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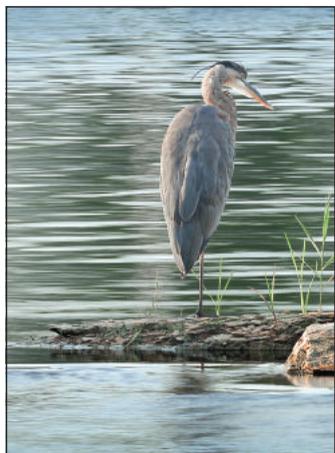
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Christine Such | MSDN Photo

Jim Gruber stands before some of his artwork displayed in the Pencil and Palette art room. Always inspired, Gruber is never without his sketch pad.

# Meet 'The Art Guy'

**By Christine Such**  
For My Sun Day News

**J**im Gruber, who lives in Sun City, has loved art all his life. His seventh-grade teacher noticed his talent and

helped him get into sketch classes at the Art Institute of Chicago. Those classes gave him a strong start, with weekly assignments and feedback from professionals.

Gruber found his artistic iden-

tity while attending Hirsch High School in Chicago. He said, "I earned the nickname 'The Art Guy.' Although my father was a businessman who first wanted me to go into business, he always supported my creative

dreams. He even built me a custom art table to help with my work."

After getting his art degree from Coe College in Cedar Rapids, Iowa, Gruber started a

**SKETCH | Pg. 4**



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**Carol Pavlik**  
Columnist

What do the trees demand?  
Absolutely nothing

**O**n an unseasonably warm weekend, my husband and I “went to the trees” by hauling our little teardrop camper to a favorite state park. Situated on a bluff overlooking a lake, I read a book next to a crackling fire while geese honked to each other as they flew overhead. It’s that sweet spot between winter and spring when the temperature fluctuates throughout the day, making it necessary for casual but constant wardrobe changes: winter coat in the chilly early morning, then just a sweatshirt as the sun rises in the sky; for a brief window of time at lunch, I daringly sport short sleeves before a shiver goes through me. I think better of it and put the sweatshirt on again, but this time with the zipper open.

The geese walk on the lake with a swagger I could never muster, especially since the ice is becoming transparent and brittle in spots.

My dog is in his happy place. He is sleeping beside me on the grass, dreaming, I imagine, of chasing an army of bunnies and squirrels. His paws flutter.

The need to “head to the trees” rises up in me like a hunger that can’t be ignored. I get sips of serenity from a neighborhood walk or a picnic at a city park, but those are only temporary until I can truly escape into the wide open, away from the daily assault on my five senses.

A recent article in Psyche magazine, “In the Bustle of the City, We Need More Pockets of Serenity,” Zsanett Ritli talks about ways calm can be designed or engineered in a cityscape that doesn’t have open space to spare. Ritli found her pocket of serenity unexpectedly in a Manhattan art gallery:

“Gradually, I noticed my breathing changing, and I felt a sense of stillness arrive as if it had been waiting for me behind a door. It seemed the room itself had quietly lowered the volume of my nervous system,” she writes.

Later, we throw more wood on the fire as the sky becomes an intense blue-black, with millions of pinpricks that let the starlight peek through. The geese have quieted down, but now we hear the frenzied howling of coyotes, calling to each other.

I sigh and look over at my husband in the firelight.

“I’m tired,” I say.

As soon as the words leave my mouth, I sit up a little straighter.

“No, scratch that,” I say. “I’m not tired. I’m relaxed.”

Weariness and relaxation can feel similar, but they are not the same. In the quiet moments among the trees, I imagine the battery in my soul returning to its 100% level. I am awake, and I don’t want to go to sleep. Most days, sleep is an escape from the demands of daily life. Here, the trees have no demands. I can simply be, without explanations or effort. Slicing my attention into tiny bits to be parceled out to a hungry world, day after day, is what makes me tired. The trees, the geese, the coyotes, and the sizzling fire are something else entirely, and I don’t want to miss any of it.



