

MY SUN DAY NEWS

PROUDLY SERVING THE COMMUNITY OF SUN CITY IN HUNTLEY

VOLUME 15 - NUMBER 5

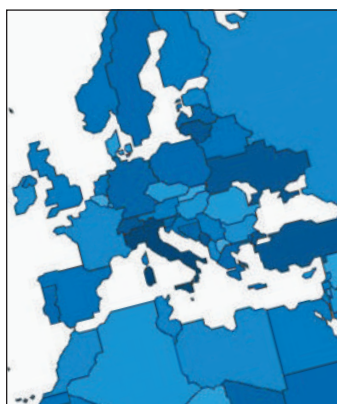


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MARCH 7 - MARCH 20, 2024



qu^{ick}shot



Booming to Blue Zones

9

qu^{ick}quote

I wanted and still just want to make one person's day special.

8



Steve Peterson | MSDN Photo

SC resident and baseball fan John Felkamp showed a prized possession of this 1917 Chicago White Sox World Series Champions 1917 print.

White Sox Fan Club member hits home run with prized possession

By Steve Peterson

For My Sun Day News

The Chicago White Sox Fan Club meets monthly and has since February 26, 2019. The atmosphere at this meeting included pizza, beer and White Sox talk.

"This is our sixth year since I came up with this wild idea. I

wish to thank you from the bottom of my heart," Glenn Grobli, club founder, said.

The White Sox Fan Club met for the first time, at Huntley American Legion Post 673's Hall for 2024 on the day that all players had full squad workouts at the team's spring training facility in Glendale, Arizona. The team is coming off a 61-101 sea-

son. Those gathered talked their favorite team's prospects, as well as owner Jerry Reinsdorf's bid for a new stadium deal.

They listened as Tony Izzerillo, who served as White Sox photographer from 1978-1992, gave his take on working with ballplayers.

"You have to know when to approach them," Izzerillo said.

"Most are very cooperative if they're not busy with something."

He told of the time he snapped the exclusive photo of a fight at old Comiskey Park involving Sox pitcher Ed Farmer, of the final fireworks show at old Comiskey Park and of the Disco Demolition Night there on July 12, 1979. That night, the second game of a doubleheader was forfeited to Detroit.

"It was crazy," he said of the promotion of radio personalities Steve Dahl and Garry Meier. "They locked the ballplayers in the clubhouses. The ushers tried to get the bases and only got one. One person tried to climb up the foul pole."

Izzerillo showed a photo of an Old Timers All-Star Game played in 1983 at Comiskey Park. The photo included now 60 Hall of Famers.

White Sox fans gave plenty of thoughts on the state of their club.

"I have to look at it realistically. Reinsdorf is playing his cards," Grobli said. "The way I see it, he can see the team, get a better lease on the current stadium or hope the taxpayers can be convinced on the deal for a new stadium."

"But as Sox fans, we have been disappointed many times, but we're loyal, and come out to support them year in and year out,"

Grobli added.

WHITE SOX | Pg. 4



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lifeinfocus

Why social media is boring me to pieces

Carol Pavlik
Columnist

I'd like to thank Elon Musk for purchasing Twitter. Ahem — I mean 'X.'

As soon as Elon Musk walked into Twitter's headquarters carrying a sink (the caption to the video read, "Walking into Twitter HQ. Let that sink in,") it was clear that Musk was more concerned with crafting Dad-jokey quips than he was about making the platform better, or at the very least keeping it clear from hate speech and disinformation.

Since Musk's takeover of Twitter X, it's been steadily losing users, who are tired of the arbitrary changes and lack of content moderation. Initially, users went to Threads, Instagram's knock-off Twitter-lite, but that doesn't seem to be taking hold, either.

For that matter, I'm noticing some of my Facebook and Instagram friends are quietly disappearing, as if they're being sucked up into strange 1950-style space pods by green aliens. They either delete their accounts or outright abandon them. Sadly, a few of my friends who have passed away have profiles that sit in suspended animation, a poignant record of their life up until the moment it suddenly stopped.

A lot of what's left is boring.

Social media used to be a place where you could catch up on family and friends. There was nothing better than getting the news (with photos!) of a couple's engagement or the arrival of a new baby. It was a place to celebrate each other's new jobs, weddings, new houses, and graduations. There might be an emergency in one area of the country, and your friend in that particular area could hop on social media and let everyone know "I am safe." There were times when I felt as though social media expanded my community, rather than isolated me from it.

I know we throw the word "algorithm" around like a hot potato. I will not claim to really understand algorithms. I just know that they are used to determine how to sell me more products for the sake of capitalism. Algorithms, from what I can tell, are trying to guess what I want to see, when I want to see it. Lately, they are getting it wrong.

It may sound like I'm complaining. You may think I'm being nostalgic for the "good old days" of social media. Maybe I am. But inside this complain-

ing and bellyaching, friend, you can hear a sigh of relief and a hopeful hal-lelujah.

I attended a live performance recently. Directly in front of me was a woman who turned sideways in her chair, put her feet up, and scrolled through Facebook for the entire 90-minute performance. She paid money to attend this concert, and she spent most of it with her head not even facing the stage.



