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qu^{ick}shot



**Kentucky Derby
came to Huntley 8**

qu^{ick}quote

**I loved living in Ore-
gon, but it was time
to move to our next
adventure 6**

qu^{ick}take

**creating those
family memories
is so important.
10**



Christine Such | MSDN Photo

With Covid keeping everyone at home, SC resident Gunnar Hanson embarked on the journey of telling his life story in a book called *Tomorrow*. It published in November of 2024.

Recalling *Tomorrow* Resident pens memoir

By Christine Such

For My Sun Day News

Gunnar Hanson, a Sun City resident, has penned a book titled *Tomorrow*, a poignant reflection of his life. It was the unwavering encouragement of his family that spurred him to embark on this literary journey. With their support, the time during Covid, and the invaluable assistance of his daughter, Rhonda Holycross, Hanson brought his life's story to life, culminating in its publication in November of 2024.

"I wrote the story in my own words. It was from my heart. When a book is edited, you lose the substance. My daughter Rhonda, a teacher, accepted how I wanted to write it."

Holycross said, "It's in his voice."

Hanson's life, as chronicled in his book, is divided into four distinct chapters: Childhood Years, Moving to Illinois, Navy Years, and Elaine. Each chapter delves into a specific phase of his life, from his early years to his retirement and the Honor Flight.

His writing, he says, is a reflection of his heart. He explains, "I didn't want it published by anyone, even the Veteran's group, because I didn't want it edited. The book was written for my family, friends, and close friends. There were a hundred copies made, and they are all gone."

Hanson's dedication in his book echoes this sentiment: "I dedicate this book to my family and friends, especially those who not only encouraged me to share my story but also found a deeper connection through it."

Hanson's love for music threads throughout the book. In Hanson's early years, he and his siblings were on an Elgin

TOMORROW | Pg. 4



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Ann
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Carol Pavlik
Columnist

A season of lasts

The graduation gown is hanging in the closet, patiently waiting for its one day in the sun. In a few days, my youngest child will walk across the stage and officially end her years in school. As she receives her diploma, she will be tipping the scales, closing a chapter and beginning a new one.

The scale tips for me, too. I'm far removed from my season of firsts: First apartment, first home, first pet, first job. From now on, there will still be firsts,

but they will slow considerably. From now on, I will have to seek out new experiences intentionally, because they will no longer be coming at me like water from a firehose.

The parenting firsts were the milestones I loved most: first solid food, first time sleeping through the night, first steps, first lost tooth, first time reading. Firsts are filled with unknown wonder and possibility. I want to remember it all.

It's been a privilege to watch my children discover the world gradually, whether it was sharing in their glee at learning to ride a bike, or the heartache when a friendship ended. It was a roller coaster at times, but each day brought so much newness and discovery that sometimes I found myself hanging on for dear life at the breakneck speed with which it was all happening.

The past year has been breakneck in a bittersweet sort of way. My daughter's senior year

has been a parade of lasts, both for her and her parents: last high school prom, last dance recital, last wakeup for school.

When my daughter was only 8 or 9, she began to lose her baby face and was starting to look grown up. Still, she would eagerly jump into her daddy's arms for a hug. He'd sweep her up and squeeze her tight. Later, he'd tell me, "I want to remember how it feels to hold her in my arms. You never know when it's going to be the last time."

All these years actively parenting four bright, sensitive, and curious kids have left an indelible imprint on my heart, and a few scars, too. From feeling their kicks and hiccups during pregnancy, to rocking them to sleep at night, all the way to handing over the car keys and watching them drive away solo for the first time, I've been acutely aware of the passage of time. Each season of parenting has its fair share of

joys and challenges, and as time speeds up, I'm finding myself wishing the minutes would tick by a little more slowly. I want that for myself, but I remember when I was the age of my children. I couldn't wait for things to get started. To really begin. My daughter, just like her three older siblings, waits impatiently at this final launchpad before adulthood hits.

For her, this tiny blip of lasts is a precursor to her own season of firsts as an adult: First apartment, first job, first car. For her, everything is beginning. The future is uncertain, but she is approaching it with the same guts and determination she showed when teetering on her two-wheeled bike so many years ago. Her arms are opening wide to the world, the way she used to jump up for a daddy bear hug. It will be a privilege to watch this next season unfold. I can't wait to see what she does. I hope the world is kind to her.

politicalplace

The views in these letters are the writers' own.

President Trump said he doesn't know if everyone in the U.S., citizens or non-citizens, is entitled to due process — the constitutional command stated in both the Fifth and the Fourteenth Amendment.

"I don't know. I'm not, I'm not a lawyer. I don't know," Mr. Trump told NBC News' Kristen Welker on "Meet the Press" after she asked him whether he agreed that everyone on U.S. soil is entitled to due process in the court of law.

He doesn't know? Didn't he take the oath of office? "I do solemnly swear (or affirm) that I will faithfully execute the Office of President of the United States, and will to the best of my ability, preserve, protect and defend the Constitution of the United States."

If he doesn't know that "due process," in the United States, is obligated to all people residing within its borders what else doesn't he know? Even Donald Trump got his day in court!