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•SKETCH

successful career in point-of-purchase (POP) advertising. He used his creativity to influence shoppers with digital signs, eye-catching displays, and smart product placement.

Gruber said, "I used injection molding to create marketing tools. My projects included motion-effect light signs for beverage brands and displays for products like tires and luxury apparel."

Gruber almost always carries his sketch pad, drawing wherever he goes, whether it's a doctor's visit, a concert, or a local event in Sun City.

"I sketch people, places, and events. I am always inspired," Gruber says.

Gruber works with graphite, charcoal, markers, gouache, pastels, and acrylic paint. "My favorite for sketching is a worn Sharpie marker," he said. "It lets me add some shading, and it's not as blunt."

Gruber moved to Sun City in

June 2016 after spending four years retired in North Carolina. He loved drawing the scenery there, but he and his wife wanted to be closer to their grandchildren, so they moved to Huntley. Since then, Gruber has joined the Pencil & Palette Charter Club and takes part in almost every event.

"It is a big part of my life," he shares. "Put a pencil in my hand, and I am happy."

Last September, Gruber took part in the Pencil and Palette Charter Club's second annual "Colors of Sun City" show, where he displayed his art and gave live demonstrations.

Linda Wadman, the club's vice president, said, "Jim will soon demo advanced techniques, like mastering chrome's reflective look."

• If you want to join the Pencil and Palette Charter Club, contact Barbara Schramm at [bjsschramm@yahoo.com](mailto:bjsschramm@yahoo.com).

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## theviewfromplanetkerth

A pioneer steps forward to claim his fame



**TR Kerth**  
Columnist

**D**rive north on Route 53 toward Palatine Road, and you might not even notice the gentle climb that the pavement takes toward the horizon. As hills go, it is nothing to an automobile. It would be even less to an Olympics downhill skier.

But it is a special slope to me. And with the Olympics medals finally awarded, it is time for me to step forward and accept the daring downhill glory long owed to me.

You see, my buddy Mike and I earned our fame by being the first passengers ever to travel that stretch of road. And we did it on skateboards.

You may be forgiven for not knowing of my fame, because I have never before laid claim to the distinction. I have waited until now because it is foolish to seek fame by admitting to the violation of so many laws—at least until the statute of limitations time had passed.

But fame will have its day. And today is my day to claim the fame I have deserved for all these many years.

I don't remember the exact date, or even the exact year — sometime around 1965 or 66. We were 16 or 17 years old, cruising around in my dad's Chevy station wagon one warm summer's night, and we ended up on Palatine Road, where the new stretch of Route 53 was nearing completion. It would open to traffic in a few weeks, but until then it was as untouched as the surface of the moon.

Well, it was as untouched as the surface of the moon was at the time. Remember, this was before anybody had ever heard of Neil Armstrong — who, I am told, also achieved some level of daring pioneer fame a few years later.

The idea struck us that somebody had to be the first to roll down that virgin stretch of road. Why not us?

And why wait until somebody cut a ribbon and opened an on-ramp? They would probably let some fat-cat dignitary take the first drive.

But true pioneers cannot be turned aside by so small a stumbling block as a closed on-ramp. We parked the car on Palatine Road, reached into the back of the station wagon, and walked off into the night carrying our skateboards.

What we found was a pure, clean stretch of pavement glowing in the moonlight, aching for the caress of wheels. What is more, we found ourselves at the top of a long slope that angled downward for a mile or more.

As I say, you would hardly notice such a slope in an automobile. But the world looks different when you are standing atop a mile-long hill on a skateboard wearing a T-shirt and cut-off jeans with all the wisdom and good judgment of a 16-year-old roiling around your brainpan.

Skateboards in the 1960s were not-

ing like the high-tech wonders now used in summer Olympic games since 2020. Back then they were in their infancy, with no shock absorbers, no springs, no upcurved nose or tail. They were little more than a cheap plank with steel roller skates bolted on the underside.

Still, Mike and I had gotten pretty good at riding them—which is to say we could usually rattle down the driveway and skid onto the sidewalk without shedding blood. Oh, we weren't Tony Hawk good, but then neither was Tony, who hadn't been born yet.