It was easy for me to judge this woman, but the truth is, smartphones have robbed the attention of many of us for years. We willingly pay for the privilege of time theft. We purchase covers and cases and pop-sockets to adorn the thing that has trained us, like Pavlov's dog, to begin hungering for a tasty morsel at the sound of a notification chime. How many things have I missed because I was doom scrolling? How many times have I engaged in terse "discussions" with complete strangers over politically or socially-charged topics, then ultimately go to bed feeling frustrated and unresolved, wondering if the person with whom I was conversing was even a real person at all?

The truth is, I'm becoming exhausted by the advertisements, the sponsored posts, the influencers who are performing somewhere in their barely-furnished house with a ring light and a tripod as they convince me that I need to watch them apply cosmetics or make a seven-layer cake with only 3 ingredients. I'm tired of friends or acquaintances using their accounts to sell the pyramid scheme du jour: weight loss products, anti-aging skin care products, clothing, even sound baths.

We all — the content creators and the content consumers — are trapped in our own bubbles, staring down into our laps while gripping the phone in our claws, shutting out the life that is begging to be noticed right beside us.

So I for one am thankful to Elon Musk and the others who have let things slide. Inside me, I feel a growing hunger for the real stuff. I want actual conversations with real people. I've been writing letters more — putting pen to paper is a grounding experience for me; receiving a letter back gives me a rush that no algorithm can provide. I'm attending live performances. I'm going for walks in nature, and having lunch with friends. I want real things that fully engage all five senses.

The fall of social media — or at least a steep decline of it — is what could save humanity. Go ahead, algorithms. Keep it boring. Please.



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Steve Peterson | MSDN Photo

Former Chicago White Sox Fan Club members John Lampinen (L), of Huntley and brother Joe, of Algonquin, attend the club's first meeting for 2024.

• WHITE SOX

“We can’t help but do better than last year,” John Lampinen of Huntley said. “I’ve been a fan since the 1950s and am a big Nellie Fox fan, he was a great little contact hitter.”
“I’m keeping my fingers crossed. We can’t help but be better than last year. I used to live on the northwest side of Chicago, near Wrigley Field, but would take the bus, then the “L”

to Comiskey Park. We used to go to doubleheaders and sit in the left field stands in the first row,” said Tom Rudis of Sun City.
“I have been a White Sox fan since I was ‘this high,’” said Jan Krecioch.
The White Sox Fan Club’s next meeting is March 18 at Huntley American Legion Hall. There is a social hour at 6 p.m. Followed by a program at 7 p.m. For more information, call Grobli, 847-515-8336.



Christine Such | MSDN Photo

Donna Bordsen uses old greeting cards for craft projects to help developmentally delayed individuals. She is accepting donations of old greeting cards.

What to do with old greetings

By Christine Such
For My Sun Day News

Instead of sitting in a shoe box or in an old drawer, a greeting card can keep on greeting, according to one Sun City resident.
Donna Bordsen is offering an opportunity to put those cards to great use.
Bordsen said, “I’m collecting recycled holiday cards for craft projects at a residential facility for developmentally delayed folks.”
The residents at Meadows Sheltered Care located in Rolling Meadows turn those greeting cards into ornaments and other crafts.
Bordsen said, “Covid has impacted this facility also. There is a staffing shortage, and the workshops offered before Covid are slowly opening back up. The cards provide an activity that they enjoy.”
Bordsen thanks residents who have donated recycled holiday cards after her post requesting them on the Wildflower Facebook page. “They’ve been a big hit with the residents at Meadows Sheltered Care. I’ll take your magazines when you’ve finished with them. Pretty much anything with lots of photos,” she said.

There are residents at the facility who are car enthusiasts and firefighter fans.
Bordsen said, “Any [firefighter] out there with firehouse magazines or firehouse t-shirts in good condition? Donations of these car and firefighter-related items would bring great joy.”
• Please don’t throw away those magazines’ beautiful greeting cards; pack them up and contact Donna Bordsen at donna.bordsen@yahoo.com



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The ham that took it on the lam



I lost a ham today.

I know that’s not the kind of confession you expect to hear every day, but there it is:

Today, I lost a ham.

“How does someone lose a ham?” my friend Anne asked when I told her.

“Well, if I knew the answer to that, I’d be able to un-lose it,” I said, so I tried to recreate the day’s stunning mystery as well as I could.

I went to the grocery store to pick up a few staples I was running low on — bananas, sour cream, grapes, juice, chips — and when I passed through the meat section a nice ham caught my eye. I don’t eat ham all that much, but sometimes there’s nothing better than a ham-and-Swiss on rye, with stone-ground mustard, maybe some lettuce, and a spear of one of my homemade garlic dill pickles on the side. Besides, I had just finished the last of my homemade turkey-rice soup, frozen since Thanksgiving, and a big pot of ham-and-pea soup was starting to sound pretty good.

So I put the ham in my cart, swung down the aisle to pick up a bag of dried split peas, and rolled up to the self-checkout aisle.

But when I got home and put everything away, I walked out of the kitchen and screeched to a stop. “Wait. I don’t remember putting the ham away.”

