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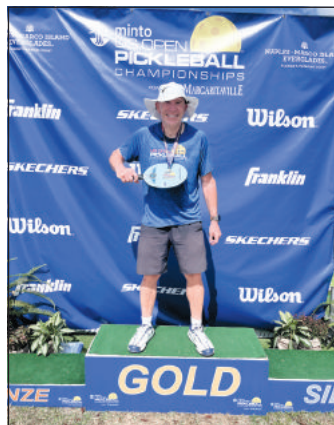
VOLUME 16 - NUMBER 9



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MAY 8 - MAY 21, 2025

qu^{ick}shot



Pickleball Champ
6

qu^{ick}quote

We are here to help
and to provide
hope to those in
need. 15

qu^{ick}take

a simple cot, com-
pletely bare, with
not so much as a
pillow or a blanket
on top. 2



Christine Such | MSDN Photo

Sun City resident Bob Hartman has authored several books on the history of the famous and distinguished Larson guitars, which were designed and crafted by Hartman's grandfather, Carl Larson.

Sun City author shares stories of family lore

By Christine Such

For My Sun Day News

Sun City resident Bob Hartman's has family lore that his grandfather made a

guitar for Gene Audrey.

Hartman said, "My story begins when I got my first guitar when I was 12. I knew my grandfather made it, but that was about it."

In 1978, Hartman's sister gave him her harp mandolin, and his uncle gave him an 8-string ukelele, both made by Hartman's grandfather, Carl Larson.

Hartman said, "All of them

were like new. They probably hadn't been played since 1920. We had all three hanging on the wall."

Hartman's wife, Carol, said,

HARTMAN | Pg. 4



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lifeinfocus

The shed was built for dreaming



Carol Pavlik
Columnist

The little shed in my backyard was built for me, back when “She Sheds” were featured in magazines and Pinterest boards. I wanted to give it a cute name, something that made it sound like a sprawling estate instead of an 80 square-foot shed kit we bought from Costco. I played around with calling it “Daisy Hill” or “Western Prairie,” but none of those stuck; ultimately it settled into its unassuming identity as “The Writing Shed” or “The Thinking Hut.”

I don’t spend a lot of time out there during the coldest winter months. It’s not too great spending time in there when it’s blisteringly hot, either. Spring and fall, these are the best seasons for hanging out in

the Writing Shed. It’s nothing fancy, but it has a rug on the floor, walls painted a calming shade of blue, a set of French doors and two windows. In one window I’ve hung a crystal prism, which casts rainbows on the walls when the sun is just right. It always reminds me of hope. My grandmother had a prism just like it in her kitchen window. “That’s my hope diamond,” I remember her telling me, before I knew what the real Hope Diamond was. Noisy things like timers or phones or bluetooth speakers aren’t allowed in there: only things like books of poetry, a soft hand-knitted shawl to toss over my shoulders, and pens that fit perfectly in my hand and release the perfect amount of black ink on creamy white paper. I bought an old-timey hourglass that silently drips black sand, in case I want to give myself a time limit without disturbing the peace with a loud timer. Procrastination is my forte, but

a looming deadline does seem to get the juices flowing, even if I’m only racing against tiny grains of sand. Over the weekend, I retrieved an unused camping cot from our garage and set it up in the corner of the shed. There it sits, and I’m surprised at how often I’ve thought of it since then: a simple cot, completely bare, with not so much as a pillow or a blanket on top. I haven’t laid upon it yet; it’s enough knowing that it is there. The promise of the cot has sparked the most delectable of notions in my head. I imagine sneaking out in the dark and throwing the windows open as wide as possible. I’ll settle gently into the middle of the cross-breeze, which will cover me like a cool cotton sheet pulled off the clothesline in the early morning. As a child, I always wanted a treehouse. When my husband built one for our kids, I found excuses to go back there and steal a few moments inside to read and think. Having a little

space, hidden away, to think and dream is as appealing to me now as it was when I was seven years old. I can’t wait until I can tiptoe into the backyard and retreat to my little shed and listen to the nighttime sounds of an owl hooting, or hear a train rattling and whistling in the far-off distance. The shed was not built for sleep; on the contrary, it is carefully constructed as a shrine to the fine art of staying awake and paying attention. It is best suited for silence that allows ideas and creativity to swirl along the breeze and settle gently on the mind with the delicacy of butterfly wings. The nighttime bunnies will munch away on our tulips and I will greedily gulp fresh air that is heavily laced with the perfume of the blushing magnolia tree and a lilac bush on the brink of blooming. The blossoms take on the intoxicating shape and scent of falling in love.

politicalplace

The views in these letters are the writers’ own.

Our son Brendan wrote this in response to Robert Kennedy, Jr’s remarks on autistic people: “these are kids who will never pay taxes. They’ll never hold a job. They’ll never play baseball. They’ll never write a poem. They’ll never go out on a date. Many of them will never use a toilet unassisted.” This is our son Brendan’s response. I’m hearing a lot about the autism epidemic. It’s been a while since I mentioned this publicly, but I’m on the autism spectrum (not a disease). It’s called Pervasive Development Disorder. Here’s a list of my accomplishments so far: - Got married on May 18, 2024. Beside my wonderful wife and family I have many long-term friends. - Pay my taxes and other bills on time. - Have owned 3 vehicles in the past and

working on payments for my fourth. - Don’t write poetry but I have been in the performing arts for over 20 years. - Also I paint on canvas. - Play sports? What about being involved in the martial arts and earning a 2nd degree black belt. - I’ve had plenty of jobs. Still at my job for 8 years, and have never been fired. - No information on my bathroom situation. All I can say is that I install the toilet paper facing the correct way.” Eileen Gaughan Sun City resident According to the U.S. Customs and Border Protection, they reported a total of 189,372 illegals interned the U.S. in March 2024. In March 2025 reported by the CBP

there were 7,200. This decline has been attributed to the implementation of strict immigration Enforcement which Biden said he couldn’t do. Since President Trump resumed office in Jan 2025, his administration has implemented a series of financial and economic policies aimed at reshaping the U.S. economy. The U.S. manufacturing sector experienced significant growth, with nearly 9,000 new auto industry jobs created in Feb. 2025—the most in 15 months—following a loss of 27,300 auto jobs the precious year under Biden. President Trump secured several major investments, including: A \$100 billion investment by Taiwan Semiconductor Manufacturing Company in

POLITICAL | Pg. 8

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Join us for interesting historical events, with a fun celebration in between!

Friday, May 30 | 1:00 – 2:30 p.m.
Jim Gibbons Presents: The 1960s – A Decade of Change

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Thursday, June 5 | 4:00 – 7:00 p.m.
Grand Unveiling Celebration

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Friday, June 13 | 1:00 p.m.
Megan Wells as Elizabeth Hamilton: My Husband Alexander

Join us for a captivating one-woman performance by acclaimed storyteller Megan Wells as she steps into the role of Elizabeth Schuyler Hamilton. Through Elizabeth's eyes, Megan brings to life the story of Alexander Hamilton – his brilliance, ambition, triumphs and tragedies.