John Zeller
Sun City resident

Mike Bost (R-IL.) District 12, representing the whole bottom of Illinois, wrote to the Atty Genl Pam Bondi calling for a review of the VA leaders, including McDonough, Under Sect for Benefits Joshua Jacobs, Under Sect for Health Dr. Sherreef Elnahal and others. This "weaponizing" of the DOJ, which coordinates with Trump, to go after former department heads placed there by President Biden is part of Trump's twisted policies.

Other policies, like uncontrolled ICE raids by men who think they have authority but do not, who traumatized a woman and her two daughters after they moved from Maryland to Oklahoma. They were American citizens, and their names were not on the 'papers' the men held, which they thought allowed them to trash the house, steal phones, computers, and cash, in the middle of the night. Other non-criminals have been kidnapped and disappeared in gulag prison in foreign countries. Financial policies, which have crashed all our 401Ks, caused grocery prices to skyrocket and other necessities as well, all of which was not what Trump promised.

As the effects of Trump-tariffs take effect in mid-May we will begin to see shelves at our stores become empty. Trump tells us that instead of getting eighteen dolls for Christmas this year, buy two with a little bump in price and tell them to deal with it.

People are dealing with their country and their freedoms being crushed. They are calling Republicans in the senate and the house and telling them what they think. We live in a country governed by three separate branches under the rule of law. Republicans have quivered in fear and given up their power to check this president, but the courts have not, and most importantly, the people have not. No, they are out protesting and slowly they are turning this off-the-rail train around.

Gail Talbot
Huntley resident

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•TOMORROW

radio station where they would sing.

“We did that for about 13 months. I enjoyed playing the harmonica, guitar, and accordion,” he said.

There are many other stories in the book. Hanson was invited to entertain three hundred nurses at breakfast with his harmonica when the new wing was added at Del Nor hospital.

Holycross said, “Sarah, his granddaughter, worked at the hospital and saw him perform. He set the example for our family. He sang in the choir, and all six of his daughters sang and had beautiful voices.”

Hanson raised not only six daughters but also two boys. Hanson said, “The boys were the bookends, the oldest and the youngest.”

Hanson also went into the Navy. His love for music continued during his service on the USS Rankin, where he played guitar. Hanson said, “Our musical group was called the Rankin Ridgerunners. We practiced a lot when we were at sea. When we docked, we would play at the ship station where the sailors would gather.”

After he completed his service, Hanson said, “I started working for a company and was

down at the bottom of the totem pole. I worked my way up to vice-president.”

Elaine came into Hanson’s life before he was called to serve his country. The relationship continued while he was in the Navy. They decided to get married while having lunch, which they did every day sitting in his Model A Ford.

He said, “I feel more comfortable with my job and a little more secure, but when will we get married?” Elaine suggested his birthday. On February 27, 1954, the couple married, hosting their reception at the Baker Hotel in St. Charles.

Hanson worked for Carlson Tool & Machine Co. for 44 years and still serves the company’s Board.

He enjoys many things in his retirement but highlights his Classic Ford Falcon, a 1963½ model.

“It’s a long story, but the car belonged to my Uncle John. He left it to me because he wanted someone to care for the car. You can see it this year. I will be in Sun City’s Golf Car Parade on June 21,” he said.

Hanson got the opportunity to take the Honor Flight to Washington, D.C., on August 8, 2018. In his book, he describes the experience, “Where do I start? Epic might be a good

word – or surreal; how about Monumental –pun intended! Are there enough adjectives to express the words I’m trying to say? It was, however, a magnificent trip that will be etched in my mind forever...”

Hanson was accompanied by his Grandson, Brody, for the entire trip. His neighbor was also on the same honor flight. Together, they left Sun City for Midway Airport. Hanson describes his journey in his book, detailing his feelings for each monument. Hanson wrote about the Korean Memorial, “This memorial held a very personal and tragic experience for me as I lost my best friend, Pixie Alderton...and it claimed the lives of two more of my classmates.”

Hanson includes some poetry in his books and letters from his grandchildren.

Holycross said, “Grandchildren are the reason he wrote the book. They would ask him to tell a story about how you grew up on the farm.”

Hanson has nineteen grandchildren, thirteen great-grandchildren, and another one on the way.

Holycross said, “My dad is an inspiration to all of us and served as a role model not only for his kids but also for our cousins.”

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Cursive zombie seeking kids' brains again



TR Kerth
Columnist

Penmanship is dead.

Well, that's what I wrote in a column almost 20 years ago, as Americans — particularly young Americans — used text messages and emails when they wrote.

And even when they took a pen in hand, they didn't write longhand. SAT administrators reported 20 years ago that when students were forced to move a pen across a sheet of paper, 85 percent of them printed in block letters. Not in cursive.

Common Core laws passed in 2010 put the final nail in the cursive coffin by omitting penmanship from curriculum requirements for American schools. One by one, states dropped handwriting lessons, which take tons of teacher time that might be better used elsewhere.

Penmanship was dead.

And I said, hallelujah! Sing no sad songs, keen no dirges for cursive. Let's bury it and move on.

As you might imagine, my handwriting is about as legible as a squiggle of slug spittle on the sidewalk. If I must write with a pen, I use block letters.

But my bad handwriting is not my fault. None of my faults are my fault. I blame others.

When it comes to handwriting, it happened like this:

By third grade I wasn't bad at block printing, but on the day we started learning to write in cursive, I had better things to do. That's because next to me sat Kenny Ellis, a carrot-topped, freckle-faced leprechaun who was a lot more fun than cursive promised to be.

