Staying fit with a new twist

BY MICHELLE MORENO
For the Sun Day

For Linda Campbell and her husband, staying active outdoors was just another part of their daily routine, and they regularly joined others in Neighborhood 18 who also enjoyed going on walks and runs. In light of the recent coronavirus pandemic however, mandatory stay-at-home orders and social distancing seem to pose obstacles in the way of those wanting to maintain their physical health.

Hoping to preserve as much normalcy as possible, Campbell stumbled onto a creative way to continue to stay active with other neighbors while following social distancing protocols.

“Every day at 1 p.m., people from Neighborhood 18 who want to participate in our walk, meet up. We use a rope and tie the rope with handles spaced out six feet apart. We just started doing this the day after the shut-in order,” Campbell said. “Eight of us walked the first day and now we have 15 people who have joined us so far.”

The idea for using a rope to maintain the appropriate amount of distance apart in between each person participating in the group walks came to light in the most unconventional of places.

“Russ Montyka and his wife suggested using the rope in a wine club

READY OR KNOT

N18 walking group uses rope marked at six-foot lengths to adhere to social distancing guidelines while staying fit, during quarantine.

Sun Day celebrates its 10th Anniversary!

Don’t worry about nothin’ because nothin’ ain’t ever right

This edition marks the Sun Day’s 10th anniversary, and every time I’ve attempted to start writing this piece in my head (which I’ve been doing in one way or another for months but only running into roadblocks these past few weeks), I keep circling back to the phrase “it’s a bitter-sweet celebration.” On one hand, there’s cause for huge celebration. We’ve successfully, sometimes very successfully, published a community newspaper for ten years running. That’s an accomplishment in print media all by itself nowadays. But it doesn’t feel like much of a celebration because we’re surrounded by extraordinary circumstances that are presenting us as a world with great challenge. And the Sun Day is not immune to these challenges. We’re hurting along with everyone else, and what I feel is most crippled by the times is not the paper’s profit margin but its ability to bring you important and maybe critical information. That responsibility has always been and will always be my and my staff’s
**ANNIVERSARY**

Chief and primary concern. It’s what’s kept us running for ten years.

Amidst the pandemic, the cheers are quieter, the claps are softer, the hoorays are little more than a whisper. But they’re still there.

In the midst of trying to form this editorial against the whirlpool of my thoughts, I’ve found myself continually circling back to something my grandfather used to say when I was growing up: “Don’t worry about nothin’ because nothin’ ain’t ever right.”

Perhaps you immediately understood what he meant, but it took me very near my entire life to “get it.” I’m 41, and its meaning clicked with me literally only a few years ago.

My grandfather, who died when I was a freshman in high school, was always a rather optimistic man and these words never sounded right coming out of his mouth. They were fatalistic and sad. My grandfather was a happy man.

Before I go any further, let me take a minute to catch you up on my grandfather.

He was born in Chicago to an immigrant mother in 1903. He was kicked into a wall by a horse in 1906 and almost died. He quit school at seven years old, started chewing tobacco (a habit he kept up until his death at 89 year old) and began working in the sweatshops of Chicago during the meet-packing industry’s heyday—which if you read The Jungle, you know wasn’t so much a heyday but a death march. He saw WWII, lived through the Spanish Flu, The Great Depression, the Dust Bowl Era, was associated with John Dillinger (though he was NOT a criminal). He saw WWII, Korea, and saw a son off to fight in Vietnam. Before that, he raised three kids during the Polio pandemic. He saw Kennedy assassinated, Watergate, Nixon resign. He lived through the AIDS pandemic, and a couple recessions.

In his 89 years, my grandfather met every hardship the 20th Century threw at the world. Not to mention all the personal turmoil and upheaval anyone faces throughout their lives. Yet my grandfather lived it, made it, came out on the other side of each catastrophe without becoming mean or resentful. By doing so, he built the foundation on which my family stands today. On which I stand. On which this newspaper stands. (He read the daily newspaper cover to cover, by the way, every day.)

So I’ve been thinking about my grandfather a lot lately and applying his words to the Sun Day’s anniversary.

Is this anniversary bitter-sweet? Yes, in many ways it is. There’s a lot to celebrate and a lot to be sad about at the same time. Would I have liked to throw the huge party I’ve been planning for the last year for my staff, family, and friends? Yes, very much. Would I have liked to deliver you a happy edition adorned with celebratory graphics? Absolutely. Would I have liked to have shared the joy of ten successful years with our advertisers who have helped build this paper and who the Sun Day, in turn, has helped build their businesses? Definitely. Would I have liked to have done all this without any turmoil or upheaval or hardship or strife? More than anything. But was that a realistic wish? Maybe. But maybe not. Because “nothin’ ain’t ever right.”