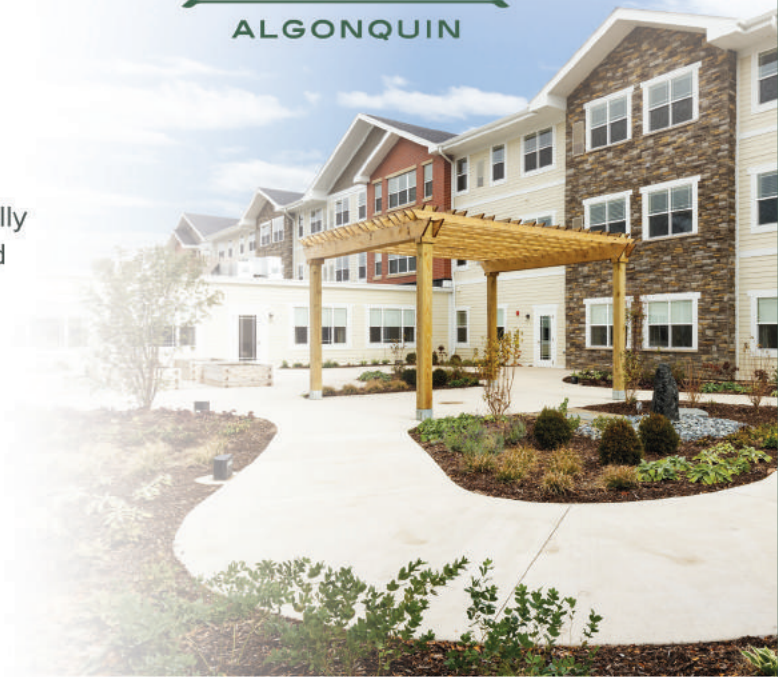
Friday, June 27 | 1:00 p.m.
Leslie Goddard: Roadside Attractions

Have you ever slept in a wigwam or taken a selfie with Paul Bunyan? Since Americans took to the highways for long-distance travel in the 1920s, entrepreneurs have been dreaming up unusual structures to attract passing motorists. Join pop culture historian Leslie Goddard, Ph.D., to explore these unique structures and what they tell us about the history of road travel.

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•HARTMAN

"In 1979, we went on a trip and returned to a disaster. We had a break-in to our home, and the intruder vandalized the instruments; they were smashed."

When filing a claim for the break-in, the insurance agent recommended a place where the instruments could be restored.

Carol said, "We went to the Wooden Music Company owned by Jim Beach. He recognized that the Larson brothers made the instruments. He restored the instruments, using as much of the original pieces as possible. He gave us some information on the instruments made by Larson brothers."

Carol said, "Although it was a bad situation, it started our journey of discovering the history of the Larson guitar. Our detective work began."

Hartman's first step was to talk to his mother and two uncles. He wanted to gather as much information as possible about the two brothers, Carl and August. He found out that they knew little about their dad's work.

Carl and August came from Sweden with woodworking skills and found jobs in Chicago. They worked as luthiers in Cubley's shop in the Ravenswood

neighborhood, building or repairing stringed instruments.

Carol said, "That led us to Ravenswood Library, where we found a photograph taken in 1889 of the shop's employees. We discovered that in 1893, the shop had a fire for the second time, and the owner did not rebuild."

At the Newberry Library, the Hartmans found information on Maurer & Co., where the brothers found a job building mandolins and guitars. August eventually bought the business with some backing in 1900.

Carol said, "We got a lead about George Gruhn in Nashville, who was also from Chicago and knew much about the Larson guitars. We took a trip down there and interviewed him."

One thing led to another, and the couple was made aware of a 1977 "Guitar Player" magazine that featured Les Paul on the cover and had an article about Les Paul visiting the Larson shop.

Hartman said, "I called Les Paul, and I was so nervous I said, 'I'll have to call you back.' When I did call him back, he allowed me to record our conversation about the Larson guitar."

Carol started keeping a scrapbook of all the information they

had collected, visiting cities and talking to celebrities familiar with the Larson information.

"We were having a ball. The scrapbook was getting huge. I told Bob, 'I think you will be an author'" she said.

Carol was a typist, and Bob worked in the printing industry. With permission, they were able

"I have made nine guitars myself"

to print their first book.

Hartman said, "I began research in 1979 and published my first book in 1984. It was a thrill printing my book after printing so many jobs for other customers."

The book's printing didn't stop the couple from gathering information. Soon, they had enough for another book. In 1988, Hartman printed his second book. He said, "Each of my books gives the reader a growing knowledge of the Larson brothers and their accomplishments."

The brothers' instruments bore the names Maurer, Prairie State, Euphonon, W.J. Dyer & Bro, and Wm. C. Stahl. Today, they are considered some of the finest ever made.

Hartman said, "The guitars were made using a unique technique. The top and back of the instruments were made under tension. That produced a bright, focused tone with a resonant bass and balanced mid-range that sounds like nothing else. The brothers had five patents."

The books caught the attention of a publisher, Centerstream, who published the next two. The third published book also includes a CD featuring guitarist Muriel Anderson playing 11 songs on 11 Larson instruments. The books also include many pages of color photos.

In their quest to gather information on the Larson guitars, Bob found that no plans were made for a transition or sale of the Larson Brothers Company.

"My grandfather retired, and when his brother, August, died, Maurer & Co. died with him in 1944. The contents and tooling were sold to a cabinet maker, and the business entity was dissolved. Family members saved the company records in a garage for a while but were ultimately thrown out," Hartman said.

Hartman's fifth book, "The Larson Brothers' Legacy," includes many accounts by performers and collectors of the instruments.

He said, "Larson Brothers

guitars were popular with the country and western singers on WLS-AM in Chicago and the Nation Barn Dance. They were played by Marjorie Lynn, the Prairie Ramblers, Arkie, the Arkansas Woodchopper, Gene Austry, and Patsy Montana."

Carol said, "Bob would play all our instruments at family gatherings. We now have five generations at these gatherings."

"I have made nine guitars myself and gave them to my children, grandchildren, and one to my great-grandson," Hartman provided.

The Hartmans love music. They enjoy square dancing and attend the Harp Guitar Gathering event organized by Stephen Bennett every year.

Hartman said, "Stephen plays his great-grandfather's Harp Guitar and has performed worldwide. The last few times, we have said this might be the last time we come to the harp guitar gatherings, but we managed to get there and hope we can make it this year."

Hartman published his last book in 2024.

He said, "I have written several poems and plan to put them together in a book." His latest poem, "Author's Lament," shows he is not ready to quit writing.



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theviewfromplanetkerth

Instead of criticizing my driving, just zip it



TR Kerth
Columnist

Many years ago, while driving home from a Canada fishing trip, my buddy Jim and I ran into some road construction in Minnesota.

“Right lane closed 3 miles ahead,” the sign said. Car after car politely pulled into the crowded left lane—and because I was the one driving at the time, I zipped past in the now-much-faster right lane.

“This lane is closing,” Jim said.

“Right,” I confirmed. “In three miles.”

And thus began a conversation / discussion / argument / lecture about what kind of person would do such a thing as what the other guy wanted to do.