I opened the fridge, and sure enough, no ham. I dashed out to the car to check there. I had carried the grocery bags home in the back seat — had the ham rolled out of one of the bags onto the floor? Nope. No ham.

I went back to the fridge to check again. Had I put it in the produce drawer? Nope, not there. I didn’t put it in the freezer, did I? Nope, no ham.

I went back to the car and checked the back seat area again, and then, out of desperation, the front seat. It would be an odd place to put a ham with all the other groceries in the back seat, but hey, it can get lonely driving back home from the grocery store with nobody to talk to. No ham.

I even checked under the car, in case the ham had found a way to squeeze through a seam at the bottom of the plastic bag and rolled under there. Nope. No pig parts under the car, which under almost any other circumstance would have been good news.

So, considering my options, I guessed that I might have left it at the store, the fourth bag of groceries that never made it home with the other three. Or maybe I left it in the cart when I hefted the others into the back seat and wheeled the cart to the cart rack, stubbornly refusing to look down.

I called customer service at the gro-

cery store and asked if maybe somebody might have brought a lost ham to their desk in search of its owner, but nope, no orphaned hams had been brought to them.

“So that,” I said to my friend Anne, “is how you lose a ham, I guess.”

She nodded with a knowing look on her face. “Did you check the top of the fridge?”

John, her husband, said: “Oh, Lord.”

They told the story of how Anne had returned from the grocery store with bags and bags of groceries, and with countertops filling as she sorted them out, she plunked a Cornish hen on top of the fridge. Just for a minute or so.

A minute that turned into a few days. And then a few weeks.

“Where is that smell coming from?” they both said.

Eventually, when the maggots hatched, the flies led them to the lost hen, which they agreed no amount of seasoning could save.

“Nope, not on the fridge,” I said, though I knew I would check again.

And having exhausted every reasonable path to finding my lost ham, I grudgingly gave in to an even grimmer thought, and I embarked on a search of unreasonable places where a codger might have plunked a vagabond ham. After all, when you reach a certain age, you have to acknowledge that people at a certain age can misplace things in some pretty bizarre places.

Maybe the closet, where I took off my shoes when I came home from the grocery store?

Next to the TV remote on the end table next to the recliner?

On my desk in my office, where I write the kind of crap you’re reading right now?

Nope. No ham. Which, I guess, is the good news. Because if I had found a ham in any of those places, I’m not sure I would trust myself to make a big pot of soup out of the ham joint — and then spend days wondering where the cat went.

So the best I can hope for is that the next guy in line at the grocery store self-checkout aisle went home with a free ham. Good for him. He may have been having a bad day, and maybe a free ham could be just the thing to raise his spirits a bit. If so, and if he’s reading this right now, I hope he shoots me an email so I can send him those dried split peas that are just sitting around waiting to get into the game. Either that, or send me the bone when he’s done with those tasty ham-and-Swiss on ryes.

I hope that’s how this story ends. Because I’d hate to think you might walk past me someday and wonder why my fresh-from-the-dryer shirt smells just a bit like hickory smoke with a honey-glazed look to it.

• TR Kerth is the author of the book “Revenge of the Sardines.” Contact him at trkerth@yahoo.com.



Christine Such | MSDN Photo

AARP Tax Lead Andy Snarski and Volunteer Joanne Schwartz ready to help get tax returns filed.

SC residents tap into free tax prep help

By Christine Such
For My Sun Day News

Since 1968, AARP Foundation Tax-Aide has provided free tax help to over 78 million taxpayers, focusing on older adults. Tax-Aide volunteers are trained and IRS-certified every year to ensure they know about and understand the latest changes and additions to the tax code.

Andy Snarski, local coordinator for AARP Foundation Tax-Aide Volunteers in Huntley, is helping seniors file tax returns electronically. Heartland Bank has provided space in the lower building level at 12101 Regency Pkwy, Huntley, IL.

Snarski said, “We have ten volunteers working at this location. Most of them have many years of experience. We are here Tuesdays and Thursdays from 9:00 a.m. to 2 p.m. until April 9. You need to make an appointment in person. When you make an appointment, you will get a sheet with information needed to prepare the tax return.”

The trained AARP Foundation Tax Aide will get your tax returns filled out and filed electronically, all for free.

Snarski said, “We prepare and review the returns for accuracy. They are filed electronically. You can also pay electronically and deposit your refund directly into your account. We also provide extra copies for senior tax assessment freezes.”

Senior homeowners are eligible for the senior assessment freeze in Illinois if they are over 65 and have a total house-

hold annual income of \$65,000 or less in the 2023 calendar year. A Senior Freeze Exemption saves property tax by freezing an eligible property’s equalized assessed value (EAV). Exemption applications for tax year 2023 will be available in early spring. The second installment tax bill only reflects property tax savings from exemptions.

Snarski said, “The program is free and doesn’t require AARP membership.”

To get help preparing your tax return from an IRS-certified volunteer, book an appointment by coming to Heartland Bank on Tuesdays or Thursdays between 9 a.m. and 2 p.m. But you need to do more than walk in empty-handed or with an envelope full of receipts. You can check what you need to bring online at <https://www.aarp.org/money/taxes/info-01-2011/important-tax-documents.html>.