So with that, I’m taking what I have, what I’ve been given, what I’ve earned, and am celebrating it, nonetheless. I can honestly say that I would rather not have it any other way. Anyone can celebrate and feel good during good times, but it takes a special kind of commitment to one’s life to celebrate each moment no matter the exterior circumstances. Celebration at these times is so much sweeter. It might be reserved and more contemplative but it’s no less a celebration. And at the bottom of it, the Sun Day is a newspaper. It’s a newspaper’s job to operate in all conditions to keep people informed. So I’m personally proud that during the Sun Day’s most trying time in its ten-year history, we’re doing it. We’re doing what we’re meant to do and that alone is celebration. We’re celebrating our efforts, your dedicated readership, our advertisers’ loyalty by continuing to operate no matter the conditions.

There is a finish line to this current challenge. We don’t know where it is but it’s out there, and like everyone, we will cross it. We might not cross it running full tilt with our chest out. It might be a limp or a crawl or we might be dragging our body behind us by our hands, but we WILL cross it. We WILL get up. And we WILL continue.

Take care, Everyone. Thank you for your readership these ten years and for all the years to come. Thank you to our advertisers. I am personally humbled by the value you put in this community newspaper. Thank you to my staff who I am even more humbled by because, well, I don’t even have the words to express my thanks for your dedication and commitment. I honestly don’t. Thank you, Sun City. Just...thank you.

Stay safe. Be well.

**Chris La Pelusa**

Executive Editor - Owner
McHENRY COUNTY - Coronavirus has caused myriad adjustments in our daily lives from federal, state, and local governmental action and from health officials. The biggest adjustments seem to be shelter in place and six feet of separation. Not only are adjustments made but we’re finding heroes in our fight against COVID-19.

The medical community has demonstrated a consistently heroic mindset, working hard to help people who’ve tested positive for coronavirus and are in need of hospitalization. Businesses are stepping forward to help in many ways such as retooling in some instances and helping to supply high demand gloves and masks for the medical community.

The latest proposed change aimed at helping individuals struggling from financial hardship may be an ordinance from leadership in McHenry County.

The McHenry County Board is expected to examine a proposal from County Board Chairman Jack Franks of Marengo to waive late fees and interest for 90 days on the first installment of this year’s tax bills, according to a news release from Frank’s office. As explained through his office, this in no way will allow someone to avoid paying their first installment of their property tax, but it will help struggling homeowners and businesses.

“The coronavirus pandemic is causing unprecedented damage to the national economy, the spreadsheets of our businesses, and the checkbooks of our residents. The statewide stay-at-home order, while necessary to stop the spread of this contagion, is resulting in lost wages and lost jobs. It is imperative that we aggressively seek whatever relief we can find for our taxpayers,” Franks said.

The County Board will convene through a special meeting and the board members will attend remotely as that system is being worked out. The meeting’s date and time will be announced ahead of time and the actual event will be streamed online.

Property Tax Ordinance Proposes Waiving Late Fees

Barbara Helzing, E.A. (847) 669-7000
13726 Fieldstone Drive, Huntley, IL 60142

It’s Tax Time

Due to the Covid-19 restrictions, we are not meeting with clients personally. You can mail or drop off your tax documents to us at 13726 Fieldstone Drive (off Countryview Blvd. in Sun City), or fax them to 847-669-7072. We also need a copy of your 2018 returns. We will call you when we receive your documents and later if we have any questions. Be sure to include your phone number. Yes, the IRS has extended both the filing date and payment date for 2019 returns until July 15th, and also the first quarter estimate. Also, the state of Illinois has extended the filing and payment date for 2019 individual tax returns until July 15. However, the 2020 1st and 2nd quarter estimates are due on time.

Experience Matters

I’ve been preparing tax returns for over 35 years. Every year I take a minimum of 24 hours classroom training in income taxes. I specialize in individual income tax preparation for taxpayers of all ages: employees and retirees, homeowners, small businesses and investors in stock and rental real estate. I can prepare prior year returns and amended returns for both current and prior years. You always have 3 years to file or correct an old return and get a refund.

Processing is Easy

I process returns electronically so we know both the IRS and state returns have been received and accepted. You will receive a professional package containing a complete, signed copy of your return and all your records. Our fees are return based, depending on the schedules required and their complexity.

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Besides individual tax returns, we also offer accounting services and prepare all forms of tax returns including corporations, partnerships, estates, trusts, non-profits and sales tax returns. If you, a friend, or relative has a need for these specialized services, you can call my associate Dave Rosenfeldt direct at (847) 669-7144.

Savings in all Areas

Save time, save money, save travel and save aggravation by having a knowledgeable income tax professional prepare your returns this year. Best of all, you won’t pay more than is legally required. You deserve an experienced income tax specialist who is nearby and available year-round to answer your questions, adjust your estimates and respond to any IRS and state correspondence.

What’s an Enrolled Agent (E.A.)?