Jim opined that civilization depended upon civility. It’s right there in the word, he pointed out.

I remarked that we were making much better time than all those lefty mopes rolling slowly along. Besides, my limited math skills suggested that packing a thousand cars into one lane takes twice the distance than packing them into two lanes. What if there’s an exit a mile up the road, and some of these drivers want to get off there?

Eventually, a self-appointed vigilante pulled into the open lane and then slowed down to creeper-lane speed, just to return civility to civilization, I guess.

Jim lauded his heroism.

I opined otherly.

The discussion continued for miles after we passed the construction zone, along with a “how do you live with yourself?” vibe from the passenger side of the car. It ended with Jim offering to pray for my forgiveness that night. (I never suggested that Jim was a bad friend, just that he was wrong and I was right. And I can forgive a friend his flaws, too.)

A few days after we got home, I read a newspaper article that said the state police of Minnesota, Wisconsin, Illinois and Michigan were releasing a joint suggestion that drivers in that situation should use all lanes possible until they reach the “pinch point,” and then to merge politely one after another.

They called it the “zipper merge.”

I clipped the article and mailed it to Jim. I never heard back from him about it, so he probably prayed that night to rescind whatever unneeded forgiveness may have washed me clean the previous night.

I thought of that road trip today, because I just returned from another road trip with a friend, and because I was the one driving, I did again exactly what I did back then when we hit a construction tie-up.

And the result was the same conversation as I had in that previous trip so long ago.

Fortunately, the conversation never got to the argument / lecture part of the program. It ended with a kind of “agree to disagree” vibe from the other side of the car.

But as I said earlier, that first road trip took place a long time ago, long before

God gave us the Internet. We live in a more blessed informational time today, so when I got home I decided to ask Mama Google if I was right or wrong in zipping ahead in that open right lane while kinder, gentler people glowered at me from their slowly creeping cars in the left lane.

And here’s what Mama Google said when I asked her if “zipper merging” was really a thing, or if it was some kind of alternate-fact justification for being a self-centered butthead:

“A 2013 study conducted in Minnesota found that the zipper merge can reduce traffic backup lengths by up to 40%, alleviate congestion, promote fairness by having all drivers move at a consistent speed, and decrease road rage.”

Beyond that, I dug a little deeper to see what AAA had to say about it:

“To many drivers, immediately using their turn signal and trying to merge into the next lane seems like the most courteous thing to do. The zipper merge can be interpreted as cutting in line. But research has shown that the zipper merge is more efficient because it uses more available road space for as long as possible—helping to keep traffic moving.

“States across the country have been implementing zipper merge recommendations for more than a decade. For example, a 2020 law in Illinois aligned the state with others like Minnesota, Missouri, North Carolina, Montana and Nevada that have rules on zipper merging.

“Also, traffic research found that a zipper merge in construction zones significantly cuts down the overall length of a traffic backup. It improves safety by promoting similar travel speeds between adjacent lanes, and it helps create a sense of fairness and equity because all lanes are moving at the same pace.

“This merge technique requires cooperation and consistent behavior among drivers in order to be successful. Misconceptions about the zipper merge being rude or causing further delays are dispelled by studies showing its benefits in reducing traffic backup as well as promoting fairness on the road. Embracing the zipper merge can lead to smoother and safer driving experiences in congested conditions.”

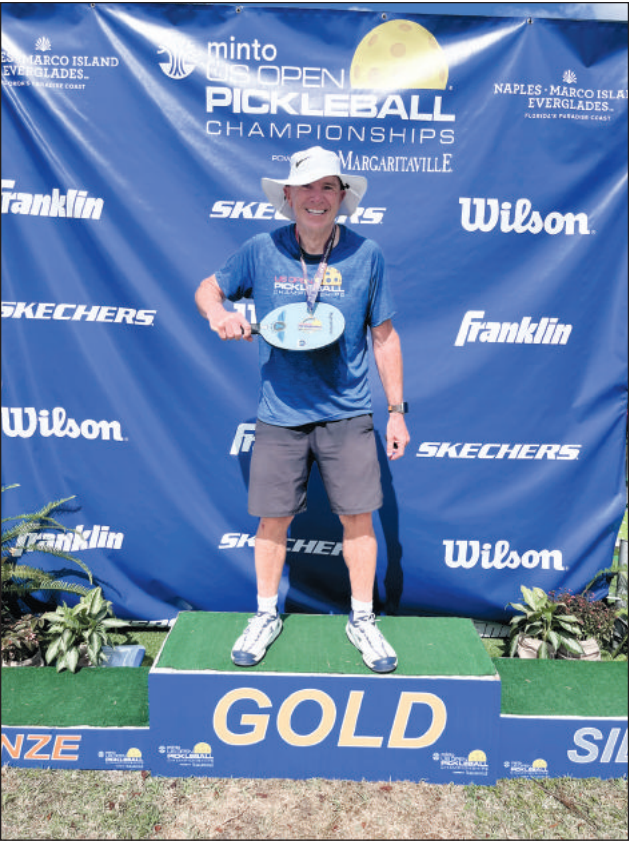
Oh, I know some of you will still disagree with me about this. In previous columns, I have shown you the light regarding putting silverware into the dishwasher properly with the points down, sensibly putting the toilet paper flap over the top instead of absurdly underneath, why you’re an idiot if you day-drive with the lights off, and why dogs are much better pets (and people) than cats are.

And yet, some of you have still stubbornly refused to come to the light.

Oh well. You have the right to be wrong, I guess.

Look, if we ever take a road trip together, I’ll surely give you a million good reasons why you can’t wait for the drive to end—but when it comes to merging, just zip it.

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



Provided | MSDN Photo
John Schwan proudly shows his US Open Pickleball Championship gold medal.

SUN CITY’S TOP PICKLEBALL PLAYER MEDALS IN NAPLES

By Steve Peterson
For My Sun Day News

One of the toughest challenges in any sport is to repeat as champion. Sun City’s top pickleball player, John Schwan, accomplished that feat at the U.S. Open Pickleball Championships in Naples, Florida, on April 27. He took on four challengers in the mens singles 75-79 age bracket,

et, 4.0 rating, and defeated them all, returning as a repeat national champ. Schwan’s scores on the memorable Sunday: he began with a 15-2 win over Anthony Gray; then defeated Rick Meyer, 15-4; defeated Ed Kramer, 15-5 and in the title match, outlasted Jeff Starfield, 15-3. “I was pretty exhausted,” Schwan said in a phone interview the next morning. “I wanted a chair and some shade.” He was happy with the way he played in all of the rounds, which were all done by noon Sunday. Schwan arrived at the complex earlier in the week, so he was acclimated to the set up. He stayed with a pickleball playing friend and was cheered on to victories. “I was focused and thought all facets of the game came together,” Schwan said. “My serve, volley, ground strokes, were all in a zone.”