With Kenny, you didn't have to stay between the lines. In fact, with Kenny, there wasn't a line in sight.

But Mrs. Mandel had other notions, and she called on me to go to the blackboard and demonstrate how to write the lower-case letter "m." Oh, not because she trusted my ability to lead the class to any pinnacle of Palmer Method penmanship. No, not that at all. It was her way to get me to stop screwing around with Kenny and pay attention.

I slipped from my seat, glancing up at the big green display above the blackboard that showed the differences between block letters and cursive letters.

"Oh, it won't help to look up there," Mrs. Mandel said. And she was right, for she had covered up the green board. We were supposed to know these squiggles by now.

When I got to the blackboard, my tongue as dry as dusty chalk, I remembered that a block-letter "m" had two humps on it. I seemed to recall that one of the cursive letters also had two humps. I dutifully scrawled that letter on the board.

But in the evil scheme of Mr. Palmer's maddening Method, a lower-case "m" has three humps. I had written a lower-case "n" instead.

The class laughed.

"Well," Mrs. Mandel said, "it seems little Tommy has his own way of writing a lower-case 'm', doesn't he?"

The class laughed louder.

"Class, is that how we write a lower case 'm'?" Mrs. Mandel asked.

"No, Mrs. Mandel," the class sang as one.

"Do all of us know how to write a lower-case 'm' in cursive?" she asked.

"Yes, Mrs. Mandel," the class crooned.

Kenny sang, too, though I would have bet against him. I didn't begrudge him his deceitful disloyalty. I would have sung in perfect pitch had it been he instead of me agonizing at the blackboard, red-faced beneath his copper hair.

"Well, who would like to come up and show Tommy how it's done?" Mrs. Mandel asked.

The air bristled with hands, and Victoria Bertolini was chosen to show me the light. She grinned smugly at me, her teeth as straight as the lines between Palmer's letters. I wanted to add a hump or two to her lip.

When I slumped back to my seat, I swore I would never learn to write by Palmer's cursed cursive method. Ever. Oh, they could torture me, but I would hold my ground.

And I did. They tried to teach me, but I foxed them. Seventy years later, my penmanship is a glorious train wreck.

Oh, I can hear you disagree that my bad handwriting is Mrs. Mandel's fault. "It couldn't be that you and Kenny were just a couple of clowns, could it?" I can hear you say.

The world has so little sympathy for victims.

Well, go ahead and scoff, because vengeance is mine. The Palmer Method of Penmanship is dead, and I say good riddance. Let Mr. Palmer roll loops in his grave — as long as he stays between the lines.

Because penmanship is dead.

But hold on. Penmanship was dead, but now it seems it's rising from the grave, because today state after state is adding penmanship to its curriculum again:

After bottoming out in 2010, cursive returned to 17 states by 2016.

By 2020, that number was 20.

And today, 23 states (including Illinois) require that students learn to write in longhand.

Five more states have laws in place to join that growing number.

But why?

Well, for one thing, they say, to maintain a link to the past. A child who knows cursive doesn't have to ask Mom to interpret Grandma's squiggles on the birthday card. And historical documents like the Declaration of Independence, or great-granddad's letters home from the war, can start making more sense than a sheet of chicken scratches.

More importantly, new studies link penmanship to a higher level of electrical activity in a child's brain. Handwriting requires active engagement with incoming information, leading to better retention and understanding of concepts.

And so, while penmanship may have been dead for a while, now it's back—like an undead zombie seeking children's brains.

Mrs. Mandel (who is really most sincerely dead by now) would cheer its return.

But I know how I feel about it.

And I'm pretty sure that Kenny would agree with me.

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



Christine Such | MSDN Photo
Arlene Terdina poses with her favorite watercolor painting.

A natural SC resident shares artistic talent

By Christine Such
For My Sun Day News

Arlene Terdina, known to most Sun City residents for her skilled tennis games and killer serve, has another talent.

Terdina's art, a reflection of her self-taught journey, is a testament to the beauty of nature. Her watercolor paintings, particularly those of flowers, are a sight. As she puts it, "I have done other paintings, but I always find myself drawn back to the beauty of flowers."

Terdina once lived in Cannon Beach, Oregon. The city has many art galleries; oceanfront views that spark your imagination and inspire paintings.

"We lived there for eighteen years. It was an artsy community," she said. "I was doing photography for one of the stores, and they wanted to see my watercolors. One of the gallery owners wanted me to display my paintings. I told him I told him I didn't want to sell any of my paintings. It's hard to part with them. He did convince me to part with some of the work and they were displayed and sold in that store."

Terdina's art is not just a product of her talent, but also a reflection of her personal connections. She has shared her paintings with family and friends, creating a bond through her art.

As she shares, "They will have to wait to get some of the paintings. One of my neighbors loved my painting, and I couldn't part with it, but I did paint another."

Family brought Terdina to the Chicago area.

"I loved living in Oregon, but it was time to move to our next adventure," Terdina said.

After moving to Sun City, Terdina was enticed by the Clay Ground Charter Club's work and started exploring and creating in clay.

"I took classes for ten years. I remember what Richard Christie said to me when I first started sculpting. 'I'll show you how to make a nose.' That started it all."

