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📕 W W W. M Y S U N D A Y N E W S. C O M

MAY 2 - MAY 15, 2024

quickshot



SC resident takes pickleball gold 13

quickquote

The need for food assistance is more significant than ever. 6





Provided | MSDN Photo

Wrigley the St. Bernard was a popular furry face around Sun City. Considered by many SC's mascot, he was often referred to as "Mayor." Sadly, the Kay family said goodbye to Wrigely on March 29.

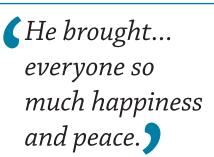
All dogs go to Heaven Saying goodbye to Wrigley

By Christine Such

For My Sun Day News

widely-known saying by an unknown author reads: "When an animal dies that has been especially close to someone here, that pet goes to Rainbow Bridge. There are meadows and hills for all of our special friends so they can run and play together.

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There is plenty of food, water and sunshine, and our friends are warm and comfortable."

Wrigley, a St. Bernard, was a beloved figure in Sun City. His gentle nature and friendly demeanor earned him the title of 'mayor' and 'mascot' of our community. His massive size was matched only by his even bigger heart, which he shared freely with everyone he met.

Dale and Mary Kay Monaghan's son, Zach, brought Wrigley home from a breeder in Minnesota.

Dale said. "He was eight weeks old, 20 pounds, and he arrived on Mother's Day."

Mary Kay said, "He didn't stay little for long."

Although he was Zach's dog that summer, he was with Dale all summer long. At the end of summer, Dale and Mary Kay drove their son to school at Minnesota State in Mankato. Dale said, "I had a hard time.

WRIGLEY | Pg. 4

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lifeinfocus A friendly exchange of strangers



Carol Pavlik Columnist

wo high school students from Italy, Ilaria and Giulia, have been guests in our home for the past ten days. This completes an exchange student experience my daughter enjoyed at one of their homes earlier this month.

It is wild to me that over a week ago, we picked up two strangers from the airport. Ten days later, tears rolled down my cheeks as I said goodbye as they left for their flights home. I will miss them, my new Italian daughters. My own daughter, with three older brothers, now has sisters she can call her own.

Ilaria and Giulia live near Venice, Italy. I have never been to Venice, but my romanticized movie version of the city looks something like this: colorful flats lining cobblestone streets. An impossibly blue sky with billowy clouds. Quaint bridges criss-crossing the canals. Gondoliers stand regally at the stern of their boats, singing a romantic tune to two passengers who are obviously in love.

I admit that when our guests arrived, I worried they would be disappointed in the United States. Europe is so old, steeped in history and tradition! What could they possibly find here that would even come close to what they already have?

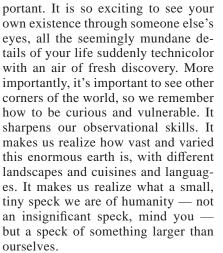
My answer came the day we picked up the girls from the train after spending their first day in Chicago. Their eyes were lit up. They loved the city: the skyscrapers, the almost blinding sheen of the newer buildings, the general noise and energy level that makes Chicago hum. They breathlessly told us of their adventures seeing the sights of the city from the Skydeck of Willis Tower, a river boat cruise, and from days of walking that practically wore holes through their shoes and registered 29,000 steps on their pedometers.

The look in their eyes likely mirrored the look in my daughter's eyes when she visited their fair city: she loved the rich colors and textures of Venice, the smell of cappuccino and bread wafting out of the shops.

Exchanges like these are so im-

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Exchanges like these also drive home the point that people are so much the same: these two teenage girls who traveled from so far away laugh and smile very much like my own teen daughter. They take care in choosing their outfits and fixing their hair. They share similar highs and lows of navigating relationships with friends, parents, teachers, and siblings.

We tried to provide new experiences for our guests, like baby back ribs slathered with barbecue sauce, a live jazz concert, deep-dish pizza, and a hike to the sandy shores of Lake Michigan.

There were surprises along the way: their introduction to the concept of "brunch," their questions about why we have so many churches and so many Starbucks, and the awe when they realized squirrels run freely from tree to tree in our neighborhood. Apparently, this was a novelty for the Italian guests, to see our plentiful squirrel population. I admit to not having the same appreciation for the squirrels, who greedily steal bird seed from our feeders and rile up our dog to the point of insanity.

For ten days, our childlike curiosity at everything was reawakened. Our family dinner conversations were peppered with questions as we traded details about food, politics, religion, school, and family traditions from our respective cultures.

Two tiny points connected on a map: for a short while, we shared our lives with each other, but I know that my daughter and my honorary Italian daughters will never be the same. The earth is larger now; the world is a little kinder and friendlier because we are no longer strangers.



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• WRIGLEY

I couldn't leave Wrigley. It was hard to drive back home without Wrigley."

"Zach played basketball in college and was on the road quite a bit. He had friends who gladly took care of Wrigley. We would go up there to watch Zach play. Finally, we decided we needed to bring him home, and Zach agreed it was best for Wrigley. He brought us and everyone so much happiness and peace," Mary Kay said.

Wrigley's love for Sun City was evident in his favorite pastimes. He adored the lakes here, where he would often enjoy walks with Mary Kay and Dale.

Dale said, "His favorite spot, however, was the Pavilion by the fountain, where he would rest and watch the world go by. His patience and calm demeanor were a testament to his gentle nature."

Dale said, "Wrigley's loving nature extended beyond our family. He could have been a therapy dog, bringing comfort and joy to many, including a family member, an aunt who was 104 years old in a nursing home. The residents there looked forward to his visits, and his presence always brought a smile to their faces."

Wrigley participated in the Halloween costume pet event in Sun City every year. In 2020, he dressed up as an Alps Rescue Dog, but instead of brandy, he had a 2020 rare essential around his neck: toilet paper. Other years, he dressed as a superhero, a referee, and recently as a groom with his 8-pound bride, Tinker. Both won in their category.

Dale said, "The kids would love to

come trick or treating at our home just to see Wrigley."

Dale relays a story that parents and dog owners can relate to: "I just got Wrigley groomed, and we went to a dog park. He found that mud puddle in that park and started rolling around in the mud."

Dale and Mary Kay had to say goodbye to their beloved Wrigley on March 29. Sun City residents sent cards to express their condolences and shared their memories of Wrigley.

Bob Higgins would see Wrigley from his home.

"He will be missed," he said. "We loved seeing him out our back window."

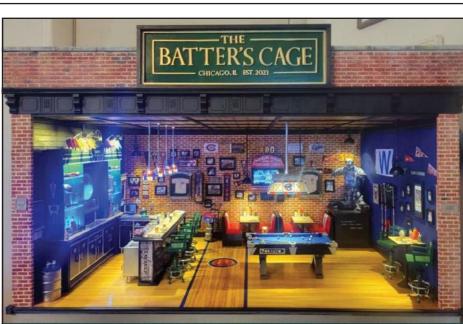
Todd Kane, a resident who runs often in Sun City and frequently saw Wrigley, said, "I'm so sorry. Seeing Wrigley on the trails of Sun City always put a smile on my face. Wrigley was like a four-footed mascot for the Del Webb community."