Enrolled Agent is a special title (license) given to a tax professional who has passed a 12-hour IRS exam encompassing many diverse areas of income tax preparation. EAs (such as myself) do not work for the IRS, but are authorized by the United States government to communicate with the IRS and act as a liaison for you. Most EAs are not CPAs and while many do some accounting work, their specialty is tax preparation and client representation. EAs are required to attend continuing education classes annually to maintain their skills and status with the IRS.

We are up to date on the new tax laws & DEDICATED TO SAVING YOU TAX DOLLARS!
w e ’ r e p a r t o f i n N e i g h b o r h o o d 1 8 . W e d e c i d e d t o m e e t t o t r y i t o u t . W e w a l k t w o a n d h a l f t o t h r e e a n d a h a l f m i l e s p e r d a y w i t h d r o p o f f a r e a s i n b e t w e e n f o r t h o s e w h o d o n ’ t w a n t t o w a l k t h e w h o l e d i s t a n c e , ’ ’ C a m p b e l l e x p l a i n e d .

T h e r o u t e s t h e y t a k e v a r y o n e a c h w a l k , d e p e n d i n g o n w h i c h n e i g h b o r l e a d s t h a t d a y . A s t h e r o p e g r o w s i n l e n g t h , m a n e u v e r i n g a r o u n d s t r e e t c o r n e r s c a n s e e m l i k e a d a u n t i n g t a s k a t f i r s t , b u t w i t h e a c h n e i g h b o r s i m p l y e n j o y i n g h a v i n g t h e t i m e t o s p e n d w i t h o t h e r s , i t ’ s n o t h i n g l i t t l e p r a c t i c e a n d s o m e p a t i e n c e c a n ’ t h e l p .

C a m p b e l l a p p r e c i a t e s t h e c a m a r a - d e r i e a n d f r i e n d l y a t t i t u d e s f o r g e d b y t h e d a i l y r o p e w a l k s , m e n t i o n i n g h o w w a l k e r s f r o m o t h e r a r e a s o f S u n C i t y t a k e t h e t i m e t o w a v e a t t h e r o p e g r o u p w a l k e r s , e v e n s t o p p i n g t o t a k e p i c t u r e s o f t h e m .

“E v e r y o n e n e e d s t o g e t o u t o f t h e h o u s e . R i g h t n o w , i t ’ s o n l y p e o p l e f r o m N e i g h b o r h o o d 1 8 w h o j o i n u s o n o u r w a l k s . W e h a v e n ’ t q u e s t i o n e d p e o p l e f r o m o t h e r n e i g h b o r h o o d s , b u t i f o t h e r n e i g h b o r h o o d s w a n t t o , w e c a n h e l p p i c k i n g w i t h s o m e p o i n t e r s t o g e t t h e m s t a r t e d , ” s h e s a i d .

S o c i a l d i s t a n c i n g i s n o t t h e o n l y p r e c a u t i o n t a k e n t o e n s u r e t h e s a f e t y o f n e i g h b o r s p a r t a k i n g i n t h e w a l k s d u r i n g t h e c o r o n a v i r u s o u t b r e a k s . C a m p b e l l a s s u r e s t h a t t h e p e r s o n w h o l e a d s t h e w a l k f o r t h e d a y t a k e s t h e r o p e h o m e a n d c l e a n s i t w i t h d i s i n f e c t i n g w i p e s b e f o r e i t i s r e a d y f o r u s e .

W i t h t h e s i t u a t i o n s u r r o u n d i n g C O - V I D - 1 9 i n t e n s i f y i n g , p e o p l e m i g h t f i n d t h e m s e l v e s w o n d e r i n g i f s t a y i n g a c t i v e i s s t i l l p o s s i b l e a n d i f i t i s e v e n w o r t h i t t o t r y t o m a i n t a i n f i t n e s s g o a l s . Y e t a s C a m p b e l l d e m o n s t r a t e d , w i t h t h e p r o p e r p r e c a u t i o n s i n p l a c e , a n d a l i t t l e b i t o f c r e a t i v i t y , t h e i d e a o f f i t n e s s d o e s n ’ t h a v e t o b e g i v e n u p o n e n t i r e l y .

Kane County Health Department launches COVID-19 Dashboard

KANE COUNTY - In response to public interest, the Kane County Health Department (KCHD) has launched a database dashboard about COVID-19 disease on the KCHD website at KaneHealth.com.

This dashboard tracks positive COVID-19 cases for Kane County and by community, as well as reported deaths for the county. The dashboard also breaks down positive cases by age, gender, confirmed cases by date of onset, and confirmed cases by municipality. The information is updated daily by 5 p.m.

If you think you have the symptoms of COVID-19 (fever, cough, and difficulty breathing), please stay at home and CALL your doctor or health provider first to report a suspected illness. Your health care provider will order testing. COVID-19 tests are NOT done at the Kane County Health Department.

As in all viral cases, you should wash your hands frequently, avoid interacting with people who are sick and make sure you are up to date on your immunizations.

For additional information and current updates on the COVID-19 situation, visit KaneHealth.com.