The Clayground displays the works of the members in display cases around the lodges. A few pieces caught the attention of a resident who wanted to buy them. "I did sell a ballerina, but I had to make another one to keep. My granddaughter has her eye on it," she said.

Terdina's home is filled with beautiful watercolors and sculptures. A weather-sculpted face is a sculptural rendition of the fisherman from Ernest Hemingway's classic work "The Old Man and the Sea." Other sculpted works catches a visitor's eyes: prominent sculptures of a Native American, pirate, ballerina, Lincoln, Regan, and Einstein are displayed throughout her home.

Terdina has two grandchildren and two great-grandchildren, who inspired her to start drawing again. "When my granddaughter was born, she was so beautiful I had to draw her. I started doing portraits," she said.

Terdina's journey in art is not just a personal one but also a testament to its accessibility. She encourages everyone to try their hand at art, whether it's sculpting, drawing, or painting. Her message is clear: "Everyone can do it. You pick up a pencil, grab a sheet of paper, and start."



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askanangel



I'm writing with a heavy heart and a lot of uncertainty. My sister and I recently had to step in to care for our dad after our mom was unexpectedly hospitalized. It all happened so fast, and honestly, we were unprepared.

In just a few days, we began to see how exhausting it must have been for our mom. Dad is showing signs of memory loss. He's confused, repeats himself, and can't seem to complete basic tasks. It's clear now that she's been holding it all together longer than we realized.

This experience opened our eyes. Our parents need more support than they're currently

getting, and our mom's health scare might have been the result of trying to do it all alone.

We love them deeply and want them to have the best quality of life possible, but we're overwhelmed and unsure where to start. We don't want to overstep or make them feel like they're losing their independence, but we also don't want to ignore the reality in front of us.

How do we begin this next chapter with them, with compassion, honesty, and the right resources?

First, let me say — you're not alone. What you and your sister are experiencing is something many adult children go through, and it's incredibly tough. Your letter shows how much love and care

you have for your parents and that compassion will be your greatest guide through this next chapter.

It sounds like your mom has been carrying the weight of caregiving for quite some time, likely without asking for help. This is common, especially among older couples who want to maintain their independence and protect one another. But as you've now seen firsthand, caregiving is physically and emotionally draining, and it's not sustainable for one person to do it alone, especially when cognitive decline is involved.

The first step is to gather information. If your dad hasn't been evaluated for cognitive changes, contact his primary care doctor and request a full assessment. Knowing whether this

is early-stage dementia, mild cognitive impairment, or another issue will help you plan more effectively. You'll also want to talk to your mom's doctors to understand her current health and what her recovery will realistically look like.

Start by initiating a conversation with your parents during a calm moment when you can talk honestly yet gently. Focus less on what they can't do and more on how all of you can work together to create a safer and more manageable life. Phrase it as, "How can we support you both?" instead of jumping straight to "You need help."

It may also be time to bring in outside support. Look into home care services, adult day programs, or a geriatric care manager who can assess the sit-

uation and suggest a care plan. If staying at home becomes too difficult, assisted living or memory care might need to be considered down the line, and starting those conversations early is wise.

Finally, remember to take care of yourselves. Caregiver burnout is a real issue, so it's essential to set boundaries and ask for help when needed. Keep in mind that you are not failing them. Taking initiative now is the right thing to do, and that is what truly matters.

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

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What can you do with MSDN after reading it?

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Sun City duo shares equestrian knowledge on Derby Day

By Steve Peterson
For My Sun Day News

Many came outfitted in Kentucky Derby themed outfits, while others also brought their knowledge and passion for horse racing. The setting was the first Village of Huntley and Huntley Area Chamber of Commerce Derby Day at the Huntley Town Square. Sun City residents Sue Wallace and Mary Schlee spoke with a background of horse racing knowledge, before Sovereignty won the run for the roses at Churchill Downs in Lexington, Ky., on May 3. Sovereignty beat favored Journalism on a wet race track in the Kentucky Derby's 151st annual race.

"We go to the Kenneland Race Track horse sales each year, and we've also been to Saratoga Race Course (New York)," Schlee said.

"It's the competition, their athleticism," Wallace said. "I think that horse racing should be celebrated. We always go to race courses where they treat the horses the right way. We've had a chance to meet jockey Pat Day and the trainer for Secretariat (Lucien Laurin)."

Wallace said one aspect in picking a winner is knowing the jockeys. She remembers when one of the longest long shots in Derby history, Mine That Bird, won the title.

One of the stars of the first Derby Day event in Huntley was Socks, a 19-year-old horse owned by Operation Wild Horse, a Bull Valley location. Program Director Pam Gruber said the concept is that the horses can help U.S. veterans who ride them.

"I love everything to do with hors-

es," Gruber said. "We work with a lot of McHenry County American Legion Posts, the Veterans Assistance Commission and service officers. The oldest veteran who presently attends is 76-years-old. One veteran in his 80s wished to ride one of our Wild Mustangs and we helped him get limber enough to ride."

One young attendee summed up the feeling of many attending.

"I like horses," Callie Isaac, wearing a big Derby hat, said.

A group of Huntley Second Street neighbors was happy, as they were giv-



Steve Peterson | MSDN Photo

Sue Wallace, left, and Mary Schlee of Sun City pose with Socks at the Huntley Derby Day fun May 3 at Huntley Town Square.

en Sovereignty's name in a random draw. The crowd capped off the day by watching the Kentucky Derby on a huge TV screen.