Kathie Bell said, "He was a great dog, a family member. I am sorry to hear of your loss. He put a smile on my face when I saw him on his walks."

Mare Roccosanto said, "We are so sad to hear this. Wrigley was everyone's friend."

Wrigley's departure has left a void in the hearts of many in Sun City. We all share in this collective grief, mourning the loss of our gentle giant who brought so much joy and love to our community.

• Watch the touching story, filmed by Zach: 'Wrigley, the Best Boy' at https:// www.youtube.com/watch?v=xlxo2OqWAzs



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residentreporter SC resident's account of West Nile

had the unimageable happen to me this past summer, I was bit by a mosquito IN MY BACK-YARD IN HUNTLEY and contracted West Nile Virus. I was in Three Lakes. Wisc. when the full effects of the virus hit me, a guesstimate of four to five days after I was bit, I had cold-like symptoms throughout the night. I was sitting in the kitchen of our rented fishing cabin early morning when I realized I couldn't stand. An ambulance was called and my 6-month journey began.

I was loaded into the ambulance and as they backed up, they struck a tree. That was the beginning of a long nightmare that included four hospitals and one rehabilitation center. It also included one minor heart attack, a case of Covid, and three bouts of pneumonia in a six-month span.

After the first hospital in Rhinelander was in-

adequate to care for my issues, I was transferred to my second hospital in Wausau where I underwent extensive testing. They ran extensive testing including a spinal tap that revealed West Nile Virus. After a monthlong stay in ICU, I was transferred to a long-term care facility.

After being housed for two months, I was again transferred to St. Luke's Hospital for additional testing. After CT scans, MRIs, blood work and myriad of other tests It was affirmed to be West Nile. Feeding tubes and a ventilator were my best friends for months. After five and a half months of being bedridden, my arms and legs quit working, along with my voice.

My wife Sandy, who was by my side from morning to sundown, contacted everybody and anybody that had any power to get us back to Illinois. A doctor from St Luke's took a liking to us and worked some magic behind the scenes. With his help and that of others, I wound up at Shirley Ryan Rehabilitation Institute in Chicago.

The nurses and therapists were incredible. After four weeks and three extended weeks I was released. I returned home to a large group of neighbors down my street waving American flags and chanting my name. I was welcomed home after six and a half months of misery. I receive therapy at Shirley Ryan's out-patient facility in Arlington Heights three times a week. After a long arduous journey, I'm back home. I thank my friends, my family and in particular Sandy Casey, for all the prayers, well wishes, and visits.

After everything I've been through, I still hate mosquitos.

Larry Casey Huntley resident



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theviewfromplanetkerth The need to make a difference for better or worse



K, I'll admit it — my guilty pleasure is that I enjoy watching "American Idol." Oh, it's not my only guilty pleasure, but it's the only one I'm willing to admit for now. Stay tuned.

For the record, the show today is way better than it was at the beginning, 22 years ago. Back then, the main focus was on delusional dreamers who had no idea how bad they were, and the only reason to watch the early episodes was to find someone to laugh about at the water cooler the next day. It was a guilty pleasure back then, too, I guess, especially if you found pleasure in cruel ridicule.

But all that has changed. This season, all the featured performers are good. Some are excellent. Some even outstanding.

There's not a lot of coaching or criticism from judges Lionel Richie, Katie Perry, and Luke Bryan, who mostly offer praise and encouragement.

Some of the performers are as young as 15, and many of them younger than 18. And maybe that's why I find myself drawn to the show lately, because I spent a 35-year career around kids that age, as a teacher at Maine South High School.

In those American Idol hopefuls, I see the same glimmer of potential I saw in every student I taught or coached. And also the pain of insecurity, the crushing burden of being seen as somehow different.

In intimate interviews with the performers, many are reduced to tears when they speak of the painful path on their way to becoming Idol entrants.

That's because most of them have been lashed by needlessly cruel criticism, mostly on social media. They rarely faced that level of hatred from live audiences, because criticizing a performer face-toface requires at least a modest level of courage. But the words "courage" and "social media" don't belong in the same sentence.

All musical performers have bombed in front of a live audience. I've done it. So have Richie, Perry, and Bryan. And the audience knew it was a bust, and then we all shrugged and moved on to the next show.

But with social media, the rules are different. It might even have been a triumphant show for the majority of the audience, but one troll has the power to turn it into a nightmare on the Internet—a cheap-shot sucker punch review that never goes away.

And it's hard to get beyond that one singular review, especially when you're 15 or 16 years old, and your worst fear is that someone — anyone in the world might hate you.

I give credit to recent seasons of American Idol for highlighting performers' tearful tales of struggling through insecurity, through cruel treatment from anonymous Internet trolls. There is no telling how many young artists will be inspired by such tales to soldier on through the pains of cruel social media reviews and continue to develop their special gift.

My teaching career ended 20 years ago, just as American Idol was beginning, and before children lived both in the real world and also in the social media world. But although anonymous trolls today have way more power online than they did decades ago just by spreading rumors, I think the lesson is still the same. And the lesson, as I see it, is this:

As different as we all are, every person on the planet wants the same thing: We want to make a difference. We want to feel that we matter.

It's a fundamental need that demands to be satisfied — for better or for worse.

A musical artist makes a difference by bringing something new into the world, making the world just a bit larger, whether it's an original lyric or a fresh reimagining of another's song. That's the very definition of creativity: Giving birth to something that didn't exist before.

For some performers, that difference might someday be a platinum album that millions will sing along to as the soundtrack of their lives. For others, it might just be a smile on Granddad's face as his life ebbs away. It could be argued which matters most.

But what of the Internet trolls who go out of their way to anonymously trash performances? Well, that's a way to make a difference too, isn't it? That's another way to "matter".

Because, lacking the power to create, if you have the power to crush another artist's dream, to make them walk off the stage and never return, you've succeeded in making the world just a bit different than it would be if you had done nothing.

And for some, that's the best they can do: Breaking what others have built.

In the end, it all boils down to each of us expressing the need to matter, to make a difference, for better or for worse. And it's sad that bashers have nobody in their life to make them believe they could make a better difference.

And so my advice to those young troll-troubled performers would be not only to embrace their gift, but even to embrace the social media backlash, as proof that they have noticeably made the world just a bit bigger. Audience praise is great, and criticism is painful, but silence is worst of all, because it's evidence that you haven't made a noticeable difference one way or the other.

So I hope that young artists will be inspired by criticism of their gift. Because the more bashers that rear their ugly anonymous heads, the more proof that the artist has built something that matters, something worthy of being bashed in the mind of a troll whose only tool is a bludgeon.

• TR Kerth is the author of the book "Revenge of the Sardines." Contact him at trkerth@vahoo.com Ann Donovan, and Chuck Pearso.