AARP Foundation Tax-Aide volunteers can help with most, but not all, tax returns. They do not offer tax preparation for extremely complicated return, such as one that involves a small business with employees, rental income, or alternative minimum tax (AMT).

Snarski said, “We take almost anyone that walks through the door. There is no age requirement or income limitation. We would not discourage anyone from coming in and making an appointment. Four other locations host the program. Algonquin, Woodstock and McHenry Libraries and Algonquin township.”

Snarski expects about six hundred returns to be prepared and filed at the Huntley location.

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Arlene Petersen
Columnist

Q I've been an avid reader of your columns and your expertise has always provided valuable guidance. Today, I find myself in need of some advice as I'm about to undergo surgery followed by a short-term rehab stay. It's a bit daunting, I admit, but I'm trying to approach it with a positive mindset.

My surgeon foresees a four to six-week recovery at the rehab facility. What advice do you have regarding my rehab stay? What questions should I be asking? What can I expect during my stay? What steps can I take to ensure a smooth transition home?

I understand that your time is valuable, and I truly appreciate any insights or recommenda-

tions you can provide. Your expertise would undoubtedly offer valuable guidance and offer me peace of mind as I undergo surgery in a few weeks.

A I appreciate your kind words and am honored to offer guidance during this crucial time in your life. Your proactive approach to planning for your post-surgery recovery and rehab is commendable. Let's address your questions:

During your time at the rehab facility, prioritize active engagement with your rehabilitation program. Consistency is key and diligently participating in therapy sessions can help you recover quickly. From your initial evaluation with your rehab team, establish open communication. Share any concerns you have or discomfort you may experience.

Important questions to ask include:

What specific goals should I aim for during my stay?

Can you outline the daily schedule and the types of therapies I'll be undergoing?

How will my progress be monitored and what goals have you set for me?

Are there common challenges or setbacks that other patients in similar situations have faced?

How do you communicate with patients and their families and how often?

I recommend that if you haven't already toured and selected your top two to three rehab facilities, you should do so before your surgery. This will allow you to know in advance what you can expect during your rehab stay.

Generally, rehab facilities provide skilled therapists and healthcare professionals to guide you through your rehabil-

itation program. You can expect to participate in various therapies and exercises aimed at getting you back to your previous functioning level. Nutritious meals are provided in a community dining setting where you can meet other peers and socialize. Activities are offered and are optional to attend. You may find that you have a lot of downtime, depending on your therapy schedule. I advise you to bring leisure materials to ward off boredom or take advantage of an activity or program offered by the facility to help you pass the time.

To ensure a smooth transition home, prioritize making your home accessible and safe before your hospitalization. Your therapists may recommend a home evaluation before you are discharged. They can evaluate your home and provide specific recommendations. Ensure you

have a reliable support network in place. A trusted friend or family member should attend any care plan meetings and act as a second set of ears and eyes as you recuperate. Your healthcare team will provide a discharge plan that outlines the next steps once your rehab stay is complete. You may receive orders for outpatient therapy or in-home healthcare to ensure your transition home is seamless.

Remember, each recovery journey is unique. Stay positive and celebrate the progress you make along the way. Wishing you a successful and smooth recovery.

• Have a question for our angel correspondent? Send our angel an email at jcbarrett@visitingangels.com, or write in at Ask An Angel, 65 Woodbury St., South Elgin, IL 60177.

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What can you do with MSDN after reading it?

St. Patrick's Day is coming up. Going to have a pitcher of green beer? Place it on a copy of My Sun Day News to soak up any spills, during your celebration!

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SC RESIDENT’S SERVICE TELLS INSPIRING STORY

By Christine Such
For My Sun Day News

A vital component of any thriving community is the willingness of residents to donate their time. Bonnie Bayser is a prime example. She rolled up her sleeves when she moved to Sun City in 2003. Her willingness

to get involved and commitment to the community has been constant. Bayser said, “I like to keep busy. The first committee I volunteered for was the Activity Committee, now Lifestyle. I have been on the Facility Advisory Committee, Fitness, Election, Liaison to Modifications, Wellness, and cur-

rently on the Strategic Planning Advisory Committee.” Bayser also served as a Sun City Board member. She was selected to fill a spot that was a vacant spot for six months and then was elected for three terms, six years. Bayser said, “I helped with the Management Transition in 2006 when our Board assumed control of Sun City Board.” When asked about her favorite accomplishment, Bayser said, “I wanted and still just want to make one person’s day special. If that means listening to them, that’s what I’ll do. I want to make a difference. You can’t make everyone happy, but you can listen. Every time I got a thank you from a resident, it made my day. That made me happy. Just a simple ‘Thank you, Bonnie.’” Previously, she was a registered nurse, earning a Bachelor’s Degree in health arts, a Master’s in Health Administration, and a Ph.D. in Business Management. Her nursing peers hold Bonnie in high esteem. Pamela Richard said, “When I met Bonnie during the early 2000s, I was so impressed by how smart she is, no matter what she is involved in. We were a part of a small group trying to start a ‘Nurses in Action’ specialty group in Sun City. About 55 nurses attended the first organizational meeting. With her doctorate, Bonnie can master anything. When we met, she had a high managerial nursing position at Loyola Hospital but eventually came local to Centegra, then Northwestern