Illinois title

Schwan sought some good competition before defending his U.S. Open Pickleball Championship in Florida. “I was looking for a tune-up for the U.S. Open,” Schwan said. “I entered the Professional Pickleball Association (PPA) Illinois Amateur Pickleball Championships in Naperville, and won gold for 70 plus and silver for age 50 and over,” Schwan said. “With the title, I also won a ‘Golden Ticket’ to their nationals in Dallas in November with no fees. That’s the next big target.” Schwan downed Mark Kobernick 15-1 in the gold medal match. “The 50-year-olds had quicker footwork and harder serves,” Schwan said with a smile. “It was a challenging tournament.” In addition to the US Open Pickleball title crown last season, Schwan picked up titles at Senior Olympics state meets in Illinois and Wisconsin. Schwan mentioned that there is also the social aspect of the sport. “At the recent state tournament, I met up with a fellow competitor and we got to know one another. He lives in Peru, Illinois and on April 12 I went there and we played pickleball.” Locally, Schwan plays at Sun City and Hanover Park pickleball courts. He thanks his wife, Susan, for always being supportive of his pickleball interests. “All of my family are into the racket sports, he added. “My son Jay plays tennis and pickleball as does his wife Gina and my daughters, Josi-Hensen Schwan and Katie Garner-Schwan. I coached tennis for 10 years at Maine East High School.”

THE HUNTLEY AREA LIONS CLUB

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Some Sun City residents have been volunteering with SCVN for ten years.

SC volunteers share in local organization's milestone

By Christine Such
For My Sun Day News

The Senior Care Volunteer Network (SCVN) exists to empower seniors and enrich the lives of those who live independently in their own homes. For 25 years, SCVN volunteers have provided services to older adults who encounter challenges with aging in place but still live independent and active lives. SCVN has significantly impacted the lives of seniors in McHenry County, providing essential services and fostering a sense of community and support.

Sarah Schrepf, Executive Director, said, "This year, SCVN, formally known as Faith in Action McHenry County, celebrates a huge milestone, magnifying the great work our volunteers continue to provide to help our neighbors in need. A small group of caring people saw a need among the older adults in our community and stepped up to ensure they got some added support. As the need for services grows, so does the need for volunteer support. Without the supply, we cannot continue to meet this increasing demand. It is a delicate balance. We cannot provide one without the other."

Volunteers provide key services: rides to and from appointments and activities, medical equipment loans, grocery deliveries, and friendly visits. Although they currently have over 200 volunteers, they also currently serve over 1,000 care recipients to date. According to Schrepf, "We project ending the year with over 2,500 people receiving at least one service. Those who no longer drive call in multiple requests weekly, which is why we continue to seek new volunteers."

Erica Snooks, Program Services Coordinator, said, "We provide other services in addition to transportation, and when those needs are identified, we do what we can to support those needs if a request is made that we cannot match with a volunteer or do not have a volunteer with that particular expertise, that will help us determine what kind of volunteers we need to seek out. For example, suppose an individual needs help with a technical issue, but we only have a handful of volunteers who can assist. In that case, we seek out volunteers with

that experience and knowledge. This is an area where the need is growing, but our capacity is limited. If we get a call and someone needs a higher level of care or more comprehensive services, they have community organizations we can refer to for that type of help."

Volunteers who help seniors maintain their independence make all of these services possible. The average age of community volunteers is 62, and 69 percent are over 60.

Schrepf said, "Del Webb residents enjoy the amenities and opportunities for active lifestyles. Their willingness to volunteer and donate their time reflects their commitment to helping their neighbors and others."

A Sun City resident and SCVN Volunteer, Judy Deering, said, "I have been with SCVN for 10 years and love it. The people I meet are so grateful for our service; they say it has helped them tremendously. I feel fortunate to be able to help other people; it gives me a good feeling."

Schrepf said, "Judy Deering has volunteered with us for 10 years, and we are thankful for her heart of compassion and care."

Volunteering with SCVN is not just about giving back; it's about gaining a sense of fulfillment and joy. The program is designed to be flexible, allowing volunteers to choose opportunities that fit their schedule and interests. Whether it's driving seniors to their doctor's appointments or providing a friendly visit, each act of service brings a sense of satisfaction. In 2024, SCVN volunteers provided over 150,000 hours of service, a testament to the joy they find in helping others.

Schrepf said, "Over the past three months, our volunteer drivers have provided 1,500 rides to senior residents all over McHenry County. We serve all of McHenry County, but we also include all of Del Webb, which includes Kane County."

Schrepf said, "Did you know that approximately 10,000 individuals in the U.S. turn 65 daily? McHenry County has the fourth fastest-growing senior population in the state. As more and more of our community reaches retirement age, SCVN's need for volunteers becomes even more dire."

nowyouknow

Answers to common and maybe not-so-common questions in and around Sun City!



Maureen F. asked, “Please help with a disagreement my husband and I have. Recently, while walking around Wildflower Lake, we noticed a few rectangular picnic tables. I don’t remember seeing them last year, but my husband claims they have been there ‘forever.’ Who’s right?”

Dear Maureen, in a way, you are both correct. According to First Residential, for 2025 the budget called for 11 new tables for the Fountain

View Pavilion. When these were put into place this winter, a decision was made to take 8 of the “old tables” and place them around Wildflower Lake and along the trails of Wildflower Park. The remaining three tables have been put in storage for future use. According to Nick Topf of First Residential, placement of these tables addresses long-standing requests from residents for additional resting stops along the trails. A special advantage of these tables is their weight; they won’t float away during periodic flooding of the wetland areas. In addition to the three hexagonal tables placed near the bathrooms along Del Webb Blvd., there are plenty of seats for relaxing or picnicking. So, in a way, you are both right. Go out and enjoy a springtime evening walk.

iheardthisquote...

By TR Kerth
Columnist

He that would make his own liberty secure, must guard even his enemy from oppression; for if he violates this duty, he establishes a precedent that will reach to himself.

- Thomas Paine

In our lives we have two or three opportunities to be a hero, but almost every day we have the opportunity not to be a coward.

- Dying words of a Colombian anti-narcotics officer

He who has a thousand friends, has not one friend to spare, and he who has one enemy will meet him everywhere.

- Ralph Waldo Emerson

Every man is a fool for at least five minutes a day, and those five minutes occur where he is either angry or in a hurry.

- Elbert Hubbard

•POLITICAL

Arizona, the largest foreign direct investment in U.S. history. A \$500 billion artificial intelligence infrastructure project, described as the largest of its kind. A \$600 Billion commitment from Saudia Arabia to invest in the U.S. over the next four years. A \$20 billion investment by a company in Dubai, DAMAC Properties, to build new U.S. based data centers. An \$18 billion investment by Venture Global in Louisiana LNG export facility. On his first day in office, President Trump reversed the Biden administration’s pause on liquefied natural gas (LNG) exports and approved several new energy projects including a \$44 billion LNG venture with Japan and South Korea. The administration announced and emergency waiver permitting the nationwide sale of E15 gasoline during e upcoming summer season, aiming to bolster fuel supplies and offer low gasoline prices.

J.P. Morgan
Sun City resident

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askanangel



Q We are two adult daughters with aging parents in their late 70s, and we're starting to explore senior living options for them. Our parents are still very active, but they're both starting to need a little more help around their home. We're doing our best to be proactive, but it's a big decision. We want to ensure we're asking the right questions when we tour potential facilities. Could you advise us on what to ask during our tours? We want our parents to have the best possible experience, but we're feeling a bit overwhelmed by all the options available.