HUNTLEY - The National Association

of Letter Carriers (NALC) of the United

States Postal Service is making a significant

contribution to end hunger in the Huntley

community. They are sponsoring the Annual

Stamp out Hunger food collection on Sat-

ways with Scenic Views

By Christine Such

For My Sun Day News

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OUR MISSIO

OOD PANTRY

Christine Such | MSDN Photo

ond Saturday in May, mail carriers in over

10.000 cities and towns across the country

collect donations. This initiative, which

began in 1993, has grown into the nation's

Pantry, emphasizes the crucial role of our

Harriet Ford, President of Grafton Food

She states, "The need for food assistance

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community in this effort.

DOD PANTRY

Grafton Food Pantry Volunteers (L to R) Pete Schilling, Bev Stiek, Enrique Jiminez,

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very generous community and this food drive will help us continue to meet the increased need and help local residents by distributing essential food and personal care items. We are appreciative of sup-

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OF LETTER CARRIERS

port of the residents who contribute to this effort and privileged to partner with the Huntley mail carriers on this project."

The Huntley Post office, managing 20 postal routes in addition to five more in Gilberts, is united with

the community in this endeavor. Every resident willreceive a reminder card the week prior to the food collection. Please donate what you can by placing unexpired food items, paper goods, personal care or cleaning supplies by your mailbox. Your mail carrier, a part of our community, will collect your donation that will be distributed directly to local residents in need.

Ford said, "The Stamp Out Hunger Donor Drive is a drive with a single mission-to feed the hungry, and as always, with your help, we will.'

Through rural letter carriers, other postal employees, and numerous volunteers, the drive has delivered an astounding 1.82 billion pounds of food in the last 30 years.

HUNTLEY NEWS newsqu/ck

MOUSETRAP

The Theatre Company of Sun City will present, The Mousetrap by: Agatha Christie for their summer show. This amazing murder mystery is the longest running show in theatre history! Show dates are: July 17, 18 and 19, 2024, Auditions are: May 22 and 23, 2024. You do not need to be a member of the Theatre Company to audition. If

you would like to audition, please call Judy Stage at 517-927-8535. The Mousetrap premiered

on October 6,1952 in a London Theatre.

It has played every night in the same theater and is still playing!

(There was an 18 month pause for Covid)

The Theatre Company Facebook page, https:// www.Facebook.com/TheatreCompanySCHuntley If you or anyone you know is interested in Directing, Set design, helping with set build or Costumer for the Theatre Company don't hesitate to contact Dick Storer at: 847-494-2587

urday, May 11. This event, held every secis more significant than ever. We live in a THE POINTE At Eastgate Pet Vet imal Clinic & Mobile Practice, Ltd. Premier Senior Living for Over 23 Years Expert Advisors Helping Guide You Call Us! Pet Vet is proud to Every Step of Your Journey introduce to all of our We're here to Studio and One Bedroom Apartments wonderful clients, Dr. Nikki for Rent help you! who has joined our staff. No Entrance Fee We are so excited to have All Income Levels Accepted her on board! Most Insurances Accepted & Medicaid Financial Options Available for All Check Us Out Dr. Nikki is a 2023 Personal Care Services Available at graduate of St. Georges on No Extra Cost University. She is a dog Facebook! Certified Nurses Aids 24/7 mom to two furry friends: **Registered Nurses** River and Tucker. She also Life Enriching Activity Programs has a pig named Juney as Free Transportation to Local Shopping well as multiple horses and & Medical Appointments cows. As a Vet, Dr. Nikki Three Meals Daily Included Free Laundry and Weekly Housekeeping E POINTE. Bastgate Free Wi Fi Services Private Outdoor Patio Areas and Walk- 101 EASTGATE CT. | ALGONQUIN

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enjoys farm calls and working on soft tissue surgeries. And when it's time to wind down, she enjoys spending time in the barn!

If you get the chance to meet her in the near future please give her a warm welcome!

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Blooming beauty



Tony Pratt | MSDN Photo

For only four days each year, this large and sprawling crabapple tree at the corner of Cherry Hill and Oak Grove catches the eyes of many passersby and neighbors alike.

iheardthisquote...

By TR Kerth Columnist

A compilation of quotes worth thinking about

When you don't know what you're talking about, it's hard to know when you're finished.

- Tom Smothers

Nothing can stop the man with the right attitude from achieving his goal, but nothing on earth can help the man with the wrong attitude.

- Thomas Jefferson

Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take ranks with those poor spirits who neither enjoy much nor suffer much, because they live in the gray twilight that knows not victory nor defeat.

- Theodore Roosevelt

THE SUN CITY STRUTTERS

The Sun City Strutters will be presenting their 21st Spring Show, "Dancing with the Strutters ", on Tuesday June 4th, and Wednesday June 5th, 2024 in Drendel Ballroom.

The show will feature Tap, Ballet and Jazz dance routines. Guest performers will be joining us to perform a variety of entertaining selections. Tickets are \$10.00 each and can be purchased at Prairie Lodge and Meadow View Lodge Fitness Desks only. Seating will be reserved at at time of ticket purchase.

The Strutters group is made up of ladies with a love of dance...ranging in age from 50+ to 80+.

We always welcome new dancers and invite interested dancers to join us next fall. We offer beginner, intermediate and advances classes in Tap, Ballet and Jazz. If you like to dance but don't want to be in a show, we offer non-performance classes in Ballet and Jazz.

It's a good place to learn or improve your dance skills and it's a wonderful way to meet people and exercise both the body and mind. Please come and join us.



Sun City residents and D158 staff reading student stories.

SUN CITY RESIDENTS TAKE PART **IN YOUNG AUTHOR'S PANEL**

By Christine Such For My Sun Day News

he Young Authors' program, an initiative sponsored by the Huntley School District, provides a platform for kindergarten through

8th grade students to showcase their creative writing skills. The program's goal is to foster a love for writing and storytelling, encouraging students to express their unique perspectives and ideas. Each student had the unique opportunity to pen their original stories, which esteemed

community volunteers then evaluated. The selection process is rigorous; one exceptional winner was chosen for each grade level.

Christine Such | MSDN Photo

The judging panel, including dedicated community volunteers from Sun City, played a crucial role in the selection process. Their commitment and expertise were instrumental in identifying the most outstanding authors. Their names include Judy Cieciwa, Julie Ford, Pat Hector, Dolores Kuta, Mary Nogar, Diane Nolan, Sandra Pelka, Kathy Render, Joan Riffner, Valerie Tomanica, Barbara Yarbrough, Dolores Kuta, Karen Hutchings, Darcy Chadwick, and Heather Elder.

Judy Cieciwa, Sun City resident and volunteer said, "I have been judging Young Authors for three years now. It's fun to read the different grade levels and see how the student's creative writing skills progress. The length of a story isn't as important as developing a good beginning, middle and ending. The main goal is to foster the love of writing. I volunteer because I enjoy working with the Volunteer Coordinator, other volunteers, teachers, and students. So much has changed since I taught, and yet much has stayed the same, and the students are wonderful and respectful."

