are horrific but Yantis doesn't finish his speeches at schools or other large group gatherings by ending with the sheer number of victims. He wants people to know that when something bad happened, there were hundreds of people doing the right thing. The next day, September 12, "men and women walked into the Pentagon despite a part of the building still on fire and power completely out and they went to work. That's dedication," Yantis said.

He and Don Basco, a World Trade Center Tower 1 survivor (57thFloor) link in with other survivors and through the company they formed, American Pride. Yantis and Basco visit schools, libraries, and organizations and speak about 9/11. Presentations by 9/11 survivors Yantis and Basco are scheduled for September 8 from 12-2:30 p.m. at Black and Gray Brewing Company in East Dundee. Tickets for Remembrance 9/11 are \$25 and will help raise money for the East Dundee Firefighter's Association as First Responders. For part of the event, they'll auction off a piece of art that is signed by 9/11 survivors who are present at the event in East Dundee.

#### • LULU

back as 1946.

Gordon detailed one of his earliest memories of Winkelman: "I was stationed in the same location as Lulu's husband during World War II, but I didn't know that at the time. When I got out of the service, she was living across the hall when we moved in. We became very friendly with Lulu, my wife and I."

Winkelman's niece, Dotty Guarine, also resides in Sun City, stopping by regularly to check in on Winkelman and Gordon.

"I think it's wonderful that they can run their own lives and as long as they continue without health challenges, why not. It's just a number, 106. They were shocked at 100 when we went on that cruise, you know, they asked 'she's how old?" Guarine said.

What is Winkelman's secret to living a long, happy life? She describes it as nothing more than moving forward.

"I think a lot of people start feeling sorry for themselves and living in the past. I don't do that. There's nothing you can do about it, so look to the future," she said.



#### **HOOFERS AND SPIRITS OPEN HOUSE**

The Huntley Hoofers and for the first time including the new group the Sun City Spirits, are getting together to have an Open House/Show on September 11 in Drendel Ballroom in Prairie Lodge at 7 p.m. They are looking forward to demonstrating the dances that they have been working on and hope to provide an entertaining evening. They hope to dance, shake and cheer to delight the audience.

The Hoofers will be demonstrating fast tapping feet by dancing to 'At the Hop.' They will also include dances to some songs from the past such as 'Doo Wha Diddy Diddy' and 'I've Got Rhythm.' Add an ABBA classic 'Money, Money, Money' and 'One' from the Musical 'Chorus Line,' and we hope to get your feet tapping. The newly formed pom group, inspired by the Diane Keaton movie 'Poms,' will shake their poms to 'Greased Lighting' and of course 'Shake It Off.'

The groups will join forces to dance to 'The Greatest Show' from the movie star-

ing Hugh Jackman to close out the evening.

Join us for a fun evening. Tickets are free, and will be available at the door. You can also see a member of the Huntley Hoofers or Sun City Spirits for your tickets, or contact Sandy Oldham at 847-275-8455. Tickets can be held at the door for



#### reeltimewithtom

# Where'd You Go Bernadette - a long trip



# WHERE'D YOU GO BERNADETTE Entertainment Rating



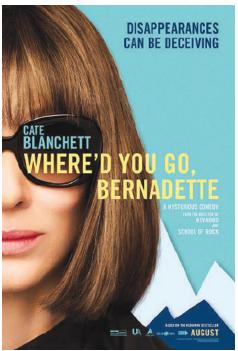
Rating: P.G.13, A couple profamities, some stressful adult situations

Possible Oscar Nominations: Best Actress Cate Blanchett, Best Supporting Actress, Emma Nelson, Cinematography

Thanks to one of our "email" readers, Dianne Morton who lives in Virginia. She tipped me off about this movie, as I had not heard about it. A little research suggested it might be worth our time, and as it turned out it most certainly was.