- SUN DAY


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TOM AND DARLENE POLZIN
Sun City residents

We are doing our part as Americans to protect those seniors who have served us.
McHenry County launches Coronavirus Community Resources Page

WOODSTOCK – McHenry County has created a webpage for residents facing challenges in the wake of the coronavirus pandemic. The page includes links and phone numbers of area hospitals and health centers, mental health resources, and links to nonprofits that may be able to offer help with mortgage, rent, utility, food and other assistance. It can be found by visiting www.mchenrycountyil.gov/covid19resources, or by clicking “Community Resources” under the COVID-19 tab on the left-hand side of the Department of Health website at www.mcdh.info.

“This unprecedented disaster is placing real strain on McHenry County households,” County Board Chairman Jack Franks, D-Marengo, said. “This webpage provides people in need an extensive list of resources that can help them through these challenging times.”

The webpage will be updated as more help becomes available. Last week, the Small Business Administration officially designated McHenry County and all of Illinois as a disaster area, which makes small businesses and nonprofits eligible for low-interest loans to cover payroll, fixed debts and other costs. The county has put information for small businesses and an online application portal on its website, www.mchenrycountyil.gov.

Franks and county Public Health Administrator Melissa Adamson are imploring residents to heed the stay-at-home order issued last Friday by Governor JB Pritzker. They also are urging people to prevent straining our food and medical resources by not hoarding groceries and other supplies, and calling their doctors only if they are experiencing COVID-19 symptoms. The Department of Health is NOT testing for COVID-19 at its locations.

Franks thanked County Board member Kelli Wegener, Mental Health Board Executive Director Scott Block, Assistant to the County Administrator Alicia Schueller, and the county IT department for their work in creating the resources page.

- SUN DAY

Kishwaukee Valley & Eakin Creek Model Railroad Club Spring Open House

The Model Railroad Club in Sun City Huntley will be hosting their annual Spring Open House on Sunday June 14. Running times will be from 11 a.m. until 4 p.m. Also, our Summer Sunday operations will run throughout the summer from 1 p.m. until 4 p.m. Just look for the sign “Trains are Running” by the baseball field parking lot on Sun City Blvd. Please be advised that operations are contingent on the weather and train crew availability.

Both events will be held in the backyard and basement of the Millgrove Woodshop, 13400 Sun City Blvd. Huntley IL, 60142. Admission is free but we ask that children be accompanied by adults. Guests may call 847-669-2392.

“We Can Be Home With You”

Desiree Allawan, RN
224-428-6529

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“We Can Be Home With You”

Desiree Allawan, RN
224-428-6529
What can you do with the Sun Day after reading it?

Before bringing in your groceries, layout some old pages of the Sun Day onto your surface as an extra buffer between your groceries and countertops before you disinfect your items. Recycle the paper after you clean.

Submit ideas to: 847-658-6090 or mycommunity@mysundaynews.com
In response to the stay-at-home order issued for the state of Illinois until April 30, clubs in Sun City were forced to make the difficult decision to suspend activities for the time being. For some residents, this sudden loss of meaningful social interactions may have the potential to lead to feelings of loneliness and isolation which could affect one’s physical health and mental well-being.

To combat this issue during the shelter in place order, club leaders like Vice Chairperson of the President’s Club, Mary Fiala, have set some time aside to keep in contact with club members. Fiala who is President of three other charter clubs including the Book Discussion Club, Clayground, and the Concert Band primarily utilizes phone calls and emails as a means to keep in touch with other members.

“Sometimes we use video chat, but not always. I have not called every single member, but we’re doing fine. We’re all cognizant of the fact that we have to do this right now,” Fiala said.

The National Alliance on Mental Illness (NAMI) strongly emphasizes the importance of maintaining social networks with close friends and family especially during times of uncertainty to help sustain some level of normality.

Fiala maintains a positive attitude and despite the limitations of not having access to their usual facilities, she tries to find activities members can participate in online at the very least. For the Book Discussion Club, Fiala informed members that while they’re unable to hold their regular meetings in Prairie Lodge, the Huntley Area Public Library has an array of materials available online.

“I want to send an email that although the library is closed right now, members can still reach the library through email and can read books through their computer or their tablet,” she said.

Any resident with a Huntley Area Public library card can take advantage of the large variety of online resources accessible through the library website. Residents aren’t just limited to books either. Library card holders have access to everything from free music downloads to being able to stream movies and TV shows all from the comfort of their homes. The library is also assuring those with any borrowed materials will not be penalized even if the materials are past the return date.

The Huntley Area Public Library is scheduled to re-open to the public on May 2.

As President Trump has called for the extension of the current shutdown until the end of April with Illinois doing the same, members of Sun City’s clubs are left to continue on with their daily lives without the hustle and bustle provided by club activities. However, with today’s technology, staying connected has never been easier. This offers individuals the opportunity to stay in contact with others regardless of their location while continuing to maintain a sense of community involvement.