A Thank you so much for reaching out. You're both doing your best to support your parents during this important transition. Deciding on senior living can be overwhelming, but with a bit of preparation, you'll

feel much more confident in your decision. When you're touring senior living communities, here are some questions to ask and things to keep in mind: Start by asking what services are included in the monthly fee. Most senior living communities offer various packages, so it's important to understand what's covered and what's not. Ask about meals, housekeeping, laundry services, and transportation. Are there additional costs for certain services, like personal care, medication management, or additional nursing care? Next, ask about the staff-to-resident ratio. This is important because it tells you how much attention each resident gets. Ask about how many staff members are on hand at different times of day, especially during nights and weekends when staffing might be reduced. You want to ensure that your parents will receive the attention they deserve, no matter what time it is. Another important question to ask is about what your parents

can expect on an average day. What types of activities and social events are offered? Active engagement is key to a fulfilling life as we age, so inquire about the community's offerings. Are there exercise classes, outings, or social events that your parents might enjoy? It's important to ensure they'll have opportunities to stay active and socialize with others. Although your parents may be in good health now, another essential question to ask relates to what happens should their care needs change over time. Ask about how the community handles changes in care needs. Are they equipped to provide more assistance, and is it easy to transition to a higher level of care? During your tour, be sure to observe the community's culture. Notice the interactions between staff and residents. Do the residents seem happy and engaged? Are they clean and well-groomed? Does the staff seem friendly, attentive, and approachable? The community's atmosphere will be a big part of how

your parents feel day-to-day. Lastly, if your parents value their independence and want to stay in their own space, home care may be the right option to explore. Home care companies offer assistance with basic living tasks, such as personal care, meal preparation, light housekeeping, and transportation. This might be a better fit if your parents aren't yet ready for the transition to senior living but need some extra support to maintain their quality of life. Ultimately, the best decision depends on your parents' preferences and what they feel most comfortable with. It's great that you're being proactive, and I'm sure whatever you choose, your parents will appreciate your support as they navigate this next chapter.

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

• **MILESTONE**

SCVN's website states, "Volunteers help us achieve our mission by providing services such as transportation to life-critical, life-sustaining, and life-enriching destinations, friendly visits, minor home repairs, yard work, and shopping, all at no charge to the senior." Please consider volunteering. If you're interested in making a difference in the lives of seniors in McHenry County, you can review the opportunities at <https://scvnmchenrycounty.org/become-a-volunteer/> and sign up to volunteer. The application process is simple and straightforward, and our team is always available to assist you. Your help is invaluable and greatly appreciated.

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SHELDON CLARK'S CREATIVE CORNER

What can you do with MSDN after reading it?

Take a copy of MSDN to a Sun City softball game. It has myriad uses, including a makeshift fan on warm days or a place to put your cleats after the game to keep dirt off the floor of your car.

Submit ideas to
mycommunity@mysundaynews.com



SUPPLEMENTS: HOW TO WISELY DECIDE WHAT'S RIGHT FOR YOU

By Joan Davis, RN MS

For My Sun Day News

As April's health report concluded, while the benefits of supplements are often not proven or exaggerated, there are times when individuals may have medical conditions that increase their individual need for supplementation of specific vitamins.

Who might need supplementation?

Those with iron deficiency may need iron supplementation. Pregnant women may need more folic acids than they would get in their normal diets; osteoporosis patients may could benefit from calcium and Vitamin D beyond what their normal diets provide.

In other cases, some groups may have difficulty getting enough of a specific vitamin, such as Vitamin D3. It's estimated that 65 percent of Americans are deficient in this vitamin, so supplementation may be recommended, especially if for those living in area northern with little sun exposure. Another example: according to the NIH, vitamin B12 insufficiency affects over 12.5 percent of all adults and risk increases with age. Those eating a fully plant-based diet don't get Vitamin B12 from the soil where microbes make it, so again a need for supplementation.

What if you have a health condition and want to explore how a specific supplement might improve your health?

It's best to discuss your options with a knowledgeable health care provider before spending money on vitamins and supplements. If your body doesn't need a particular supplement, it will simply get rid of it, and the money you spend will go down the toilet. Worse, you can end up creating problems if you are taking too much of certain vitamins. Excess Vitamin A, for instance, can become toxic creating vision and skin changes, bone pain and

potential liver damage.

Perhaps you also want to do your own research. Here's an example: You have heard that the supplement AMLA can lower blood pressure. Going on the internet you have seen lots of ads rhapsodizing about how your blood pressure will plummet once you start this supplement. You decide to check it out by reviewing reputable medical websites such as the National Institutes of Health- Office of Dietary Supplements. You type in "Dietary Supplement Factsheet" where you'll find factual information about amla as well as other helpful resources such as "Dietary Supplements: What You Need To Know" and "Frequently Asked Questions."

This month's health report will conclude with strategies you can use when facing supplement claims, especially ones that are new and seem to have no or shaky science behind them.

Five ways consumers can protect themselves from fraudulent and supplement claims

First - don't blindly accept the claims. Be realistic or as nutrition expert Dr. Michael Greger wisely states: "Generally speaking, Mother Nature's powers cannot be stuffed into a pill." The aggressive marketing of supplement manufacturers, coupled with popular media influencer messages can be hard to resist, even when those supplements are proven ineffective or even harmful.

Second - Recognize that due to changes in the 1994 law, US supplements are now not regulated as tightly as drugs are (although some fear that drug regulation/enforcement will now also weaken due to less staff and budget cuts.) At this point drugs sold in the United States must meet USP standards including need to conduct clinical trials to prove a product is effective or safe before putting it on the market.

Third - Understand that the situation

SUPPLEMENTS | Pg. 19

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Throwing shade: gardening away from the sun



Kathleen Carr
Columnist

Change is perhaps the only constant as humans mature and age. While this natural process can bring many unwanted or unwelcomed consequences there are also numerous benefits. Developing a healthy routine, creating stability, and reducing life conflicts are often part of the maturation process. With age comes wisdom is an adage that is actively demonstrated time and time again. Mature adults often have more time to explore interests or hobbies than their younger counterparts. The daily activities of a 70-year-old are often very different than a 30-year-old, and that is a good thing!

Just as we mature, our landscaping does as well. Sometimes that has unwanted or unintended consequences but often there are positive outcomes also. As our plants continue to grow, the environmental conditions in our yard change. Mature trees can help slow strong winds and moderate the temperature fluctuations in our yard by providing shade. What once may be have been a sunny area, may now very well be a shady area due to the height and

width of the plants nearby.

Environmental factors such as sun light play a key role in plant development. Plants that do best when planted in full sun, may frequently suffer when over time, the area develops into a part to full shade planting situation. Those plants may benefit from being transplanted to a different area and replaced with plants that do better in the current growing conditions. As our community matures, the trees matures and the environmental conditions change resulting in the need to re-evaluate the growing conditions and in some instances, choose plants that are a better match for the existing conditions. These are a few perennial flowers, ornamental grasses and flowering shrubs that typically do well in a part to full shade growing situation.