Only once every few years does a movie like this one come along. A film where every line of dialogue and every scene is vital to the story. No screen time wasted. The last two I can think of that met this test were **Lincoln** and **The King's Speech.** While Bernadette is not on par with those two films, it has moments when it is on par with most anything I have seen. This is a sweeping saga, which takes us from the rainy climes of Seattle to Antarctica, providing us with some of the most spectacular scenery I have ever seen. How we get there is an intriguing story, as we follow the trials and tribulations of a fascinating family.

Cate Blanchett stars as Bernadette Fox, one of the more complex characters I can recall seeing in some time. She does a brilliant job portraying a woman whose life has undergone severe change over the years, and we watch as she struggles to survive in the environment she and her husband Elgie, played by Billy Crudup, have created. Bernadette was once a renowned architect, working in the Los Angeles area, her reputation spread far and wide. After marrying Elgie, they move to Seattle, where he is a major player at Microsoft. Removed from her



work and surroundings, she begins to withdraw, and eventually her best and only friend becomes her fourteen-yearold daughter, Bee, played flawlessly by newcomer Emma Nelson. Bernadette literally becomes a recluse and one of the highlight scenes is when she runs into an old co-worker from her Los Angeles days, and over a cup of coffee unloads all her frustrations.

As the quality of life slowly diminishes at home, Bee learns of a "tour" to Antarctica and begs her parents to take this trip with her. They reluctantly agree to go and things are set in motion. A few days before the start, Bernadette disappears. While we know where she is, Elgie and Bee don't. Thus the adventure of a lifetime confronts them as they try to find her. The trail leads to the bottom of the planet, where the Penguins frolic, but alas have no appreciation for the unbelievable splendor they are surrounded by. In the meantime who would think a highly talented and creative architect is needed down there? Guess who shows up?

This is a very good film. Unfortunately it has had no promotion, that I am aware of, and my wife and I were the only two people in the theater when we saw it. How sad.

• tsansom2002@gmail.com



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Wanted to buy. Golf cart. Doesn't have to be perfect. Please call 847-845-8697.

#### **SEEKING**

Winter sublet. Senior couple seeks sublet from Sun City snowbirds. We prefer Jan, Feb, March. 847-530-9265.

#### **SEEKING**

Senior gentleman seeking petite, single lady to become a dancing partner. Call/text 630-707-2588. Let's do coffee and talk.

#### SFFKING

Sun City resident looking for volunteer teacher to improve my English, pronunciation, grammar, communication in any topic. Will be appreciated. Tatiana 847-894-2928.

#### WANTED

Organ teacher for a 10 yr. old girl in Huntley. 847-514-9201.

#### FOR RENT

#### **FOR RENT**

DelWebb "Chickory" town-home, 1 bedroom, 1.5 baths, study, living room, dining room, kitchen, laundry, 2 car garage. Located within walk-ing distance to Prairie Lodge amenities. \$1685 per month. 847-514-9201.

#### **ESTATE SALE**

#### **ESTATE SALE**

13415 Meadowlark Dr. Huntley II. Friday 9/6 And Saturday 9/7 9 a.m. to 4 p.m. See our web-site for pictures and details. Tons of good clean items in this one. This beautiful home is also for sale. tinkerbellsestatesales.com

#### AN EMBARRASSMENT OF RICHESAT THE ILLINOIS RAILWAY MUSEUM USED **BOOK STORE**

Good things are happening at the I.R.M. Used Book Store. More donations flowing in, more sales flowing out. We are proud of our status as the largest railway museum bookstore in North America, if not the world. We are looking forward to a record-setting year. But...The bad thing is, we desperately need more volunteers to help us grow.

It is a fun and easy assignment, staffing the store on weekends and holidays over a nine-month period. You'll meet happy visitors from all over the world, you can chat with them about the museum and/or favorite railroads, and you will assist them with their purchases.

The Used Book Store crew likes to brag: no painting, no rust scraping, no oil or coal dust all over your clothes. Just a little dust from old but beloved railroad history books.

You can find out more details about this really fun volunteer assignment by calling John Mustard at 815-353-7555

#### MCHENRY COUNTY FARM **STROLL**

Sunday, September 29 10 a.m. to 4 p.m.