As for Fiala, all she can do is wait as she continues to call and exchange email updates with members of the clubs she belongs to. “Once we get back, we will do what we do best in the lodge,” Fiala said.
SUN CITY NEWS

SUN CITY - Sun City residents are earning a grand slam this softball season, even though current games are cancelled.

Chuck Hund, President of Sun City Softball, highlighted their club effort during this Conavid-19 crisis, reaching out to help others in our community.

Hund said, “Softball player Bill Klinger contacted me recently requesting to set up a collection stand for Grafton Food Pantry. Bill wanted to do this because people were unable to feed themselves or their families after losing jobs. Bill set up at Eakin Field and had a steady stream of players, fans, and residents dropping off cash and food donations all day long. We had many very gracious donations.”

The effort took place on March 26, from 8:30 a.m. to 5 p.m.”

The Sun City Softball newsletter gives credit to Bill Klinger. “Wow, a big shout out goes out to Bill Klinger. He stepped up and organized this fundraiser. All-day long players, fans and residents stopped by to contribute to the Grafton Food Pantry,” the newsletter said.

The totals collected exceeded expectations. The drive raised $1680 in cash, $800 in checks, $50 in gift cards. This brings the total to $2530. Residents also contributed several bags of food.

Ed Fabro added, “First the idea was put together by Bill Klinger, deserves the total credit. What was remarkable is that the sign for Grafton Food Pantry was set up by the softball field and many drive-by stopped and donated money and were coming back with dry food products. It is “PEOPLE HELPING PEOPLE.” Very impressive. Thursday was the donation day with very little advertising, only an email sent out to softball players in the Del Webb community.”

The Softball Club wrote, “Thank you to those that donated. Grafton Food Pantry will be very happy to receive this much-needed donation during these tough times. We also want to mention members assisting Bill throughout the day: Frank Yacano, Eddie Fabro, Jim Rice, John Pickleman, Dave Osborn. This is what makes Sun City so great.”

SUN CITY NEWS

9

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Call Scott Aim at 847.305.9085
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A very concerned daughter who is worried about her mother. My mom, 68 years old, has been on self-quarantine since COVID-19 was declared a global pandemic. I unfortunately live states away. My sister lives nearby, but because she continues to work in the hospital setting, she has chosen not to visit our mother during this crisis. My mom is used to spending a lot of time with my sister and her family throughout the week. She feels cut off and isolated. She does venture out to pick up essential items and only goes to stores that offer senior hours. I’ve been video calling as often as I can still feel worried about her emotional well-being. Do you have any suggestions on how I can brighten her day while not being able visit in-person?

The COVID-19 pandemic has drastically changed everyday life and I empathize with your situation. You are not alone in feeling concerned about your mother. Many families all over the world are experiencing the same feelings you are and are looking ways to boost the morale of their aging loved ones when they can’t be present in their lives.

Here are a few ideas to help your mother stay emotionally healthy as we all wait out this global pandemic.

Make the most of your video chats by arranging fun play dates with grandma. Host a virtual tea party with the granddaughters or pajama party with the grandsons. Encourage everyone to dress the part. Serve appropriate foods and coordinate with your mom so that she has the same menu. If your children are older, try playing games via video chat. Check out the Houseparty app, which lets you virtually play popular games with up to eight people.

Send her love in the mail. Ask your children to color pictures or make handmade cards for grandma. Create postcards using apps such as Ink Cards or Postagram and put a smile on your mom’s face.

If she has a favorite restaurant that is offering safe, no-contact delivery, considering surprising her with lunch or dinner. Just call her ahead of time so that she knows to expect a delivery.

Encourage your mom to use the down time to organize her house or engage in a favorite hobby. Order adult coloring books for her, or gift her a few word-puzzle books so she can occupy her time while engaging her mind. Does she like to decorate? Encourage her to decorate her window so that the neighborhood children have fun things to look for while they’re out on walks.

Continue to encourage your mom to get out doors and to shop safe. If the weather is good where she lives, encourage her to sit outside and read. If she’s able, suggest she take a walk every day around her neighborhood. It’s almost garden season, suggest she start seedlings and watch them grow.

I applaud your family’s efforts to keep your mother safe and healthy. Although I can understand how difficult it is for your mom to essentially be cut off from her support network, it is critical that you all take every precaution necessary to keep those around you healthy. Without taking social distancing seriously, the virus will only continue to spread. Thank you for doing your part to stop the spread.

Polish-American Golf Club

No meeting in April per Sun City building shutdown guidance. If the Meadow View Lodge is officially opened by Monday, May 18, our meeting will start at 1:30 p.m. in the Oak room. If you have additional ideas for fun activities for future months, please let us know.

At the January meeting, annual dues for 2020 were reduced to $15. Stay well. Bonnie Autowski, President, at 217-971-2863 or Bjvett@aol.com.