About 120 people signed up for the first Huntley Derby Day. They enjoyed sampling Kentucky bourbon and other first Saturday in May drinks at various Huntley Town Square restaurants, the

DERBY | Pg. 11

TOWN HALL MEETING DOUBLEHEADER

Illinois State Representatives Jeff Keicher (R), 70th District and Joseph Sosnowski (R), 69th District will make short presentations followed by a Q and A session. This is a great opportunity to meet your two local State Representatives. Sponsored by the Civics Committee. Registration is requested. Thursday, June 12, 10-11:30 a.m. FV Birch Room.

LIONS CLUB

Help make a difference in your community! The Huntley Area Lions Club is seeking new members. Among its major fundraising events are the Brat and Brew Fest, the Pancake Breakfast, and the Annual Flower Show. All proceeds go back into the Huntley Community. If interested in joining this great organization, contact us at huntleyarealions@gmail.com



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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.

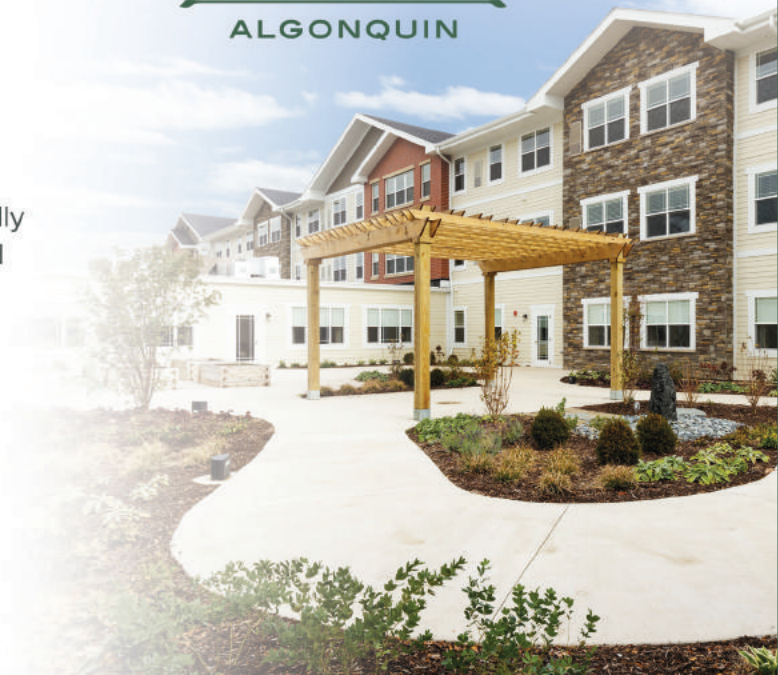
Friday, June 27 | 1:00 p.m.
Leslie Goddard: Roadside Attractions

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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gardenersforum

A recipe for gardening success



Kathleen Carr
Columnist

Hosting family gatherings is something that I truly love to do. The more the merrier. Yes, it can be exhausting, but creating those family memories is so important. The part of hosting for which I need the most help is preparing the food. Cooking does not come naturally to me. For each family gathering I have a stack of recipes that I follow explicitly. Whether I am cooking for two or twenty, I cannot make anything without a piece of paper by my side that leads me through the process.

For some of us, gardening comes as naturally as cooking, for others a step-by-step guide is helpful. As the gardening season is in full swing, please consider this column your recipe for successfully creating a well maintained and beautiful yard.

Much like chefs need high quality utensils, people who work in their yard need high quality gardening tools. Correctly-chosen and well-maintained gardening tools make the work much easier and more pleasant. Pruners by Felco, a

King of Spades shovel, and a stirrup hoe make light work of difficult gardening tasks. If storage space allows, a Smart Cart gardening wheelbarrow will decrease the amount of carrying and lifting. Cleaning the tools after each use coupled with regular sharpening will ensure your investment lasts longer.

Weeds are often the bane of our existence. They pop up seemingly overnight and can be very difficult to eradicate. Mechanical removal with a hoe, while time consuming, is often the best way to remove weeds. Plant care chemicals can, when applied with extreme caution and according to the label directions, may also be used. Once a landscaping bed is weed free, Preen may be applied. Preen is a granular pre-emergent herbicide. It suppresses future weed growth but does not kill existing weeds. Depending on the severity of the weeds and what else is growing in the area, landscape fabric may be spread over the planting area, tacked down and covered with mulch. This fabric does allow moisture to go through but will suppress weed seeds.

The advantage of gardening beds that are several years old is that they may contain plants that can be propagated. Hostas, sedum, iris, daylilies, and ornamental grasses are examples of

plants that can be divided. The process of dividing plants consists of separating the root system and often results in healthier plants with more flowers. The divided plants can either be planted elsewhere in your yard or can be given to a neighbor, friend or relative.

Spading the edges of planting beds is usually done annually. Spading, sometimes called edging, results in a crisp, clean look between the planting area and the lawn. Over time our planting beds often grow in size due to this process. Planting beds can be made smaller by the use of sod. This recaptures a portion of what was originally lawn and results in smaller, more manageable planting areas.