Burgundy Glow Bugleweed (Ajuga reptans 'Burgundy Glow') This groundcover has foliage that is a mix of pink, white and green colors with a blue flower in the spring. It grows about 8" tall and spread to about 12" wide.

Golden Japanese Spikenard (Aralia cordata 'Sun King') The name Sun King refers to the beautiful bright golden leaves on this tall perennial flower. It grows about 3 1/2' tall and wide. The chartreuse leaves are the main attribute of the plant, although it does have a white flower in the

summer.

Fanal Astilbe (Astilbe ardensii 'Fanal') Deep red flowers appear in late spring to early summer that complement the burgundy foliage. This Astilbe grows about 24" tall and wide and is rabbit resistant.

Jack Frost Siberian Bugloss (Brunnera macrophylla 'Jack Frost') The heart shaped silver leaves make this a truly unique perennial flower. The forget-me-not type blue flowers that appear in the spring often have a special meaning to those who plant them.

Ice Dance Sedge (Carex morrowii 'Ice Dance') This semi evergreen ornamental grass spreads by rhizomes. While not invasive, it will definitely fill in an area at a height of 10" and a width of 18". As an added bonus, it is drought tolerant.

Arctic Fire Yellow Dogwood (Cornus sericea 'SMNCSBD') The bright yellow stems on the flowering shrub really stand out during the winter. It boasts white flowers in the spring and reaches a height and width between 4-6'. As with most dogwood, it does best when about 1/3 of the oldest stems are pruned each year.

Valentine Bleeding Heart (Dicentra spectabilis 'Hordival') The red flowers are a new twist

on this traditional perennial flower. It works well when planted with summer blooming perennial flowers. It is beautiful in the spring and then tends to die back during the summer.

Red Barrenwort (Epimedium x rubrum) The delicate heart shaped leaves appear to be dancing on this fine textured groundcover. The red flowers appear in the spring. Does best in moist soil and grows about 10" high and 18" wide. This is a rabbit resistant plant.

Dwarf Fothergilla (Fothergilla gardenia) This fragrant white spring flowering shrub has beautiful deep purple and orange fall color giving it two seasons of interest. It grows about 3' tall and wide.

Apple Twist Coral Bells (Heuchera 'Apple Twist') As with all coral bells, the leaves on this perennial plant are the main attraction. They are chartreuse in color with rippled edges. Apple Twist with grow about 18" tall and wide. This plant attracts hummingbirds and butterflies.

Nettle (Lamium maculatum 'Orchid Frost') This adaptable low growing perennial flower boasts pink flowers over silver leaves in the spring and again mid-summer. It grows about 10" tall and wide. This attracts butter-

flies and is rabbit resistant.

Black-leaved Ligularia (Ligularia dentata 'Britt-Marie Crawford') The black leaves on this 4' tall perennial flower are truly stunning. The yellow flowers are good for cutting. It is deer resistant.

Blue Moon Woodland Phlox (Phlox divaricata 'Blue Moon') The blue flowers are present from early spring to late summer and are complimented by fine foliage. Tiger swallowtail butterflies find the flowers especially attractive.

Annual flowers, in particular, hanging baskets, are a wonderful way to add color to a shady spot. The Sunflower Garden Club's Annual Spring Basket Sale is coming up on Saturday, May 10. Be sure to head over to the Sun City Pavilion when the sale opens at 9 a.m. There is a limit of 4 hanging baskets per household and the sale will remain open while the supply lasts. Each basket is priced at \$23 and you are able to shop knowing that you are supporting a fantastic organization that does so much for the community.

• 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.





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Steve Peterson | MSDN Photo

SC Softball Club President Chuck Hund at Veterans Memorial Field, which is ready for the 2025 Sun City softball season.

**‘PLAY BALL!’
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By Steve Peterson
For My Sun Day News

Veterans Memorial Field is set and practices have been in earnest for the new Sun City Softball Club season’s opening day, with the first pitch at 5:30 p.m. May 12. “We’re ready for the new year and hope we won’t be hindered by the weather on opening night,” Sun City Softball Club President Chuck Hund said. “We have a great field crew, led by John Roccosanto, who has worked on leveling the field.”

Speaking on a rare warm April afternoon, Hund said 15 teams will be competing in leagues of 16-inch (morning and evening) and 12-inch leagues. The team total is two fewer than 2024. Hund, who has been part of Sun City Softball Club for eight years, said the Huntley club is No. 1 for him. “I play in other leagues, but Sun City Softball Club is always my mainstay,” he said. Hund said the local club has some unique rules, which allow new players to get hits as well as older players. Also, the club hosts an all-star game on July 25 and will have an expanded playoff this year. “I think the new players are somewhat

surprised it is so competitive. Softball clubs aren’t for everyone, they think it is just fun,” Hund said. Two of the veterans of the teams, Ed Fabro and John Barrett, discussed their careers with My Sun Day News. Fabro has a definite softball highlight. His team won the Senior Softball World Championship in 2016. The national tournament was in Las Vegas, Nevada. His last senior national tournament was a few years ago in Florida. “It was a group of guys from Huntley and Chicago, who got together and played softball,” Fabro said. A switch in positions from outfield to infield will be on tap this year for Fabro. “This year, I’ll be playing pitcher, because I don’t have any more speed for left field,” Fabro said. It will be his 20th year in Sun City Softball Club. He also plays in pick-up games at Dundee Park District softball fields twice a week. “The camaraderie is great,” he remarked. “It’s competitive. I was in a tournament in Elgin when I found out about it. They had an open house in 2004 and my wife and I took a ride up to Sun City and we fell in love with the place.” Barrett is in his 19th season playing 16-inch softball for the Monarchs. It is a team which traces its history to the time when teams were organized by Sun City neighborhoods. “We were from one of the new Neighborhoods, and were called the “Home Boys”, but we later switched to Monarchs,” Barrett said. “I played third base for 10 years then first base for the last nine. For many years, we were a terrible team but then we had a couple of new players come in to play shortstop and short-center, Don Grex and Rich Pearl, and we won the championship two years in a row. That made all the difference.” Barrett loves the atmosphere at Veterans Memorial Park. “I thoroughly enjoy the experience, whether I’m in the dugout or in the field,” Barrett said. “It’s a lot of fun. I’m a significant talker. I can talk to the umpire, the runner or the other team in the dugout.” Barrett grew up in Chicago, playing prep basketball and then for one year at DePaul University. When he was in his 20s, he played 16-inch softball, the glove-less version. “That was some serious softball,” he said.



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Provided | MSDN Photo

Grafton Food Pantry volunteer Rich Ford delivers a donation bag to Sun City resident Stacey Sadowski and her daughter Amanda, who have already been shopping for Stamp Out Hunger.

Sun City invited to Stamp Out Hunger

By Christine Such
For My Sun Day News

Stamp Out Hunger is almost here. Saturday, May 10, marks the 33rd anniversary of one of America’s great days of giving: the National Association of Letter Carriers (NALC) Stamp Out Hunger Food Drive. This is a large-scale food collection effort, where letter carriers and their partners collect non-perishable food donations from residents nationwide. On the second Saturday in May, letter carriers in more than 10,000 cities and towns across America have collected the goodness and compassion of their postal customers. It is the largest one-day food drive in the nation. To participate, leave a bag of non-perishable food next to your mailbox for your letter carrier to pick up.