Free and open to the public Come out for a day in the country! On September 29, McHenry County will host its fifth annual Farm Stroll, a self-guided tour of the county's diversified family farms. A total of 12 farms will be part of this educational agriculture-centric tour. Fruit and vegetable growers, dairy cows, beef cattle, pigs, sheep, goats, chickens, turkeys, horses, honey bees, perennial plants and more will be featured within these 12 farms.

Because this is a family-friendly, free, self-guided tour, there is no beginning or end of the tour—just choose the farms that interest you and visit during the designated time.

The Farm Stroll is organized by the McHenry County Farm Bureau and the University of Illinois Extension McHenry County Master Gardeners. Extension Master Gardener and 4-H volunteers will be onsite to assist farm families in accommodating guests and conducting demonstrations and tours.

There is no charge for the Farm Stroll, but most farms will be selling food, produce or other farm-related products. Bring cash to purchase items directly from the farmers.

Remember, these are working farms: dress appropriately and supervise children at all times. No pets, please. A few farms will have toilet facilities, but several do not.

Visit McHenry County Farm Bureau for more info at mchenrycfb.org or at facebook.com/ McHenryCountyFarmBureau or call 815-338-1520.

#### CULVER'S SCOOPIE SHARE NIGHT & VALOR QUILTS FUNDRAISER **MONDAY, SEPTEMBER 30**

Come and join the Huntley Gazebo Quilters Valor Quilt ladies



on Monday, September 30th for a fundraiser night from 4-8 p.m. Spread the word, meet your family and friends to enjoy a delicious meal or the famous frozen custard at the Huntley's Culver's.

Our organization, Huntley Gazebo Guild Valor Quilts, honors our local Veterans with red, white and blue homemade quilts. We also donate guilts to VITAS(R) Healthcare palliative care and services for veterans. We need your support to continue our work.

Huntley Gazebo Quilters Valor Quilts will earn a percentage of all sales: dine-in, take out, drive thru and pints of Culver's Frozen Custard! Participate in a 50/50 raffle drawing for that evening. There will also be raffle tickets sold for a beautiful queen sized 80x98 homemade quilt drawing planned for November 10, 2020.

Please come out and support our Veterans.

#### THE HEMMENS **CULTURAL CENTER PRES-ENTS BEATLES VS. STONES**

Tribute band Abbey Road and tribute band Satisfaction will face off Monday, September 23 at 7:30 p.m. All ages.

Hemmens Cultural Center 45 Symphony Way Elgin, IL

This concert is a reserved seating event.

Standard Ticket Prices are: Golden Circle: \$75 / Premium: \$55

Main: \$45 / Balcony: \$35

#### KISHWAUKEE VALLEY & EAKIN CREEK MODEL RAILROAD CLUB

Fall Open House; Sunday September 15

The Train Club's Fall Open House will be on Sunday September 15 from 11 a.m. to 4 p.m. Look for the sign "Trains are Running" by the baseball field parking lot, 13400 Sun City Blvd., Huntley IL, 60142. Admission is free but we ask that children be accompanied by adults. Please note that operations are contingent on the weather. Also this will be our last outdoor event for the season, so don't forget your cameras.

#### **CURRENT EVENTS GROUP**

On Tuesday mornings at 10:30 a.m., residents gather to discuss items in local, statewide, national or international news. The subjects change during the hour, so there are chances to introduce new subjects. The meetings are held in the comfortable Fountain View in the Birch Room and provide a forum for various topics.

# CLASSIFIED ADS ARE DUE BY 5 PM THE THURSDAY BEFORE PUBLICATION

# Thank you for reading the Sun Day!

Thank you for making us #1 in Huntley!

| Huntley | Huntley | Huntley | Head Estate Office 14 Years in a Row! | Isa20 Village Green Drive, Huntley | Larry (MRED, LLC) as of 1-1-06 to 8-27-19. | Carol Noonan | Citro | Mingotti | Mingotti | Manger | Malec | Malec

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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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