Hospital. She is always prepared for any challenge.” Others say similar praises. Marily Berendt said, “I have had the extreme pleasure of working with Bonnie Bayser for the past 18 years. She is the consummate volunteer, always willing to help with anything and everything. Her dedication to the community is apparent in the many committees she has served on. She truly loves Sun City Huntley. Bonnie is a lot of fun too, as witnessed by last year’s Karaoke night when she was a part of singing ‘I Am Woman’ with the other female board members of the past sporting colorful boas.” The admiration keeps going. Dennis O’Leary said, “My wife and I have known Bonnie for most of the 17 years that we have lived here in SCCAH. My wife and Bonnie were both on the original Health and Wellness Committee. Bonnie and I have crossed paths many times in our service to this community from several committees to years on the Board. During that time, I got to know her well, admired her, and often sought her opinion and knowledge.” Bayser volunteers in the local Huntley community as well. She has been the secretary for the Huntley Fire District since 2003, and she was a trustee for Darien-Woodstock from 1996 until 2003. She is the treasurer of the Illinois Association of Fire Protection District and the Northern Illinois Alliance Fire Protection District President. Sun City is bidding a sad farewell to the Baysers, as Bonnie

and her husband Chuck move to Oak Trace in Downers Grove. Bayser said, “Chuck and I have been married for 34 years and want to be together in the last years of our lives. The new facility offers us independent living but also provides five levels of care if needed. We will have that security. The deal breaker was that any facility we looked at had to have a woodshop. Chuck loves doing his woodworking, and Oak Trace had that.” Berendt said, “Bonnie will truly be missed.” Richard agreed, saying, “I am sad to see her move to an assisted living agency, but realize someday we all may be following the same goal as we age. Our best wishes to Bonnie and Chuck as they pursue new friends and activities and continue to experience new opportunities.” O’Leary said, “Bonnie, I am going to miss you as I bounce around this community. I will miss you as an involved resident and a confidant. And I will miss your smiling face as you jab me with one of those vaccination needles. But most of all, I will miss you as a friend. Take care my good friend. I wish only the best for you and Chuck. You will always be in my thoughts and prayers.” Bayser has already started considering what positions she is interested at her new home. Her explanation might be an understatement. “I like to keep busy,” she said.



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By Joan Davis, RN, MS
For My Sun Day News

Blue Zones have been in the news lately, especially with the recent 4-part Netflix airing of “Live To Be 100 - Secrets of the Blue Zones.” Magazine articles, podcasts, and videos have been popping up discussing virtues of the Blue Zone diet and healthy habits from PBS to Forbes and Newsweek.

So what are the Blue Zones?

Five communities spread throughout the world have been identified as “Blue Zones” where residents not only live long lives into their 90s and beyond, but also manage to live vibrantly, remaining physically active and enjoying an full social life without chronic diseases that plague most elders. No nursing homes or dependence

on caretakers for the Blue Zone residents; they’re too busy enjoying their lives being active, independent members of their communities.

What’s the story behind the Blue Zones?

The Blue Zones were discovered in the mid-90s when researchers identified the Italian island of Sardinia as a region with the highest concentration of male centenarians, or people who live to be 100 or older. Those folks are 10 times more likely to reach 100 than Americans. National Geographics fellow and journalist Dan Buettner became interested in this longevity “hot spot,” joining scientists as they carefully validated Blue Zoners’ longevity and did in-depth research into these villagers’ lifestyle habits. Buettner wrote a National Geographic cover story on the Blue Zones

which resulted in that issue becoming the 3rd most popular issue ever for the magazine.

Buettner then founded the Blue Zones organization and with the researchers identified four additional Blue Zones: Sardinia, Italy; Okinawa, Japan; Nicoya Peninsula, Costa Rica; Ikaria Greece; and Loma Linda, California (Yes! One in the US!). He then wrote the first of 7 bestsellers The Blue Zones: Secrets for Living Longer.

So what are those Blue Zone elders doing to live so long and healthfully?

You might think these Blue Zoners were just lucky to be born with good genes, but family studies have demonstrated that only about 25 percent of the variation in human longevity is due to genetic factors. Much more important are lifestyle habits. In the Blue Zones these

include

- Focusing on moderate daily activity
- Having a supportive social network
- Feeling like you have a purpose in life
- Practicing destressing and most important
- Eating healthfully

The Blue Zone diet focuses on whole foods especially legumes (beans), whole grains, vegetables, especially leafy greens; and minimal or no meat. The Blue Zone diet is typically 95 percent plant based.

Want to learn more?

There is an abundance of resources available from books to videos. Dan Buettner has a TED talk: https://www.ted.com/talks/dan_buettner_how_to_live_to_be_100/. The Blue Zone website: <https://www.ted.com> lists many no-cost resources, even

a free weekly newsletter which includes articles, latest research, recipes and six checklists to help you “Blue Zone” your life from the kitchen to the bedroom.

Buettner’s books detail strategies, especially The Blue Zones Solution with tips to incorporate Blue Zones habits into your own life - even if you’re not in a Blue Zone.