“This is an economically challenging time for families, especially seniors on a fixed income. We are here to help and to provide hope to those in need. Public support is critical so that we may continue to provide essential nutritious food and personal care items to

residents,” said Harriet Ford, President, Board of Directors Grafton Food Pantry.

To donate, place unexpired non-perishable food and/or personal care items next to your mailbox before your letter carrier delivers mail on Saturday, May 10. The carrier will do the rest. The food is offered and sorted at Grafton Food Pantry, and it is available for needy residents. If you wish to donate gift cards, gas cards, or cash, please mail them directly to Grafton Food Pantry at PO Box 1074, Huntley, IL 60142. Do not place them in bags by your mailbox.

One in six Americans faces Hunger every day in America. This is not a distant issue, but a pressing one that affects our communities. The Stamp Out Hunger food drive is an immediate way you can help those facing food insecurity in your community. Grafton Food Pantry is a non-profit 501 (c) (3) organization. For further information on this event, such as donating or volunteering to help local families, please visit grafftonfoodpantry.org.





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Recipients of the Valor Quilts featured here with the quilters on April 21, 2025.

Christine Such | MSDN Photo

Valor quilters honor veterans at annual event

By Christine Such
For My Sun Day News

Several Sun City residents and quilters donate their time and talent to recognize veterans of all service branches. They honor them by presenting them with a valor quilt to thank them.

Recently, the group lost a member, Joan Ausbury, who passed away unexpectedly in her home. Ausbury was an avid quilter and volunteered at Gazebo Valor Quilters of Huntley, making quilts for veterans.

Catherine Ennis, Sun City resi-

dent, said, “Joan had stored quilts, material, and supplies in her basement, and there were racks and tables. I offered the space in my home to house everything, but I knew moving everything from Joan’s house to mine would not be easy. All we had to do was ask; we got so many volunteers. They got it done.”

The volunteers received a heartfelt thank you and a certificate of appreciation. Ennis recognized Caden Ames, Bob Bywalec, Michael Fisher, Ken Kenny, Karl Langer, Joseph Middaugh, Michael O’Reilly, John Ronge, Liam Stanger, Jared Wacker, and Adam

Wojcik. Some were present at the recent presentation of quilts to Veterans on April 21.

Veterans and families gathered at Shepherd of the Prairie Lutheran Church in Huntley.

Bev Kenny said, “Today, we are honored to recognize our veterans. Each quilt is not just a piece of fabric, but a labor of love, handmade and unique. On the back of the quilt is a valor label containing the name of the piece, the name of the quilter, and the name of the recipient with the date of the presentation. All we ask in return is a hug, maybe two.”

There was a formal ceremony with a color guard and patriotic songs, and each veteran was individually honored and wrapped in his quilt. Annette Markovich played the guitar and led the Group in song, “God Bless America.” Markovich is also a member of the valor quilting guild.

Ennis said, “Each veteran also receives a star from a retired flag. My granddaughter, Leah Fisher, gladly puts a color catcher, the star, and instructions for washing in an envelope for the presentation.”

After the ceremony, there were homemade treats made by Hel-

en Langer for the event in a red, white, and blue package for all to enjoy.

Kenny asks readers to support the Group by attending Culver’s Scoopie Share Night & Valor Quilts fundraiser. “Come and join the Huntley Gazebo Quilters Valor Quilt ladies on Monday, May 19, for a fundraiser night from 4-8 p.m. 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.”



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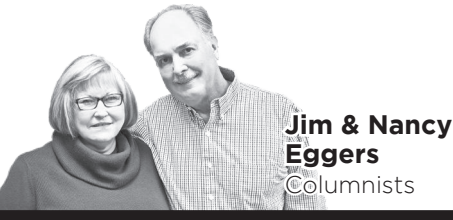
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thediningduo



Jim & Nancy
Eggers
Columnists

NEVER
ASSUME

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 My Sun Day News.

Most men, especially Jim, are consummate procrastinators. The moron comes up with a brilliant idea to review a Mexican restaurant for Cinco de Mayo and procrastinates so long that the article is in the paper days after Cinco de Mayo. But, in his defense, better late than never. We checked our “restaurants to review list” and found Las Cazuelitas in Crystal Lake.

When we pulled into the strip mall parking lot and we finally located the restaurant, Jim seemed less than excited. It looked like a very small venue and Jim pooh-poohed it and didn’t want to go in. I, not being a pompous moron, dragged him in kicking and screaming. When I opened the door, we were surprised to see a restaurant that seemed to go on forever with no less than 22 tables. Now his attitude changed and like I always told him, never assume because we all know what happens when we assume...

The inside was nicely decorated and we were greeted by a friendly host/waiter/busboy. After we were seated, he brought us a basket of warm tortilla chips and two kinds of salsa. The traditional red salsa (hot) and a mysterious creamy green salsa. Nancy immediately went for the red salsa and left me to be the guinea pig to try out the green salsa. Judging by the expression on my face, Nancy immediately grabbed a chip and dove into the mysterious green liquid. In short, this salsa was incredible. It was creamy enough to stick on the chip and there was enough garlic to please even Nancy. We asked our waiter what was in it and the only thing he would say is there was no dairy or avocado in it, just veggies. It is also available for sale in an eight-ounce container (\$4.99) and we ended up purchasing two containers to take home.

Jim decided on the Enchiladas Suizas (\$15.99) for his dinner. These were tortillas (4) in a mild sauce with a choice of protein, which he chose chorizo, and

the enchiladas were topped with melted cheese and sour cream. This was served with rice, beans, and lettuce. The chorizo gave the enchiladas a little kick and the suizas style was an extra added bonus. He took home half his meal in a doggie bag.

Nancy saw something she never had before. It was the Chimichanga Camaron Dinner (\$15.99). When she saw it on the menu, she had to try it. This was a tortilla stuffed with shrimp and peppers topped with sour cream and guacamole. Since she doesn’t like the sour cream and guacamole, she asked for the Suizas style which was a red sauce and melted cheese on top. Her entrée also came with rice and beans and she nixed the beans for extra rice. She said this was delicious and different. She’d get it again in a heartbeat. She took half her dinner home in a doggie bag too.

On to dessert. Jim found something he never had before, the Plantano Frito (fried plantains \$6.45). This was fried caramelized plantain slices served with a strawberry yogurt sauce. He was convinced it was a healthy dessert because it was fruit. He ate the whole thing since it was a little too starchy for me.

This place is a keeper for us. Whenever we are in the area we are going to stop in and buy some more of that addicting green salsa.

FYI: This restaurant is handicap accessible.

The price for our Cinco de Mayo celebration was \$49.98, finding incredible salsa, priceless...

He Said / She Said

JIM’S TAKE: My meal was seasoned perfectly, especially the refried beans.

NANCY’S TAKE: I can make a meal out of that delicious green salsa and chips!!!