Eileen Delahanty, Volunteer Coordinator Huntley District

ELIORE

158, said, "I looked back at my records, and we have been hosting community members for our Young Authors Judging Program since 2007. We are so lucky to have an amazing relationship with members of our community who care so much about our students. Some of these volunteers I see only once a year, but they keep coming back, and we are so grateful for their support."

The selection process for the winning stories was meticulous. Michele Busky, District Instructional Coach, coordinated the young authors from grades 3-5, Christy Gibbs coordinated the authors from kindergarten to second grade, and Tammy Carpenter coordinated the authors from grades 6-8. From numerous entries, the team had to narrow it down to 10 for the volunteers' judging. The stories were evaluated based on their originality, creativity, grammar, and adherence to the theme. It was challenging, but the team thoroughly enjoyed reading all the stories and left the final

AUTHORS | Pg. 17



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FEATURE

askanangel

COLUMN



I hope this message finds you well. I am writing to you today because I need some guidance and support as I navigate the challenges of caring for my mother-in-law, who has recently been diagnosed with Parkinson's disease.

My mother-in-law's diagnosis has been incredibly difficult for our family, and it has fallen on me to take on the role of primary caregiver. While I am more than willing to do whatever it takes to support her, I must admit that I am feeling overwhelmed and unsure of where to turn for help.

It's been particularly challenging to see my mother-inlaw's independence slowly slip away. Simple tasks that were once second nature to her now require assistance, and it's becoming increasingly clear that she needs more support than I alone can provide.

I'm hoping you can provide me with some advice on how to find the caregiver support that my mother-in-law needs, whether it's practical tips for managing her symptoms or guidance on how to navigate the emotional toll of caregiving.

Thank you for reaching out and sharing your story with me. I can only imagine how challenging it must be to care for your motherin-law as she navigates the complexities of Parkinson's disease. First and foremost, I want to commend you for your dedication and compassion as a caregiver. It's clear that you care deeply for your mother-in-law, and your willingness to step up and support her speaks volumes about your character.

Based on your situation, there are several steps you can take to find the caregiving support that your mother-in-law needs:

Start by educating yourself. Take the time to learn as much as you can about Parkinson's disease and its symptoms. Go to her doctor's appointments and ask questions. Join a support group specifically for Parkinson's to learn more. Understanding the condition can help you better anticipate your mother-in-law's needs and provide more effective care.

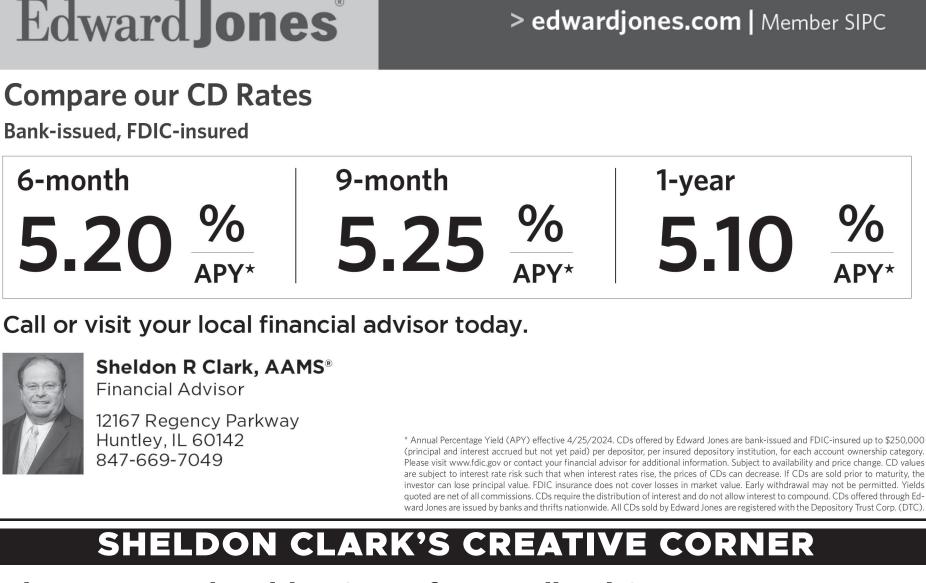
Next, establish a strong support network for both your mother-in-law and yourself. Don't be afraid to ask for assistance from friends, family members, or community organizations. Whether it's help with household chores, transportation to medical appointments, or simply providing emotional support, having a deep bench to call when you need help is essential.

Another recommendation is to explore professional care options. Reach out to local home care agencies or Parkinson's disease support organizations to explore professional care options for your mother-in-law. Professional caregivers can assist with activities of daily living, medication management, and companionship, allowing you to focus on being a supportive daughter-in-law.

Last, and most importantly, remember to prioritize your own well-being as well. Caregiving can be physically and emotionally demanding, and it's important to take breaks, practice self-care, and seek support from others when needed. You can't pour from an empty cup, so be sure to take care of yourself so you can continue to be there for your mother-in-law.

It sounds like you are already doing an incredible job in the challenging role. Your mother-in-law is fortunate to have you by her side. Continue to learn everything you can about Parkinson's so that you can be better prepared for the future ahead.

• 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.



What can you do with MSDN after reading it?

It's picnic time! Consider using a few sheets as a placement at a park picnic table for quick cleanup afterwards!

Submit ideas to mycommunity @mysundaynews.com

Edward **Jones**

CONSUMER REPORTS FINDS CONCERNING LEVELS OF LEAD AND SODIUM IN POPULAR KIDS FOOD ITEM

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

n April 11th Consumer Reports issued a statement about the popular lunch kits, Lunchables (prepackaged boxes of deli meat, cheese, and crackers marketed mostly for children.) Brian Ronholm, director of food policy at Consumer Reports, stated "The Lunchables and similar lunch kits we tested contain concerning levels of sodium and harmful chemicals that can lead to serious health problems over time. The USDA should remove Lunchables from the National School Lunch Program and ensure that kids in schools have healthier options."

What relevance does this have for seniors?

Those reading who are grandparents may be well aware of these popular meal kits, which are now served to students in many states as part of the national school lunch program. Thos without grandchildren still are involved as taxpayers; in 2022 the school lunch program cost the United States federal government about \$29.1 billion.

Many have found the Consumer Report alarming, with tests findings that "lunch kits and some similar ones from Armour, Oscar Mayer, and others contained lead and other contaminants, and most were high in sodium." Specific levels detected of both lead and sodium are detailed in this CR report: (https://www. consumerreports.org/health/ lunch-and-snack-packs/shouldyou-pack-lunchables-for-yourkids-school-lunch-a1165583878) It should be noted that none of the kits tested exceeded any legal or regulatory limit, but the concern Consumer Report voiced was that exposure to lead is cumulative and repeated intake increases risk, especially with increased exposure through additional food and beverage beyond the snack meal. Even in small amounts, lead and cadmium can cause developmental problems in children.