Senior Golf League

We are a Senior Golf League looking for golfers 55 and over and healthy. Without taking social distancing seriously, the virus will only continue to spread. Thank you for doing your part to stop the spread.

Both regular and substitute players. We are a co-ed handicap league and play nine holes on Wednesdays at 10 a.m. at Craig Woods Golf Course located at the junctions of routes 47 and 176. If you are interested or want more information please call Viki at 847-639-6333 or Jerry at 224-569-6286.

**NEWSQUICK**

- **Ask A Angel**
  Correspondent is **Re Kielar**, Life Care Navigation Specialist in the area of senior home care.

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**Challenges**

Stressed and more relaxed.

- An Important Additional Aid: **Consume Healthy Foods/Liquids to Reduce Inflammation**. These foods should include nutrients like omega fatty acids and vitamins D and E. Walnuts, berries, and broccoli are strongly recommended on this list. Use herbs like turmeric, eucalyptus, rosemary, ginger, and oregano, and don’t forget to add green tea. As also instructed by WHO and CDC, 6 to 8 glasses of water daily is the best way to detoxify our body processes. An adequate amount of this all important liquid also replaces the lung’s supply lost in the form of moisture as we breathe. Moreover, dry lungs are prone to irritation and increased inflammation making them easier victims of COVID-19.
We are in a pandemic where healthy lungs can mean the difference between life and death. As we age, our massive organs become less flexible, losing their strength and making it more difficult for us to breathe. In our present daily battle against the world evil pathogen, COVID-19, fortunately, there are a few ways to fight back by strengthening and preserving our lungs’ health.

Healthline.com gives us 5 ways to keep our lungs in optimum shape, perhaps, more urgent today than ever before:

1. DON'T SMOKE OR STOP SMOKING
Smoking is linked to COPD, asthma, pulmonary fibrosis, and lung cancer. But no matter how old you are, quitting can help. Within 12 hours of quitting, the carbon monoxide level found in your blood can drop to normal. In addition, within a year, coronary heart disease risk can become half of that of a smoker’s. The longer that you remain smoke-free, the healthier your lungs will become.

2. EXERCISE TO BREATHE HARDER
Aerobic exercise, found during continuous physical activity, gives your two lungs the best workout. Healthline states, “The muscles between your ribs expand and contract, and the air sacs inside your lungs work quickly to exchange oxygen for carbon dioxide. The more you exercise, the more efficient your lungs become.”

3. AVOID EXPOSURE TO POLLUTANTS
Air lung irritants may be found outside in the form of secondhand smoke such as car exhausts. Adequate fans, exhaust hoods, and other ventilation methods should be found inside your homes for prevention of air pollutants there.

4. PREVENT INFECTIONS
As we age infections can be particularly dangerous to our lungs, as seen in COPD and Coronavirus patients. The best way to avoid lung infections is heard from WHO (World Health Organization) and CDC (Centers for Disease Control) in their multiple warnings to our global community these days: “Keep your hands clean. Wash regularly with warm water and soap, and avoid touching your face as much as possible.” If you are 65 or over, a pneumonia vaccination can also be helpful.

5. BREATH DEEPLY
Most people take shallow breaths from their chest area only. This practice only incorporates the use of a small portion of their lungs. The American Lung Association advises us to practice deep breathing exercises as often as possible. Researchers have discovered that even for just a few minutes, deep breathing originating from the diaphragm (positioned on top of your stomach area), can make you feel less...
A global shortage of face masks is prompting concern for the safety of health care workers. With the nation facing an acute shortage of masks, and with new suggestions for the public to wear masks when they go out, Sun City residents are pulling out their sewing machines to fill the void.

As of April 1, 698 protective masks have been sewn and 230 supply kits handed out to those needing fabric and elastic. A post on Del Webb Sun-City Neighbors, Huntley, IL states, “Some heroes don’t wear capes. Join the #HuntleyStrong Hometown Heroes Project - We need heroes to sew masks. Dust off those sewing machines - more sewers are needed! All are welcome to help. The kits include the fabric and elastic needed to create a mask and are available to everyone in our home town that wish to fulfill a critical need within our communities. All are welcome to help. Please contact Marie Nemec Frostman at mnnf218@comcast.net if you would like a mask kit.”

Marie Frostman said, “This is a ‘home town’ effort by a number of Sun City residents that have sewing machines at their homes, deliveries are done by a gentleman in our neighborhood. We are distributing masks to many organizations/health care professionals locally. A huge thank you to those that are helping us take care of our own.”

Christine Wojtas, Sun City Resident said, “I sewed 20 fabric masks that a doctor in town was asking for.”

Another Sun City volunteer, Marie Eatiniger said, “Something to do in this stay-at-home order. Since there is a shortage of face masks in the medical field, I made my nursing friends and other friends and relatives washable masks. These are super easy and fun to make! All you need is a sewing machine, scraps of cotton fabrics, and ¼-inch elastic and, of course thread & scissors.”