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



21 Crystal Lake Plaza
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www.lascazuelitasbarandgrill.com

Directions: Take Rte. 47 North to Rte. 176 East to Virginia Street, turn right to restaurant.

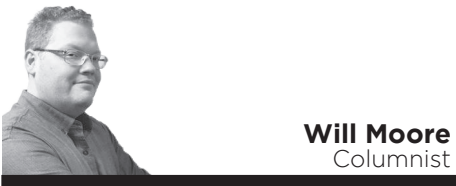
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Hilarious & Fabulous

As we get our first whiff of summer with eighty degrees (too early I might say), it is hard to determine what the season has in store for us. No Brat Summer this year, unless you count the state of politics. After watching Coachella from the confines of my home, one thing became abundantly clear. Well, besides live entertainment being way too expensive and overrated for what you are paying for at times, that would make it three things. And that last one is that impending humidity will be oppressive. Watching all the concertgoers sweltering in the heat made me think, I bet they wish they had a pool.

Less than a forty-five-minute trip from those fairgrounds lies Palm Springs, California; a place of luxury homes and

even more palatial swimming spots. It's also the location of Hulu's latest comedy Mid-Century Modern. Created by the people behind Will & Grace, the premise has been billed as the Golden Gays. In the very first episode we meet to Bunny Schneiderman, the owner of a collection of chic lingerie stores passed down to him from his parents. He is rich but lonely, following the death of his roommate and friend George. In the middle of the funeral, introductions to their mutual friends Jerry and Arthur draw us into the dynamic. Full of heart and sass, you can't help but hear Bea Arthur anytime Nathan Lane opens his mouth. This is especially omnipresent when Matt Bomer's Jerry goes into his "Saint Olaf" stories about his time as a Mormon. Granted, these do come into play later. But upon face value, the pitch seems to be just that. Director James Burrows shoots this in a multi-camera format as if this was Must-See TV. As I see it, this is just a passible distraction.

Having Bomer play against type is the one thing that does work in the long run. His forte has been dramas, like White Collar and last year's Fellow Travelers. Despite some fine work there, what has been missing from his filmography was something light; something like this.

That dig at him playing a Rose, like Betty White did so eloquently, is not to belittle what he brings to the table. His is the highlight of rather rote material. Lane's Bunny and Nathan Lee Graham's Arthur seem, at times, to be competing for who can bring the most snark. One wonders if the latter's namesake is testament to Bea's gift of one-liners. Where these two work best is with Sybil, Bunny's mother. Featured throughout, Linda Lavin had great moments with these two separately in ways both humorous and humane. In the episode titled "Working Girls," Sybil gets Arthur a job as personal shopper in a high-end boutique catering to wealthy clients and dependent on commissions. As this B-story plays out, we begin to see the potential in this enterprise. Having someone else to play off of besides themselves, Lane and co. display much more chemistry to bounce off of. Yes, there are topics and guest stars throughout the series. But having a grounding fourth character could help in solidifying the group as a whole. From the moment the pilot starts, that theme is woven in seamlessly. Lavin became the obvious choice here, if it wasn't for tragedy.

Her actual death makes its way into the show, leading to the first season's finale feeling more like a tribute than a show-



case. The addition of Pamela Adlon as Bunny's sister Mindy presents itself as less authentic, regardless of how baked in her character was. For her to take Linda's place calls the show into question. Can her looming shadow bring about its demise? Are there any more potential avenues the writers can tackle and still remain fresh? We will have to see if season two is green lit to find out.



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The Chi-Town Sports Trivia Group is up and running. Friendly competition - the FIRST FRIDAY of each month, 2 to 3:30 p.m. at the Huntley Library. All questions covering the BEARS, BLACKHAWKS, BULLS, CUBS, WHITESOX, and the Chicago sports scene.

MAY THE THEATRE COMPANY OF SUN CITY: MAME
The Theatre Company of Sun City will present, MAME for their spring musical production!
SHOW DATES:
MAY 1, Thursday at 7 p.m.
MAY 2, Friday at 7 p.m.
MAY 3, Saturday at 3 p.m.
MAY 4, Sunday at 1:30 p.m.
TICKET SALES: TICKETS are \$25.
Tuesday, March 25, in Drendel Ballroom 9 a.m. to 1 p.m., Prairie Lodge
Monday, April 14, in the Cedar Room 9 am to 12 pm, Prairie Lodge
Monday, April 21, in the Cedar Room 1-4 p.m., Prairie

Lodge. Limit 10 tickets per purchase. Checks or cash for the exact amount please. Please let us know if a ticket is for a person with a scooter or wheelchair. Ticket Info: 847-515-8545 or 847-515-1583.
If you or anyone you know is interested in Directing, Set design, helping with set build or costuming for the Theatre Company don't hesitate to contact Myron Shellist, President at: 847-515-8545.
MAY 19 VALOR QUILTS CULVER'S FUNDRAISER
Culver's Scoopie Share Night & Valor Quilts fundraiser is Monday, May 19.
Come and join the Huntley Gazebo Quilters Valor Quilt ladies on Monday, May 19, 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.



JUNE 3 & 4 THE SUNCITY STRUTTERS 2025
The Strutters Present "GOTTA DANCE" On Tuesday June 3, and Wednesday June 4, in Drendel Ballroom.
The Performances will feature Tap, Ballet and Jazz dance routines. Guest performers will be joining us, performing a variety of entertaining selections. Seating will be reserved at the time of ticket purchase.
The Strutters group is made up of ladies with a love of dance... ranging in age from 50 to 80+. The Strutters have been dancing and performing for 23 years.
We always welcome new dancers and invite any potential dancer to join us next fall for classes in Tap, Jazz, Ballet, with levels for beginner to advanced dancers.
It's a good place to try out your talents, and it's a wonderful way to exercise both the body and the mind.
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with dietary supplements is different. Unlike drugs, supplement manufacturers do not need to conduct clinical trials to prove a product is effective or safe before putting it on the market. The FDA does not evaluate supplements for safety, effectiveness, or quality. Because supplements are assumed safe like foods, the FDA does not require manufacturers to verify the ingredients in a given product.
Be aware that recent headlines such as this one by a major news outlet "Study highlights risks of popular dietary supplements. Millions of Americans rely on dietary supplements, but new research warns that some could harm your health" and this American Medical Association 2024 report: "Dietary supplements: underregulated, un-

known, and maybe unsafe."
Fourth - Protect yourself by choosing supplements which are certified by third-party organizations like NSF (National Science Foundation), ConsumerLab or USP (United States Pharmacopeia) verified mark on products, ensuring what's on the label is actually in the product and at the labeled potency and amount.
Fifth - Consider the risks. Knowing there are minimal guarantees when considering using a supplement, bear in mind any potential harm. If the supplement has been shown to be only weakly effective, but harmless, such as taking elderberry supplements for a cold, you may decide to gamble considering you'll only lose money; however, if it has potential to harm your health, taking it is a riskier decision, making your own body the subject of a potential biology experiment!

Cartoonist Needed

If you're witty, funny, clever, and a good artist and want to see your work in My Sun Day News, please email **chris@whitesilomedia.com** with a few samples of your awesom cartoons!

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