Please consult your doctor or regular healthcare professional before following sugge

The lunch kits also contain high level of sodium

Cheese, processed meats, and crackers or pizza—the main foods in these kits—are some of the highest-sodium foods in the American diet. Consuming too much sodium can increase blood pressure and lead to hypertension. About 14 percent of children and teens have prehypertension or hypertension, according to a study published in the American Journal of Hypertension in 2021.

Fiber, fruits and vegetables are missing

The latest Dietary Guidelines say that low intake of fiber found only in fruits and vegetables and other plant foods—is a dietary component of public health concern. The Food Lunch Program now requires at least one vegetable, but this can be as minimal as a package of ketchup, with no other vegetable or fruit in the lunch kit.

Kraft Heinz, the parent company for Lunchables, has not indicated any effort to now recall or reformulate the lunch kits, stating "All our foods meet strict safety standards."

Popularity and convenience are important factors

Marketing campaigns for lunch kits have been successful, as a trip to any supermarket will prove with large, refrigerated sections filled with many varieties of colorful food kits. Children know and love them. They are also popular with some parents due to their convenience, although the price (a little under \$2.00 to \$4.00) can be an issue.

The value of convenience and popularity versus health and safety concerns over meal kits and other ultra processed foods will continue. It will be up to the consumer, especially the beleaguered parent (or grandparent), to determine whether they go in the shopping cart or on the school tray — or not.

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HEALTH & WELLNESS

April Showers Bring May Flowers . . . for Mom!





For My Sun Day News

However Mother's Day looks for you this year, hopefully these ideas inspire you to spoil your mom. Or, moms send this to your kids to give them hints! These ideas can provide great photo opportunities as well! Hopefully they also bring wonderful memories! Wishing a Happy Mother's Day and fun to all! Let's get a head start to celebrate our moms!

Attend Richardson Farm's "Tulip Festival"

On the theme of flowers and nature, bring Mom to Richardson Farm in Spring Grove. According to their website, "there will be over 1 million tulips and daffodils blooming throughout the season (mid-April through mid-May)." This is an awe-inspiring gift! You are able to hand pick tulips from rows beyond rows. The prices are as follows: "Tuesdays-Fridays for all ages [is] \$16 + 1 free tulip/person [and] \$2/additional tulip". To learn more, sign up for their newsletter via their website: richarsonadventurefarm.com.



Take Mom to Scoop Society for ice cream AND coffee

That was not a typo! According to Google, Scoop Society in the "Arboretum of South Barrington offers 64 flavors of ice cream, [plus] free toppings [and] free Starbucks coffee with any purchase!" Mom would have a tough time turning that offer down! This place is a gift that just keeps on giving! Stop in or give them a call at 630)862-7597.

Visit the Chicago Botanic Gardens

Pictured below, the Chicago Botanic Gardens have so much to offer, including "Rose and Butterfly Gardens." Give mom the gift of a great experience this year! They even offer "Botanic Arts, Photography, Nature & Birding classes" and much more for Moms to enjoy! Spoil Mom with Starbucks, lunch, and even merchandise all in one place! Check it out via their website: chicagobotanic.org.



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COSMETIC + GENERAL DENTISTRY

gardenersforum Upcoming cicada emergence and what it means for your garden The eng



While there are over 20,000 insects in northern Illinois, there is one insect that is receiving a tremendous amount of attention this summer. For good reason, it seems everyone is talking about cicadas. Millions of periodical cicadas from two different broods have begun emerging from the soil. This emergence is different because Broods XIII and XIX will emerge simultaneously. Dr. Stephanie Adams, a plant health specialist with the Morton Arboretum, has agreed to answer a few questions regarding the Cicadas.

Dr. Adams, thank you for educating us about this often-misunderstood insect.

Can you please describe the lifecycle of the cicada?

Cicada eggs are laid in twigs of trees or shrubs and then hatch into nymphs, which fall to the ground and burrow into the soil under the tree. For years, the nymphs live underground, feeding on tree roots and sap. They are active and growing, not hibernating. After 17 years (or 13 years for the southern brood), the nymphs of each brood emerge from the soil all at once in mid-May. Each nymph finds a vertical surface, usually a tree, where it molts its exoskeleton and emerges as an adult cicada. The males begin singing to attract females for mating. They can fly short distances to find each other. Once the cicadas mate, about a week or 10 days after they emerge, the female finds an appropriate good twig and uses an organ called an ovipositor to make a slit where she lays about 20 eggs. She may lay up to 600 eggs in a number of twigs. Then all the adult cicadas die. They only live three to four weeks as adults aboveground; they spend more than 99 percent of their lives as nymphs in the soil.

What can residents of McHenry and Kane Counties expect in terms of a cicada emergence?

These northern counties will experience the 17-year cicadas as well as our normal annual cicadas in the fall. Scientists estimate that in a forested area, there can be up to 1.5 million cicadas per acre. The density of cicadas in a neighborhood will depend mainly on how many mature trees there are. It will also depend on whether there has been development or construction since 2007, which would destroy the cicada nymphs and their habitat.

Cicadas are often recognizable by the sound they emit. Why and how do they make such a loud noise?

The sound is the mating call of the male cicada, which they sing to attract females. They make the sound by vibrating drum-like structures on their abdomens to create a loud, high-pitched buzz.

What do adult cicadas drink and eat?

Adult cicadas have piercing-sucking mouthparts. They feed very little. Any feeding is limited to sucking sap from young twigs.

What, if anything, do we need to do to protect our flowers or shrubs from cicadas?

Herbaceous plants, perennial and annual flowers, will not be harmed by the cicadas, they are not preferred hosts or tissues that they feed on or lay their eggs in. Some flowering trees are hosts of periodical cicadas, which are listed below. These can be damaged by egg-laying. The directions on how to protect these trees are also listed below.

Do we need to protect our trees from cicadas?

They do no serious harm to mature, healthy trees. They feed briefly on the sap of woody plants when they first emerge, but not enough to affect a mature plant. The greatest damage they do is when female cicadas cut slits in small twigs and stems of woody shrubs with her ovipositor to create a place to lay their eggs. The twigs affected are ¹/₈ to ¹/₄ inch in diameter. After the eggs hatch, those twigs may die and break off, but a mature tree can spare some twigs and will soon grow new ones. Very young trees that were planted within the last couple of years as well as older, unhealthy or stressed trees are at risk of significant harm.

Cicadas are not particular and will use many kinds of trees and shrubs as hosts. They are known to lay eggs in oak, maple, hickory, apple, birch, dogwood, linden, willow, elm, ginkgo and pear trees. However, only very young, unhealthy, or stressed trees are at any risk. Cicadas also may lay eggs in some shrubs, such as rose, lilac and forsythia. They tend to avoid conifers such as pine, spruce, and fir. According to Arboretum records, some of the plants most affected 17 years ago were maples, cherries, ashes, hawthorns, willows, mountain ashes, oaks, pears, roses, privets, poplars, serviceberries and beeches.