Pruning, when done correctly, can be the most difficult gardening chore. Each pruning cut and the ramifications should be carefully considered. The timing of the completion of the chore can affect the plant for months. Spring blooming plants can be pruned in the early summer but should not be pruned in the fall. Lilacs pruned in the fall will most likely have significantly few flowers than if they were not pruned at all. Summer blooming shrubs can be pruned in the fall or early spring. Pruning to shape or modify the height of a tree, when done incorrectly, can result in the tree

growing faster.

The application of mulch results in a beautiful fresh garden look. While often applied for aesthetics, is also has numerous other benefits. Mulch helps to moderate soil temperatures, reduces weed growth and adds nutrients into the soil as it breaks down. Typically, mulch is applied every other year.

Deadheading is the act of removing older or spent blooms from annual and perennial flowers as well as flowering shrubs. Deadheading is usually done by hand and simply involves lightly pulling or pinching the old flowers off. It can also be done with a pair of gardening scissors or pruners. When pruning flowering shrubs, it is best to prune back to the first set of leaves. The benefit of deadheading is the production of more flowers. After the spent flowers are removed, the plant puts its energy into producing more flowers instead of producing seeds.

The maintenance of sources of water, while often overlooked, is a gardening chore that should be performed routinely. The water from gutters and downspouts has the potential to damage, even kill, our plants. The water from these sources is best directed into the lawn. This can be done through downspout extensions, concrete splash blocks or by burying the downspouts underground. If water is currently directed within your planting beds, a sidewalk or a driveway consider directing onto the lawn

where possible. The physical measurement of the amount of water that irrigation systems put into planting beds is also recommended.

Plants, especially annual flowers, often benefit from the application of fertilizer. Miracle Gro is a great all-purpose fertilizer. It is a granular fertilizer that should be diluted with water before application. Carefully follow package directions for frequency and concentration of application for each plant. Generally, you should stop fertilizing perennial flowers and shrubs around August 1.

It is my hope that by following this recipe, both you and your plants will enjoy some delicious hours in the sunshine this summer.

The Sunflower Garden Club of Sun City is hosting a Garden Walk July 19. They are actively seeking homeowners who would allow residents to view their gardens as part of this wonderful event. Any interested residents may contact Cynthia Jones for more information at 224-828-1082.

• 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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By TR Kerth
Columnist

As for men, those myriad little detached ponds with their own swarming corpuscular life, what were they but a way that water has of going about beyond the reach of rivers?

- Loren Eiseley

From Nature’s chain whatever link you strike, tenth or ten thousandth, breaks the chain alike.

- Alexander Pope

Almost anything you do will be insignificant, but it is very important that you do it.

- Mohandas Gandhi

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money

matters



Deborah Haglund
Columnist

The total mid-May price for the items we are watching was virtually the same as the total price for the items in mid-January. This is because price increases for gas, onions, potatoes, and ground beef were offset by price decreases for milk and eggs. Here are the Huntley Walmart store brand and Thornton gas prices for May 14 and the percentage change in those prices since January 15:

Yellow onions/lb:	\$1.08 (+11.34%)
Russet potatoes/lb:	\$0.88 (+4.76%)
Bread (white):	\$1.42 (no change)
Creamy peanut butter/16 oz:	\$1.94 (no change)
Ground beef/lb:	\$5.31 (+14.44%)
Boneless chicken breast/lb:	\$2.67 (no change)
Rice/lb:	\$0.92 (no change)
Dried black beans/lb:	\$1.76 (no change)
Whole milk/gal:	\$2.46 (-6.11%)
Eggs/doz:	\$3.49 (-16.11%)
Gas/gal/reg:	\$3.49 (+6.08%)

•DERBY

“Beer and Bourbon Trot.” The restaurants participating were: DC Cobb’s, Huntley American Legion Post 673; Parkside; Village Inn and Sammy’s Bar & Grill.

“I definitely think it’ll be the bourbon,” bartender Marty Roetsche, working at the Huntley American Legion Post, said. “I love to dress up for the derby each year.”

Others liked putting to-

gether a hat for the day or the “human horse race” game.

“It’s the Derby, and I love a good theme,” Ben Ballis said.

He wore red pants, a red vest, a tie and a hat for the day. Also, Bill White, Tammy and Vince Nuccio also came dressed up, with the couple in pink outfits.

Alejandora and Ron Kleiger of Huntley said they enjoyed the event, with Alejandora wearing a hat she made.

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Christine Such | MSDN Photo

Grandmaster Gedo Chang (black gi) leads the Hapkido class, with daughter Laura Paarmann on the far right.

CHANG’S HAPKIDO CLUB SWINGS INTO SUN CITY

By Christine Such
For My Sun Day News

Sun City residents Grandmaster Gedo Chang and his daughter, Master Laura Paarmann, are introducing Hapkido to the community. Paarmann said, “Hapkido, a martial art, teaches kicks, punches, joint manipulation, pressure points, free fighting, throws, and meditation. All Hapkido skills are designed to subdue an opponent without causing serious injuries.” The health benefits are numerous. Chang said, “Hapkido is based on meditation. The practice decreases blood pressure.” The training begins with re-

laxed breathing exercises and meditation. Chang said, “Quiet, calm breathing helps the body to relax. Meditation will do the same for the mind.” Chang lived until his early twenties in a mountain monastery in Chungnam Province, learning self-defense techniques from his father, a Buddhist monk. Chang was recognized as a master of Hapkido in 1964. He has earned a Hapkido 8th-degree black belt and a Tae Kwon Do 5th-degree black belt. Paarmann has a 5th-degree Black Belt in Hapkido. She trained under her father for over 45 years. She is internationally known for Hapkido Seminars and has been conducting women’s self-defense seminars in the