Eatiniger said, “It started when a doctor was pleading for masks. I watched a video on YouTube that instructed how to sew the masks and have made over 50. My relatives all over the country are helping also. I have cousin in Montana that has 20 women working on providing hospitals with the much-needed masks.”

“I have given a few masks to my neighbors and our mail lady. One neighbor was so grateful that in exchange he gave a hot beef sandwich from Beef Villa. A couple of neighbors gave me some rolls of toilet paper,” Eatiniger said.

JoAnn Fabrics is providing free supplies so anyone can make protective masks. Their site reports that, “Volunteers across the country have made more than 11 million masks.”

The make-your-own-mask kits are free and can be picked up curbside at JoAnn Fabrics stores. Craft store JoAnn Fabrics is providing a way for Sun City sewers make face covers for community.
With age, it seems, comes self-awareness. We become aware of our strengths as well as our weaknesses. Our likes become more apparent as well as our dislikes. Our ability to verbalize what we need to feel comfortable, even happy, may also grow with time.

Control. I have come to realize for me to feel comfortable, it often boils down to control. A calendar that is filled with professional and personal obligations make me happy. A to do list gives me a sense of purpose. Knowing when, where, and how my day will play out gives me mental clarity. These days, the eraser on my pencil is getting more use than the lead as I am continually eliminating items out of my calendar.

As we all work together to protect ourselves, each other, our community, our society, the nation and the world, there are fewer and fewer items that are in our control. Lunch out at a restaurant with a friend - cancelled. Family gatherings to celebrate a college graduation - cancelled. Vacations that have been planned for months - flights, hotel rooms and tours - obliterated. Grocery shopping trip - a once mundane task, seems concerning. Because there are now so many, many things out of our control, what is left that is within our control? It seems to me what we can control are our own actions within and around our own homes.

Where do we start? Personally, I started with a walk. Although I might have fully appreciated their beauty, the trees are starting to bud. The blue sky didn’t seem quite so blue, but I saw it with my slightly swollen and squinty eyes. The gorgeous vitamin D rich sun light shone down upon the worried frown lines on my face. We can’t control nature per se, but it is there for us and we can control our interaction with it.

I encourage you to please consider leaning on nature for a bit during this turbulent time. Yes, pay very close attention to the recommendations of our State and Federal government, but then, when possible, focus for a while on the natural beauty that surrounds you. Working outside in the yard is tremendously therapeutic. The mixture of the fresh air and physical activity can be very calming. Yes, sometimes the weeds can be frustrating, but even those can be tamed with time.

Here is a list of gardening activities that should be tackled in the Spring.

- Rake and remove the prior year’s foliage from perennial flowers, as necessary.
- Remove any weeds. Unfortunately, they can start growing early.
- Evaluate the trees on your property. Consider selectively prune branches that are touching, each other or coming too close to your home. Also prune any branches that may have broken during the winter months.
- Summer and fall blooming perennial flowers can and in some cases should be divided.
- Study your landscaping. Note any plants that you do not like and consider removing them.
- Summer and fall blooming shrubs may be pruned now.
- Evergreen shrubs may also be pruned now.
- Prune spring blooming shrubs after they are done blooming.
- Plan then plant a few containers of vegetables or flowers.
- Install a rain gauge. Most gardens benefit from about 1” of water per week.
- Plant a few plants that make you happy. We all need a bit of happiness right now!

As the Irish Proverb states, “If you do not sow in the spring you will not reap in the autumn.”

* 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@growingscene.com. Have a gardening question? Please contact her. She may address it in an upcoming column.
**Question:** What can I use to clean the inside wall of a gas fireplace?

**Answer:** Steps to Clean the Fireplace:

1. Double check to ensure the gas valve is in the off position and that all components of the gas fireplace are cool.

2. Check the burner and control area. If you see dust or debris, use the vacuum cleaner hose attachment to suction the dirt away. You can use the vacuum to take care of any spider webs found in the fireplace as well.

3. If you have lava rocks that need to be vacuumed but are small enough to be sucked up into the vacuum hose, cover the hose with a piece of cheesecloth and secure it with a rubber band or put an upholstery brush onto the hose over the cheesecloth. Brush off the cheesecloth as it becomes covered with pet hair if needed.

4. If you have gas logs, take them outside, then use a paintbrush to brush any dirt, dust, or spider webs from them. These logs are often fragile, so use caution; soft bristle paintbrushes will be gentle on the most delicate of logs. Check carefully for visible corrosion or damage. If you notice any, call a professional for repair or replacement before you use the fireplace again.

5. Spray wood stove glass cleaner onto the dry cloth so you can clean the glass. Do not spray the glass directly, as overspray may land on the surrounding metal or decorative parts and corrode them. Do not use standard window glass cleaner; stove glass is a special material. Clean the outside of the glass first, then the inside. The outside is likely to be cleaner, and you don’t want to bring any soot or buildup from the inside out.