This PBS documentary reviews the Blue Zones: <https://www.pbs.org/video/live-to-100-explores-people-in-blue-zones-live-longer-1703370606/>

If you want to really dig deep into the science of aging Dr. Michael Greger’s new book, How Not to Age, provides the scientific background approach to maintaining your health as you age and discusses the Blue Zones. This book, as well as the ones authored by Dan Buettner, are available through the Huntley library.

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The dos and don'ts of landscaping



Kathleen Carr
Columnist

When raising my children, I emphasized that you don't take no for an answer. You overcome your obstacles, create opportunities, and persevere through situations. While respecting rules is always the way forward, you don't necessarily need to listen to what other people tell you is or isn't possible. I say all that in preparation for telling you what is or isn't possible in your own yard. Although I am a bit uncomfortable in proceeding, I do think there is some benefit in summarizing correct outdoor practices in this format. This column focuses on the 'Dos and Don'ts' when it comes to gardening and landscaping. As always though, you know your own yard and situation better than anyone. Please filter through these options and apply those that seem most appropriate to your situation.

DOs of Gardening and Landscaping:

1. Use high quality soil amendments. Potting soil, mushroom compost, peat moss, and microryza are the very basis for successful plant growth. Consider purchasing and using the highest quality products that are available.
2. Start with a plan. Knowing what you are going to plant where is a crucial step in the landscaping process. The right plant never performs well in the wrong place.
3. Know the mature height and width of plants. Make sure that you research the mature plant sizes prior to purchase. This will help prevent a situation that involves plants blocking windows, growing over sidewalks or hitting your home.
4. Remove weeds on a regular basis. It is a necessary evil. The smaller the weeds are the easier it is to remove them.
5. Budget appropriately. Plants have a wide range of price points. Working on a limited budget is possible, with proper planning.
6. Measure the amount of water that your lawn and plants are

- receiving. Perennial flowers, shrubs, and trees need about 1" of week per week. Lawns typically need about 1-1 1/2" per week. Without taking time to measure the amount that they are receiving you will have no way to know. Too much water can be very harmful. Measuring can be done with a traditional rain gauge, a glass pie plate or even an empty tuna fish can.
7. Divide your plants. Perennial flowers and ornamental grasses often benefit from regular thinning. If this is not done, they tend to flower less and can even die out in the middle.
 8. Call JULIE before you dig in your yard. The Joint Utility Locator Service is a free service that when contacted will send representatives out to mark the underground utilities in your yard. Their phone number is 811.
 9. Enjoy your time outside. Take time to appreciate the beauty that you have achieved through your planning and planting.

The Don'ts of Gardening and Landscaping:

1. Feel guilty about remov-

- ing plants that you don't like. Yes, plants are living things, but if you don't like them, they are diseased or they require too much maintenance, don't hesitate to remove them.
2. Neglect pruning. Proper pruning is a technique that can enhance a plant's lifespan and health.
 3. Consistently use inorganic pesticides, fungicides and herbicides. Plant care chemicals can have a negative impact on own personal health as well as the environment. When possible, consider using the more eco-friendly.
 4. Work in soil that is wet. Soil that is wet is easily compactable. When that soil is compacted, the amount of oxygen is greatly reduced. Oxygen is needed for plant growth and without it the plants will suffer.
 5. Overlook the maintenance required. All plants require some form of maintenance from pruning, watering, mulching to weeding. Those gardening chores can be an opportunity to soak up vitamin D and enjoy time outside.
 6. Plant too much! More is not necessarily better. Too many plants in a planting bed can promote insects and diseases.
 7. Forget to read the label be-

- fore purchasing plants. Tremendously valuable information can be found on plant tags. Planting instructions, sunlight requirements, hardiness zones and significant features are all available if we just take the time to read them.
8. Put emphasis only on what looks good in the summer. When possible, include something that has an interesting feature or flower throughout spring, summer, fall and even into the winter.
 9. Fail to notice the beauty that surrounds us. The Midwest region of the United States is home to some of the most beautiful flowers in the world and we are lucky enough to get to see them each and every day.

I wish you the very best spring and gardening season. As Audrey Hepburn said "To plant a garden is to believe in tomorrow."

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





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It is good to have an end to journey toward; but it is the journey that matters, in the end.
- Ursula K. LeGuin

The greatest enemy of knowledge is not ignorance; it is the illusion of knowledge.
- Stephen Hawking

Even if you're on the right track, you'll get run over if you just sit there.
- Will Rogers

By TR Kerth
Columnist

newsqu^{ick}

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GREEN Means Let's Go have Some Lucky Fun!!!



By Jamie Kayser
For My Sun Day News

St. Patrick's Day is just a few weeks away! March 17th, to be exact. There is so much to do! Shop, eat, and learn some fun facts along the way this St. Patrick's Day!