To protect trees and shrubs, first, make sure all your trees are well-watered and healthy, with no unaddressed disease problems. Healthy trees are always better able to withstand any pests and diseases. For young trees, wrapping their branches in netting will keep cicadas out so they can't lay eggs in twigs, while allowing air and sunlight to reach the tree. Wrap the tree by early May, before the insects emerge, and keep the netting on for about six weeks, until the insects die.

You can use tulle – the nylon or polyester mesh used to make ballerina tutus – as the protective netting. It is sold in fabric and some hobby stores. Landscape supply companies also sell insect netting. The netting needs to have a fine enough mesh to keep out cicadas, with holes no more than ¹/₄ inch wide. It must also be strong enough to last for several weeks on the tree. Don't use wide-mesh bird netting with holes ¹/₂ inch wide or more; that won't stop a cicada.

Wrap the entire whole branching area of the tree. It will likely take at least several yards of fabric. Where sheets of fabric meet, overlap the edges, tuck them under once or twice, and secure the roll with binder clips, clothespins or staples. Below the branches, gather the netting around the trunk or the base of the shrub. Tie the fabric so there is no gap more than ¹/₄ inch, but not so tightly that it damages the bark. Netting must stay on the tree for about six weeks, beginning in late April or early May. Be sure to remove the netting and any string or rope tied around the trunk once the cicadas have died.

Do you recommend that our readers use pesticides to kill the cicadas?

The Arboretum does not advise homeowners to use insecticides against cicadas. There are too many cicadas and it would be futile. Insecticides also can harm beneficial insects that control other pests, leading to insect and mite outbreaks unrelated to the cicada emergence. Netting is the best protection for susceptible trees and shrubs.

Are cicadas beneficial to the environment in any way? Yes, cicadas are beneficial

CICADAS | Pg. 13

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Provided | MHN Photo

Sun City Huntley resident John Schwan, center, was presented with the gold medal he won at the US Open Pickleball Championships in Naples, Florida April 14.

SUN CITY'S SCHWAN RETURNS HOME WITH PICKLEBALL GOLD

By Steve Peterson

For my Sun Day News

NAPLES, FL – John Schwan, a Sun City Pickleball Charter Club member, is

a national champion after winning his age bracket gold medal at the Minto US Open Pickleball Championship April 14 in Naples, Fla.

Schwan, 75, beat four opponents to earn the gold medal. He edged Randy Scott of Griffin, Georgia (who lives at a Del Webb community) for the senior singles skill 4.0 crown in the finals as thousands looked on. Schwan won the first game, 11-3, then the second, 11-8. A few days later, he described how the final round happened.

"I was ahead for the first game but the second game was much closer," Schwan described. "In the second game I was up 9-3, but he made a run to close it to 9-8 but I finished it off. I think it was just being mentally prepared to enjoy it, and not put a lot of pressure on myself. After I won, I was pinching myself, saying 'is this a dream, will I wake up'. Winning the tournament was not on my radar." Schwan arrived for the Naples area host-

Schwan arrived for the Naples area hosted tournament April 13 to ready for his three guaranteed matches the next day. He watched many professionals compete that first day. A record 3,000 amateurs and professionals took their hopes to the tournament. Amateurs such as Schwan could practice right next to top level professionals at adjacent courts.

"I went in thinking this is my first time here and I didn't know what to expect," Schwan said. "The facilities were just spectacular. There are 60 courts, and mini-stadium courts. It's the best Pickleball facility in the world. The tournament is the pinnacle of Pickleball."

Schwan said some of his fellow competitors in the Pickleball circuits in Chicago were vying at the national.

"Good news travels fast – I heard from a lot of players from Sun City. One of the best decisions in my life was three years ago when I joined the Sun City Pickleball Charter Club and learned to play. There are a lot of good players there who could compete nationally."

Schwan is planning on another trip to Florida next April.

"I will go back and defend the title," he said.

MAY 2 - MAY 15, 2024 13

•CICADAS

native insects. A cicada emergence is a bonanza for animals. You may see many kinds of animals feeding on them, including squirrels, raccoons, skunks, foxes, coyotes and dozens of bird species. The feeding frenzy can have complicated rip ple effects on the local ecosystem For example, with an ample food supply, more songbird hatchlings survive, so populations of some bird species increase. At the same time, birds that have plenty of cicadas to eat may not bother to hunt caterpillars of other insect species, allowing more of those insects to survive. Meanwhile, once cica-das die, they will decompose into valuable fertilizer. Cicada nymph exoskeletons and adult carcasses will feed soil microbes and pro-tide microbes and provide nutrients such as nitrogen that encourage plant growth. Spread them out so they will decay more quickly. If you put cicadas in your compost, make sure they are mixed with plant matter. Turn and water the compost frequently to encourage decomposition.

Cicadas are used in a variety of recipes from cookies to tacos to miso soup. Have you ever eaten them? How were they? I have eaten different insects, but

I have not tried cicadas, yet.

• 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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FOR ADDITIONAL DETAILS, PLEASE VISIT: WWW.HUNTLEY.IL.US

thediningduo Oliver O' Oliver



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.

hose of you who grew up in the Chicago area will probably remember a TV show on WGN that was a staple of our childhood. We are referring to the show of all lunchtime shows, Bozo's Circus. We ordered tickets when Nancy got pregnant, and we received them when our daughter was seven years old. One of Bozo's sidekicks was Ray Rayner posing as the clown, Oliver O' Oliver. The reason why we are babbling on about this show is because one of our loyal readers suggested Oliver's Bar and Grill in Woodstock and we had no idea how to start this article. The best we could come up with was this lame Bozo's Circus reference.

Parking in downtown Woodstock off of the square can be challenging due to the multitude of venues in the area. There is handicap street parking available across the street from the restaurant. Surprisingly, you still have to step over a high curb to get to the sidewalk. There's additional parking in the rear of the restaurant if needed (again street parking).

There's nothing special about the restaurant's inside décor. As is typical for a downtown restaurant, there are brick walls with wood accents. Unfortunately, there are twice as many high-top tables as opposed to regular tables. There is a huge bar towards the rear of the restaurant.

Now for the good stuff, food!!! We started off with an appetizer that Jim never had, the Irish Nachos (\$13.50). I had them in Vegas years ago and washed them down with a pint of Guinness. These were waffle fries topped with seasoned ground beef, nacho sauce, tomatoes, black olives, jalapeno's, shredded mozzarella and cheddar cheeses. We didn't notice any shredded cheeses, instead it was served with a delicious cheese sauce. It also came with sour cream and salsa. What arrived at our table was the largest bowl of nacho's we have ever seen. It was a mountain of deliciousness because of the abundance of all the toppings. The two of us could have made a meal on this. but we took half home with us instead.