United States and the UK for the past 30 years. Paarmann said, “Grandmaster Chang opened his school in Korea. In 1973, he came to the United States of America. He has taught throughout the USA. He opened his first U.S. school in Lombard, Chang’s Hapkido Academy. Chang’s Hapkido Academy had schools across America and expanded to England in 1993.” Paarmann was the Head Instructor of Chang’s Hapkido Academy, which was in business for fifty years, till father and daughter decided to retire. Chang said, “We hope to help residents learn to not only defend themselves but to conquer one’s biggest enemy: hatred, anxiety, and fear. Hapki-

do provides the mechanisms to conquer these emotions. Overcoming fear, which can be paralyzing, is very important. I hope to instill confidence in the participants that they can do a lot of things. If they believe it, they can do it.” Participants come to learn self-defense techniques, some to condition mind and body, and some for physical discipline. Chang said, “No matter what they first wish to do, they eventually realize that Hapkido is much more profound than they ever expected. Hapkido is more than physical health or self-defense techniques. The more important, part of Hapkido training is inner peace, wisdom, and discipline, which is what I try to teach. The classes can change

your life, eliminate negativity until it becomes a habit, and stop suffering from stress.” Chang also talks about pressure point techniques and how are they used in martial arts. Hapkido uses all the kicks and strikes and techniques are all aimed at pressure points. Chang has authored five published books, is a columnist for a Korean newspaper, and is an international speaker. • *Classes are offered on Tuesday at 5:30 p.m. and Saturday at 2:30 p.m. at Meadowview Lodge. A demonstration is planned on June 14 at 10:30 p.m. at the Pavilion. For more information, contact Laura Paarmann 630-607-4478, Register for class on line or at the Prairie Lodge.*



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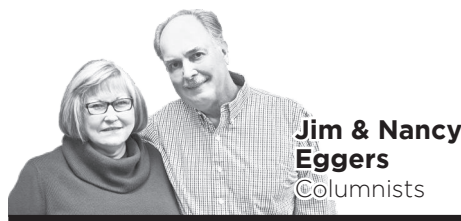
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No 'loafing' around



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.

Horror of horrors!!! Jim's worst nightmare has become a reality. The only TV in our house finally broke after ten years. He will be missing his favorite shows: My 600 Pound Life, Hoarders, and Dr. Pimple Popper. I prefer more intellectual shows like the soap opera The Young and the Restless. With nothing to occupy our time, we would have to actually talk to each other, meaning we would wind-up in a big argument. So, the decision was unanimous, we had to get a new TV and we had to get it now!!! No "loafing" around. Into the Mini-Mobile we went and sped off to that large appliance store in Glenview. After finalizing our purchase, we were hungry and broke. We remembered a nearby restaurant that has been in business for 85 years. They were known for their burgers and the ever popular "loaf" of onion rings. Can you guess which venue we are talking about? If you think it's Hackney's, you are correct.

The hostess greeted us and took us past several rooms of different sizes until we reached the room with our table. The seating in our room was close together and would have been a problem if you have mobility issues. A woman came to our room with a walker and told the hostess she would not be able to get to the table, so they took her to another room. The dark wooden décor definitely reflected the restaurant's age.

Of course, we had to start off with their signature appetizer, the loaf of French-fried onion rings. They do offer three sizes, large \$13, medium \$10, and small \$7. We chose the medium and couldn't wait for them to arrive. We can't remember the last time we were at a Hackney's. It was eons ago and the onion strings were just as good as we remembered. Yes, they are a bit greasy, but that's what antacids are for. Remember, what doesn't kill you makes you stronger.

On to the burgers. Jim ordered the Big Patty Melt (\$19). This was a half-pound burger on grilled dark rye with American cheese and grilled onions. The burger

was huge and the grilled dark rye was delicious. He took half his burger home in a doggie box.

Nancy chose the Hack Smash (\$18). This was a double beef patty with grilled onions between the patties, cheddar cheese, lettuce, tomato, and their Hak Sauce (?) on a brioche bun. She asked for her burger to be cooked well done, but that is not how it arrived. A smash burger should have crispy edges and this did not. She was disappointed with her burger.

All burgers came with coleslaw and your choice of sides. There were fries, steamed broccoli, and russet potatoes. Jim thought the coleslaw needed more dressing, but I thought it was just right.

Since we both ordered fries, we got a huge plate full of them to share. Jim liked the fries and I liked them also, but the corn starch coating set my allergies off.

FYI: This restaurant is handicap accessible.

This classic restaurant is still the same after all these years. You can't come here and not order the onion loaf. They were the star of our dinner.

The price for our “TV Dinner” was \$60.65, not “loafing” around, priceless....

He Said / She Said

JIM'S TAKE: My burger was good, but I checked the bill, and \$5 for an iced tea? Really???

NANCY'S TAKE: That onion loaf brought back a lot of memories from when we took our kids and their friends to the Lake Zurich Hackney's.

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



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We are all...