Fun fact and activity #1:

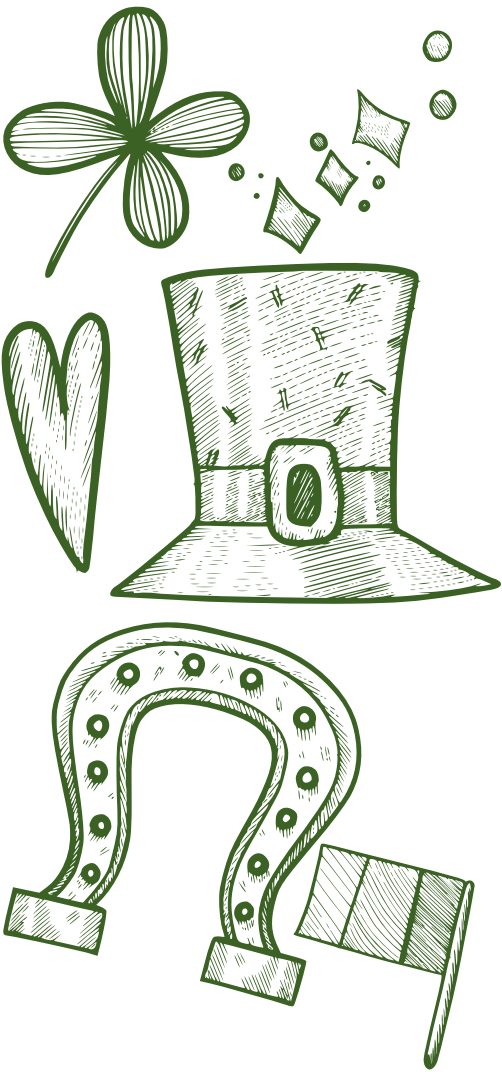
One belief "for the sea of green you see every St. Patrick's Day" according to The Daily Meal, "revolves around Saint Patrick himself ... many works of art depict Saint Patrick [holding] a sprig of shamrocks." Also, the color green "still remains as one of three colors in the Irish flag." To celebrate, there is a restaurant and grocery store chain called 'The Corned Beef Factory'. Check out their many locations via their website: <https://cornedbeefactory.com/>. Looking for a sweet treat? Don't let McDonald's "Shamrock Shakes" pass you by!

Fun fact and activity #2:

According to Go To Ireland.com, "over 10% of the Irish population is indeed redheaded, auburn or Venetian blond in Ireland. This figure is still behind that of Scotland, which has 13% redheads on board." Bonus fact: this journalist is a redhead too! Going to a St. Patrick's Day celebration? Visit a shop in Downtown Long Grove called 'The Irish Boutique'. Visit their storefront or their website to shop fashion and more here: <https://www.irishboutique.com/>.

Fun fact and activity #3:

Don't want to travel to Chicago this St. Patrick's Day? There is another option nearby! Join "Mchenry Shamrocks the Fox-River Dyeing" this year! This takes place "March 16 [at] 10:00am on Riverside Drive", according to Naturally McHenry County. Check it out here: <https://www.naturallymchenrycounty.com/event/mchenry-shamrocks-the-fox-river-dyeing/1681/>. Up for the adventure? The "Chicago River Dyeing" is also happening on the same day "between State and Columbus" according to Choose Chicago. Check out their website here: <https://www.choosechicago.com/articles/holidays/st-patricks-day-chicago/>.



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Will Moore
Columnist

A complete tragedy; that is the phrase you hear when someone or something is overlooked for accolades. Awards, of any kind, are fickle and subjective. Prizes for art have always felt a bit stranger: what makes this piece better than that? Critics have brought up some under-appreciated films recently, some of which I agree. Past Lives was one of my favorites of last year but earned some Oscar nods. May December only got one. Priscilla and Fallen Leaves both got a big goose egg. My recommendation this week though; this was criminal.

All of Us Strangers landed on Hulu a week ago with little fanfare and no physical media. Come on, Disney. If this was the buzziest film, I bet you wouldn't hear the end of it. Does anyone remember Nomadland, despite all the praise? Wasting away in a London flat, screenwriter Adam watches music videos and attempts to work on a teleplay based on his parents who he lost in a car crash at twelve. After a random fire alarm, he

encounters a fellow tenant at his door. Henry, drunk but charismatic, flirts and tries to worm his way into Adam's apartment. He is rebuffed though, but they meet again in the elevator sometime later. Back to the A-plot, Adam finds photos of his childhood home. Going to investigate, he walks past the house and into a park. In a field he sees a young man watching him. Is this a pickup? When he follows, he recognizes him as his father and strikes up conversation. Asked back, Adam finds his mother is also still living in the same house. Both his same age, Adam's parents exist out of time. In a stroke of magical realism, a reunion takes place. Through subtle lighting and window reflections, Adam's parents' ghostly presence mirrors his own existence. Andrew Scott's wounded yearning, through his eyes and voice, gives Adam wistfulness. He is not that boy physically, but emotionally he has been in stasis. When he argues and disagrees with his parents in various scenes, what was once ethereal becomes mundane. A lonely gay man, how Adam turned out distresses them in ways beyond measure. When his mother feels disappointed at first then scared for his wellbeing, wouldn't that be natu-