After the calorie-laden nachos, Nancy

thought it would be a good idea to have a salad. She found the calorie conscious (NOT) Crispy Chicken Salad (\$13.50). This was crispy fried chicken, shredded cheddar and mozzarella cheeses, crisp bacon, diced tomato, cucumber, and romaine lettuce topped with ranch dressing. To Nancy's dismay, the salad portion size was a disappointment. After being served a huge bowl of nachos, she expected her salad portion to be the same. It was tasty, but skimpy.

Jim chose the Steak Fajita Wrap (15.50). This was a wrap made up of marinated steak, sauteed onions, red and green peppers, and mozzarella cheese. It came with sour cream and salsa and a side of skinny fries. This was an unexpected treat to have a steak fajita rolled up in a wrap. The fries were skinny, crispy, and tasty.

Thanks to our loyal reader for the recommendation, and after those nacho's, we're not stepping on the scale for a while. We'll have to do some heavy duty walking with Rosie to work off the calories.

The price for our tasty lunch was \$51.30, finding a parking space, price-less....

He Said / She Said

JIM'S TAKE: I would go back and make a meal of just the Irish nachos.

NANCY'S TAKE: I would definitely go back for those irresistible Irish nachos, but I would also order a Guinness to go with it. I didn't know they had Guinness on tap until halfway through my meal.

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



Directions: Take Rte. 47 North to Lake Avenue to East Church Street, Left onto Main Street to restaurant.

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•AUTHORS

decision to the volunteer judges. Another Sun City Volunteer, Pat Hector said, "I've been volunteering at the school helping with the Battle of the Books starting in 2012 through 2019 when Covid hit. I've helped with the Young Author's judging since 2022. Judging a student's book is different because you can't experience a one-on-one with the student. Each book had to be evaluated not only by reading what they wrote, but also how imaginative they were, grammar, etc. Each child put a lot of effort and creativity in their books, but our task was to select the book we thought was best which was not an easy task. It was a little sad that we couldn't communicate with the writers how much their efforts meant to the judges. I look forward to volunteering in the future and appreciate Eileen Delahanty, Volunteer Coordina-

W W W. M Y H U N T L E Y N E W S. C O M

tor Huntley, for all of her efforts coordinating these activities."

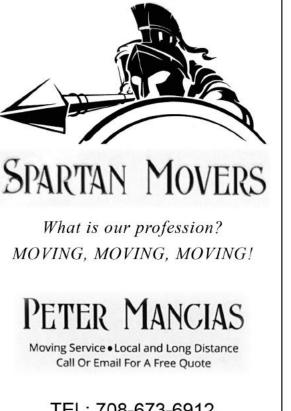
The Young Authors' responsibility was to write and illustrate the story. Parents could help with typing and handwriting, but the words should be from the student. It was an individual effort; there were no co-authors. The stories needed to be bound together.

"The students are not required to participate. These students have a passion for writing already and this program cultivates that passion. The winners will be notified, and they will be recognized for their winning stories at the next school board meeting," Busky said.

Delahanty said, "I love my job and our community. Bringing generations together brings joy to my life. I've been blessed to get to be in this role. I've met so many incredible people from the Del Webb community over the last 22 years, and I can't imagine my role with District 158 without

them."

The winning authors were Owen Ehmen, Elizabeth Ann Giese, Brooke Keute, Kyra Frandsen, Vivian Nava, Reese Jarger, Jameson Secor, Remmy Wehner, Kylie Frey, Isla Kolton, Joanna Chlastawa, Nicole Budyk, Boitano Arrigo, Kate Medina, Oliver Cottrell, Vanessa McHugh, Gianna Mastandrea, Olivia Calabrese, Jazmine Burrows, and Aliena Marin.



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random adventures



Moon with a view

ow many times have you had the opportunity to do a "once in a lifetime" event, TWICE? Fortunately for us, it happened the second time the weekend of April 7; the eclipse.

We took our granddaughter to downstate Illinois to see the eclipse in 2017, our first "once in a lifetime" activity. We initially planned on taking another granddaughter to the recent eclipse but she was out of town, so we decided to go on our own. Several steps were involved in our planning. The first was the path of the eclipse. Fortunately, there were several locations within a 4 to 6-hour drive where there would be a full solar eclipse.

OK, now which of those places would have the best weather for viewing? The entire Midwest was being soaked with rain and the clouds were hanging around, but northern Indiana looked like our best shot. Rain the day before but clear the day of. Decision time.

On Sunday, April 7, Eileen and I decided we would leave around noon for our drive to Danville, IL. Why Danville? When I was checking for hotels, most of the ones closer to the center of the eclipse zone had either doubled their prices, had made every reservation a two or three-day minimum, or were sold out. I worked with the reservationist at the Hampton Inn in Danville to book initially for two nights, but then we canceled the first night. Luckily, the system held the reservation. So, we had our one-night reservation before the eclipse. Yay.

The trip to Danville was somewhat uneventful except for the on and off-again rainstorms. While we initially thought it was a 'bad' sign, we still pursued the goal. Listening to the radio, we began to hear a lot of negatives regarding the eclipse viewing: huge crowds, high gas prices, heavy traffic, and then Google Maps informed us several highways were underwater from the storms. We were told to gas up before the eclipse as the crowds would be flooding the gas station afterward with potentially hours of wait time. If things were going to be this bad today in 2024, imagine the challenges the ancients faced when they didn't have an understanding of eclipses!

The traffic was not that heavy and most of the delays were construction related. We arrived in Danville basically on time. After stashing our luggage, we decided to search for a place to eat. We received a recommendation for the Seagrass Steakhouse which was attached to the local casino. The food was good, but the waitress was wonderful. We had a lot of fun talking with her, joking and laughing, and finding out more about the area.

After a night's sleep, we woke to find a bright and sunny day. The weather gods had, for once, been correct. The storms had blown away and it would be a perfect day



for the eclipse. When we went down for breakfast, there was a crowd of people, mostly kids, who were skipping school and preparing for the event. Now, where to go for the viewing?

We thought Indianapolis would be best, but after watching the morning news, we immediately rejected that idea. They were expecting thousands of people and were funneling everyone to the Indy 500 race track. We later saw a picture from the area and the entire grandstand was full. We decided on Crawfordsville, IN. It was only 40 miles away and had a small local event planned. Food trucks, music, and restrooms. What else would a visitor need, right?

We did stop and fill up before the event as suggested and headed downtown. Parking was adequate and several hundred people were setting up for the event. We placed our chairs in the town library parking lot and began to wait. The town provided free viewing glasses, some snacks, and a telescope for the event. I began looking for a neat T-shirt as a souvenir. The one I found was a big favorite, and I bought the only one left, which happened to fit Eileen.

Now the wait. Everyone got excited when the event started. You could see the moon creeping across the face of the sun (with your glasses on, of course). Trying to get a picture proved impossible. The sun was so bright it flooded the camera lens and you couldn't see the moon. After about 50 minutes, it began to happen. The temperature began to drop and the sky darkened. A big 'ooh' arose from the people watching as the moon completely covered the sun. Even the street lights turned on and we could even see stars in the sky at 3 p.m. in the afternoon!