Well, that was weird what happened within the religious world in the last few weeks. I was surreptitiously drawn into it last month when I met a friend of my uncle at a party, who grew up with a certain pontiff. At the time of this conversation, Robert Provost was just a cardinal. But while watching television on Thursday May 8th, my mother and I watched as Pope Leo XIV was ushered in as the new leader of the papacy. It got me thinking about holiness and its counterpart; and the tenuous relationship between them. This, of course, leads me into the movie Sinners.

Now, you might be asking, what does

a film about vampires have to do God or even religion? However upon further examination, you don't have to dig too deep to find parallels. Posters may make you think that Michael B. Jordan is the main character of the piece. But it is really Miles Caton's Sammie to whom we are first introduced; beat up and disheveled as he stumbles into morning service, conducted by his own father. For this to start our tale, seems like there was purpose.

Flashback to the day before, we meet Sammie being picked up by his cousins Smoke and Stack. Brilliantly dressed in fine suits, Jordan's swagger and detail to playing both sides of this coin is staggering. And it doesn't feel like a gimmick, but a feature. Dual natures complement each other and doesn't overshadow. As we learn of their gangster dealings in Chicago and want to open a juke joint down in Mississippi, all roads converge on an old saw mill purchased for the establishment. While rounding up food and help around town, both brothers and Cousin Sammie run into old friends and jilted lovers.

Delroy Lindo is such a sight for sore eyes. His recruitment at the railway station turns into a confrontation with Stack's former lover Mary. Hailee Steinfeld and Jordan exude chemistry together. Meanwhile, Smoke returns to his for-

mer wife Anne in a heartbreaking scene. Wunmi Mosaku's tearful monologue is one for the ages, so is Lindo's during the car ride. His is one of embittered pain and anger that develops a theme we encounter later; how do you transcend hate when you have been consumed with it all your life?

This leads to the opening night and to Sammie's musical stylings. In a moment of magical realism, his guitar playing manages to open a rift between the past and the future. All the shamans and singers seem to merge in a phantasmagoric sequence that aligns all genres and eras. We are introduced to this in an opening prologue, but not until this moment are we treated to it visually. Unfortunately, evil is summoned as well. Ryan Coogler has a way with writing complex villains that have the right ideas but take them to their horrible conclusions. Jack O'Connell creates a deliciously captivating one in Remmick, a vampire of Irish descent; a man who understands these peoples' pain but not their joy. Like all vampires, he wants to consume body and soul. His coven takes on cult-like attributes as he turns characters one by one. The remaining few left in the saw mill must wait out the night.

Writer/director Ryan Coogler outdoes himself here, all roads have lead to this though. He brings his eye for charac-



ters and emotions from Fruitvale Station and Creed. His capabilities at spectacle derive from his work on Black Panther and even a bit of musical stylings from its sequel. Frequent collaborator Ludwig Göransson bring his A-game to the score, but back to that amazing debut from actor Caton. In the end, he must choose between blasphemous blues or saintly gospel. You must stay into the credits to find the answer. It would be a sin if you don't.

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ONGOING CALLING ALL CHICAGO SPORTS ENTHUSIASTS!!!!
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.

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.



TICKETS ARE \$10 EACH AND CAN BE PURCHASED At Prairie Lodge and Meadow View Lodge Fitness Desks only Please come and join us.

JUNE 12 TOWN HALL MEETING DOUBLEHEADER
Illinois State Representatives Jeff Keicher (R), 70th District and Joseph Sosnowski (R), 69th District will make short presentations followed by a Q and A session. This is a great opportunity to meet your two local State Representatives. Sponsored by the Civics Committee. Registration is requested. Thursday, June 12, 10-11:30 a.m. FV Birch Room.

politicalplace

The views in these letters are the writers' own.

Donald J. Trump's posting of AI enhanced photos of himself as pope, one a portrait and the other of him signing a document in front of several "nuns" with a picture of himself complete with halo in the background, should serve as a warning of his Christian nationalist leaning. His adolescent behavior toward the Catholic community and its leadership is sad. But that's Donald being Donald! Or is it?
One of the pillars of the Constitution of the United States is freedom of religion and religious expression. The founding fathers remembered what life was like under the rule of the Church/State. They wanted nothing to do with it. Texas is passing laws that blur those lines. The Supreme Court is reviewing the constitutionality of such voucher systems.
I wonder should this country abandoned separation of church and state, what religion will the

government adopt. Trump, who appears to have no preference, except that it worship him, has no clue. Christian nationalists say Christianity is the way to go. Which one? Southern Baptist, Catholic, Evangelical? Will it be at the whim of the president? What if the president picks something non-Christian? Should congress decide? The courts? How about a national election, rigged of course?
Each new day brings another attack on the United States Constitution. With each signing of an Executive Order Trump pushes toward authoritarian leadership. It was only a joke, a silly picture from a silly man. Pictures speak a thousand words. Be careful, you might wake up required to worship a golden idol of King Trump.

John Zeller
Sun City resident

WRITERS WANTED

The Sun City Resident Special Interest Group, Write On, is seeking new members. We offer an outlet for your writing passion be it poetry, prose; fiction, non-fiction, or historical. We meet 2x a month to discuss our writings, get advice, and even help with publishing. If interested in writing at any level, please contact Mary Ann Weissmann (847) 669-2508, twopeas123@comcast.net

Have a public message?
Email it to
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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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