6. Finally, use the clean, damp cloth to wipe the outside of the fireplace. Do not expose marble, brass, gold or other decorative plates and materials to abrasive or corrosive cleaners. With a good cleaning schedule, these parts will wipe clean with water.

7. If there is a build-up of soot or dust that does not wipe off with plain water, mix a small amount of soap in a bowl of water to make suds, then clean off the sooty areas with the soapy water and a soft cloth. Do not use a dish liquid that contains ammonia; castile soap or another hand soap or dish liquid would be best. Wipe the area with plain water afterward to rinse.

8. Dry the washed surfaces to prevent any streaking.

• If you have suggestions for future tips or have questions about maintenance around your home submit them to ask.the.woodchucks@gmail.com.
For your convenience, on this page the Sun Day, through its internal resources (namely Sun Day columnist Mike Giltner) and with the help of the Huntley Chamber of Commerce, has assembled a list of local and area restaurants and some other businesses that remain open or are providing services to the community. Please call each location for operation details and/or the specifics of their services. Additional info can also be found at huntleyfirst.com Let’s continue to support our local businesses and each other!

RESTAURANTS
Sammy’s Bar and Grill 847-669-9025
BBQ King 224-654-6201
Bistro Wasabi 847-515-2700
Brunch Café 847-669-8437
Casa Rubi-oso 847-669-8966
Culvers of Huntley 847-659-9673
Desserts by Corinna 815-200-2622
Huntley’s Taco Locos 224-569-6790
More Brewing Company 847-310-7530
Morke’s Chocolates 847-458-8585

GROCERY AND PHARMACY
Parkside Pub 847-669-8496
Pub 47 847-669-7755
Rookies 847-669-8600
Sew Hop’d Brewery 224-230-0994
McDonald’s 847-669-0225, 847-669-8270
Starbucks 847-669-9124, 847-961-5597
Tropical Smoothie Cafe 847-669-3803
Houlihans 847-658-4560
MOD PIZZA 224-246-8178
Butcher on the Block 847-669-6679
Bonefish Grill 847-658-9286

Jewel-Osco (Albertsons) Daily 7:00am to 9:00am
ALDI Tuesdays and Thursdays 8:30am
Caputo’s Tues/Weds/Thurs 6:00am-7:30am
Costo Tuesdays and Thursdays 8:00am-9:00am
Meijer Tuesdays and Thursdays from 7:00am – 8:00am.
Walgroens Tuesdays 8:00am-9:00am

CRAFTS
Looking for crafters to sell their wares at the annual Hubbs Greenhouse in Marengo Flower and Craft Show in June. Interested crafters contact: pjlobono@gmail.com

• MASKS

Everyone is asked to help healthcare workers working along the front lines during the coronavirus crisis. The chain store is giving away kits to the public so anyone can make masks for doctors, nurses, and other first responders. There are some guidelines provided for the make-your-own masks. Remember, you should always have the same side facing outward, the contaminated side. Different colors could help with this. Machine wash the face masks.

Grocery shopping guidance to thwart spread of COVID-19

WOODSTOCK — The McHenry County Department of Health (MCDH) is advising all to incorporate preventative behaviors when out collecting essential goods.

As cases of COVID-19 are expected to rise over the next few weeks, McHenry County residents are expected to follow the shelter in place order that was recently extended through April and only leave their homes to purchase groceries and pick up prescriptions.

Families are encouraged to plan and designate one person in the home to run necessary errands to reduce the potential for multiple exposures. Those who are sick should isolate themselves from others and not leave isolation until 72 hours after their fever subsides without the aid of a fever reducer.

When traveling outside the home to collect necessary supplies:

Shop when stores are not as crowded
Practice “physical” distancing; stay at least six feet away from other people
Clean and disinfect carts and shopping baskets with your own sanitizing wipes
Wipe hands with hand sanitizer before and after shopping
Do not bring/use reusable shopping bags
Limit contact with employees by using self-checkout
Use curbside pickup or grocery delivery services if available Wash hands after handling packages and when finished putting items away.

*Get the latest guidance for community preparedness by visiting mchd.info. For general questions about COVID-19, call the IDPH hotline at 1-800-889-3931 or email dph.sick@illinois.gov.
Thank you for reading the Sun Day!

Thank you for making us #1 in Huntley!

Mary Jo Darlington
Joe Roder
Becky Johnson
Matt Crow
Melanie Windberg
Bob Nelson
Eric Bondo
Yllana Alvarez
Carol Nusman
Juan Cline
Bill Mingotti
Jean Rightmier
Jim Hagen
Kelly Maker
Larry Tiffin
Jamie Lamp

Apr. 09, 2020

MARK YOUR CALENDAR.
Are you driving less?

Call us to help you save more:

Call us for money saving opportunities on your auto insurance. Options like "Drive Safe and Save" and the "Defensive Driving Discount" can add savings to your existing auto insurance.

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