But alas, it was short-lived as the sun began to peek out a few minutes later. We had our event so we decided to pack up and head home, trying to beat the crowds. Leaving was easy, but highway construction put us into a 45-minute delay and once again Google said to watch for flooding. Although we never saw any flooding, we rerouted to side roads. We visited a number of small towns on our journey back, avoiding the construction delays we had encountered on our journey to Indiana. Once back on the interstate, it was easy sailing back to Huntley.

What had been a two-day trip seemed much longer, but one well worth the effort. The next solar eclipse in North America won't come for 20 years and will be in the Northwest. Should probably start saving up now and make it a "3-peat." History's mysteries

let'sgetreel



emorial Day is just around the corner. As is tradition, war movies and films about military life are usually the fare aptly supplied on channels like TCM. At the cinemas, however, this seems to be a different story. My plan was to view Civil War, the latest from writer/director Alex Garland. Wading into that discourse proved a bit challenging. His polarizing hot takes tend to divide both audiences and critics alike. Besides, from what I have seen, this feels like a film less to do with politics than what division does to its citizens. History does have a way of repeating itself but also is much stranger than fiction. So, I took another path and am here recommend a real American Civil War story.

Manhunt, on Apple TV Plus, presents the events leading up to and after the assassination of Abraham Lincoln as well as the search for John Wilkes Booth. Upon watching the episodes unfold, I was stuck by how much of the story I didn't know. Lincoln being one of many planned attacks, the audience becomes aware of this just one episode in. Impressive sets and costuming being life to iconography that seems ancient. Although the seeds of political debate are set firmly in the past, some pointed dialogue is spewed squarely at current events. The word insurrection has a new modern meaning, regardless of contemporary use within the timeline of the miniseries.

Tobas Menzies makes a compelling case for why he needs to get more work. His Edwin Stanton is fierce and intense when it comes to the titular chase for Booth. His dedication propels the narrative, making for a very engaging protagonist. From those who watched Masters of the Air, you might find this a bit jarring when you see Booth. Anthony Boyle, who narrated as Major Harry Crosby in Masters, plays the actor turned assassin with such fervor and zeal that he's downright chilling.

Watching the intrigue between Stanton and the new appointed President Johnson was engaging from a history standpoint. All of this culminates in a finale that feels ripped from today's headlines as much as from a textbook.

Not to rest on its laurels, Apple TV began another series on Manhunt's coat tails. This time, we transported further back to the rumblings of American independence. Franklin comes to us from the writers and producers behind 2008's John Adams with Paul Giamatti. This is quite interesting when Adams shows up in episode four. Michael Douglas steps into Doctor Franklin's shoes effortlessly, donning the famous long hair which he wears with calculated mischievousness.

The Doctor has come to France to gain allegiance with King Louis XVI, as well as a hefty dowery of money and ammunition. And as the episodes go, this becomes a courtship (which is funny again when you get to the middle point. Drawing room deals and hushed conversations in hallways are all well and good; but this could try the patience of some viewers, in French or English. Only halfway through, we barely feel like much progress has happened.

But if one looks at this as a character piece, you will find a rewarding take on



this Founding Father. Douglas is just the right actor to play both a shrewd tactician and a humorous cad, sometimes within the same sentence. There is never a dull moment when he is on screen. The rest of the cast is apt to be perfect foils to him. As of time of writing, I am not sure where this show goes at the midway point now. But I am sure happy to go along for the ride.



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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

ONGOING CALLING ALL CHICAGO SPORTS ENTHUSIASTS!!!!!

The Chi-Town Sports Trivia Group is up and running. Friendly competition - the FIRST FRI-DAY 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

SEEKING (cont.)



SEEKING

Goebbert's Farm in Pingree Grove is seeking part time train drivers for our Fall Season Mechanical experience preferred/training will be provided Flexible Schedule/August-Oc-

tober For an application, visit

goebberts.com, email info@ goebberts.com, or call 847-464-5952. Located just minutes from Sun City! 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.

JUNE 4 & 5 THE SUN CITY STRUTTERS

The Sun City Strutters will be presenting their 21st Spring Show, "Dancing with the Strutters," on Tuesday June 4 and Wednesday June 5 in Drendel Ballroom.

The show will feature tap, ballet, and jazz dance routines. Guest performers will be joining us to perform a variety of entertaining selections. Tickets are \$10 each and can be purchased at Prairie Lodge and Meadow View Lodge Fitness Desks only. Seating will be reserved at time of ticket purchase.

The Strutters group is made up of ladies with a love of dance... ranging in age from 50+ to 80+. We always welcome new dancers and invite interested dancers to join us next fall. We offer beginner, intermediate, and advanced classes in tap, ballet, and jazz. If you like to dance but don't want to be in a show, we offer non-performance classes in Ballet and Jazz.

It's a good place to learn or improve your dance skills and it's a wonderful way to meet people and exercise both the body and mind. Please come and join us.

MAY 4, 11, 18, AND 25 FREE STINGRAY SWIM CLINIC/LEARN TO SWIM The dates are Saturdays: May 4, 11,



MAY 2 - MAY 15, 2024 **19**

18, 25, from 10-11 a.m. All residents are welcomed. Sessions are tailored to your skill level. Bring goggles, nose clip, and bathing cap to be worn. Sign up at pool desk. Questions? Call Irene Camp at 847-337-5477

MAY 22 WOMEN'S CIRCLE OF FIRST CONGREGATION-AL CHURCH

The Women's Circle of First Congregational Church of Huntley, 11628 E. Main Street, Huntley, is hosting BUNCO in Fellowship Hall on Wednesday, May 22, from 1 p.m. to 3 p.m.. Refreshments & Prizes. Call Jeannie at 847-624-4237 for tickets, \$10 each, deadline for tickets May 15.

ONGOING BLACKJACK CLASS

Informal, relaxed setting for beginners or someone who wants to improve their game. LEARN BEFORE YOU PLAY refreshments call 630-802-5473 or ahfortin@aol. com to register.

MAY 21 CULVER'S SCOOPIE SHARE NIGHT & VALOR QUILTS FUNDRAISER

Come and join the Huntley Gazebo Quilters Valor Quilt ladies on Tuesday, May 21, for a fundraiser night from 4-8 p.m. Meet your family and friends to enjoy a delicious meal or the famous frozen custard at the Huntley's Culver's.

The Huntley Gazebo Guild Valor Quilts organization, honors our local Veterans with red, white and blue homemade quilts. We need your support to continue our work.

Huntley Gazebo Guild Valor Quilts will earn a percentage of all sales: dine-in, take out, and drive thru. Participate in a 50/50 raffle drawing for that evening. Please come out and support our Veterans.

> HAVE AN EVENT? Email us at mycommunity@ mysundaynews.com

ADS ARE DUE BY 5 P.M. THE TUESDAY OF THE WEEK BEFORE PUBLICATION

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