ral for someone who died in the 1980s? Clare Foy and Jamie Bell give such richness to what could have been paper-thin caricatures. Each have powerful scenes with Andrew where the acting takes center stage, above deep cuts from The Ink Spots and the film's own ambient score. In only his fifth feature, Andrew Haigh has crafted a niche in the traditional chamber drama that he also transcends. A middle sequence where Adam and his neighbor Henry go to a club and take hallucinogens; each component from the editing to lighting and camerawork congeal, giving us a trip of our own into Adam's own fractured headspace. Hues of pinks and purples both in Adam's apartment and club; burnt red dusk light make us feel like we are in another astral plane, one that is achingly romantic. Paul Mescal is no slouch either. His Henry is impulsive but in that same longing as Adam, albeit far more desperate. His music cues suggest disconnection. But Haigh has a way of framing them that I haven't seen since the 90s. This wouldn't be any different if this was Julia Roberts and Hugh Grant, with the exception that both here are British and the obvious. By the time you reach the conclusion, Adam is completely fleshed out by his experiences. He is certainly



more so than Bradley Cooper's Lenny Bernstein. As "Frankie Goes To Hollywood" plays us out to the credits, it begs the question. Does emotion mean anything to the Academy anymore? Certainly, in this writer's humble opinion, it counts for me. But to paraphrase a line from Frasier, let the awards fall where they may. This film has my tears and admiration, which means more in my book.



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WWII, WWI, Vietnam, memorabilia. All types, military, home front, souvenirs, foreign. Collector/historian.
630-215-3664.

JOBS

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Woodstock and Huntley
FT & PT bus driver/aide for client transportation.
No weekends/paid holidays.
Please call Tracey Weston 815-338-3590 ext. 8634.

ONGOING SEEKING GOLFERS
The Sun City Tuesday Men's (golf) League is accepting new members and substitutes for the 2024 season.
We play at Pinecrest Tuesday mornings starting at 7:20 a.m. off both #1 & #10 tees.
This is an 18-hole Match Play handicap league with two divisions. One for lower handicaps and one for higher handicaps,
We also encourage golfers who can't commit to every Tuesday for 20 weeks, to sign up as a sub. With 6 to 8 subs playing each week, they are an important part of the league.
Cash prizes are awarded each week for "Closest to the hole," "Longest putt," and "Skins." Subs are included!
Year-end cash prizes are awarded based on match play points earned each week, at our end of season luncheon.
The top half of each division receive the awards. We are entering our 25th season. Last year we had 60 regulars and 40 subs.
For more information e-mail Ron Hawley (ronaldihawley@yahoo.com

APRIL 25-28 HELLO DOLLY
The Sun City Spring Musical is, "Hello Dolly." Show dates are April 25-28. Mark your calendars! You will fall in love with Dolly! For information call Judy Stage at 517-927-8535 or Dick Storer at 847-494-2587. The Theatre Company now has a Facebook page. Take a look! Go to: <https://www.Facebook.com/TheatreCompany-SCHuntley>.

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You're Invited

If you or anyone you know is interested in Directing, doing Playbill Coordinator/designer, Costumer, Set design, helping with set build, or Hairstyling for the Theatre Company call Dick Storer at 847-494-2587.

ONGOING CALLING ALL CHICAGO SPORTS ENTHUSIASTS!!!!
The Chi-Town Sports Trivia Group is up and running. Friendly competition - the FIRST FRIDAY of each month, 3 to 4:30 p.m. at the Huntley Library. All questions covering the BEARS, BLACKHAWKS, BULLS, CUBS, WHITESOX, and the Chicago sports scene.

ONGOING WALKERS AND BICYCLISTS FOR A SAFER COMMUNITY
Walkers and Bicyclists for a Safer Community is dedicated to promoting safe street conditions in Sun City Huntley for walkers and cyclists. Remember, It's Right to be Bright. Please be ALERT for Pedestrians in our crosswalks, and Cyclists and Golf Carts on our streets. As daylight hours shorten it will be more difficult to see walkers, bicycles, and golf carts. Safety tip: Some walkers prefer to use the streets over the sidewalks. Always walk facing the flow of traffic and wear bright reflective clothing as an outer layer. It's better to be seen.
If you are concerned about safe streets in Sun City for walkers, bicycles, and golf carts, or for more information email WBSC at: wbscsig@gmail.com.

MARCH 17 STRIKES FOR SIGHT
The Huntley Area Lions Club in partnership with the Union Lions Club is sponsoring it 3rd annual "Strikes for Sight" event at the Glo-Bowl Fun Center in Marengo. on Sunday March 17 at 1:30 p.m. The proceeds from this fundraiser will go the Center for Sight and Hearing in Rockford. This center offers low cost and no-cost vision and hearing services to residents in Northern Illinois.
This fun event will feature "9 pin no tap" bowling with prizes and raffles. There will also be separate raffles for a St. Patrick's Day "Pot of Gold" \$1000 cash prize and for a 28" Blackstone Grill with accessories.
If you are not a bowler but would like to support this event, join us for dinner at Glo Bowl's Trio Grille. They will donate 10% of their proceeds to the fundraiser.
Bowling tickets can be purchased by contacting Union Lion John Nienhuis at 630-589-9011 or Huntley Lion Jim Saletta at 847-980-3203. "Pot of Gold" and Blackstone raffle tickets can be purchased separately for the event (winner does not need to be present for the drawing).

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