So riding a first-generation skateboard down an untested mile-long slope of expressway in the moonlight? Only an idiot would accept such a foolhardy challenge.

I went first.

Still, I was cautious about it. I slalomed from side to side for about 30 yards, testing out the pavement, checking out the expansion seams between the sections of concrete. I skidded to a stop, and Mike slalomed down to join me. We both grinned like raccoons.

"Let's do the whole hill!" I said, and we shoved off together, each in our own lane, curving from side to side to keep our momentum in check.

But call it what you will—lack of skill, or maybe even a bit of competitiveness between best friends—because before long our curves grew longer and longer, our lines grew straighter and straighter.

And our speed grew faster and faster.

And now, well past our level of skateboard expertise, we were traveling too fast to slalom from side to side. Too fast even to jump from the board and run to a stop.

We had only two options: a full-bore barrel to the bottom, picking up speed with every moment in the hopes of staying upright to the end. Or a side-skid to a stop that would almost certainly end up by paving the highway with knee-and-elbow skin.

Mike chose option number two, thereby earning the claim to fame of being the first person ever to crash on Route 53.

Me? I suddenly discovered a third option: A hay bale, sitting on the side of the shoulder. I tucked into it, bursting the bale and sending hay flying through the night.

In the end, I came off a bit better than Mike did, once I had picked the hayseeds from every crack and crevice of my body.

Route 53 opened a few weeks later, and doubtless some dignitary took the drive through the on-ramp. He's probably been telling his grandkids all sorts of lies about being a Route 53 pioneer back in the day.

But I know better.

Anyway, I just thought you'd like to know about it.

I don't need a medal or anything. I'll leave it to some other egotistical delusional loser to whine over Prizes for feats he never did.

• *TR Kerth is the author of the book "Revenge of the Sardines." Contact him at [trkerth@yahoo.com](mailto:trkerth@yahoo.com)*



Provided | MSDN Photo

Among the first renovations for Whisper Creek is the reshaping and refilling of select bunkers.

# New Whisper Creek owners share course of action

By Christine Such  
For My Sun Day News

SUN CITY - At the January 28 member meeting, the new Whisper Creek Golf Club owners Sam and Max Patel officially introduced themselves and their plans for the course's future.

"Our vision for Whisper Creek is clear," Sam Patel said. "We want to restore the club to its original luxury standard."

To do that, the Patels are already working with leading golf architects on a comprehensive master renovation plan and have committed \$1 million toward immediate upgrades. Their first upgrade will be the bunkers. This spring, Whisper Creek will undergo a large-scale bunker restoration, including rebuilding and reshaping select bunkers and refilling all bunkers with approximately 1,500 tons of premium sand — nearly 70 semi-truck loads.

Bob Olesen, Sun City board member and golf committee board liaison, emphasized the collaborative approach.

"The new owners are prioritizing a strong partnership with Sun City residents and have already met with management and the Golf Committee," he said.

Sam echoed that sentiment.

"For Whisper Creek to succeed long-term, collaboration with the HOA and the surrounding community is essential. Our goal is to have a transparent, respectful partnership that benefits everyone," he said.

Residents will have another opportunity to meet the Patels at a community meet-and-greet on Tuesday, March 3, at Drendel, starting at 4:30 p.m. Refreshments will be provided. Their presentation begins promptly at 5 p.m., followed by introductions to the Whisper Creek

staff. Olesen confirmed that Trevor, the golf manager, and Tim, the course superintendent, are both returning. The event will also feature fun activities, prizes, freebies, and exclusive membership opportunities—

including a one-night-only 'Putt for Your Discount' challenge. Guests interested in purchasing a membership can take one putt from their chosen distance to receive an instant discount of \$25 to \$200. One putt, one chance. Make it, and the savings are locked in.

Looking ahead to 2026, the Patels plan to expand social programming, particularly events designed for Sun City residents. One early addition will be a relaxed, drop-in couples league focused on fun and connection. Details will be shared at the March 3 event. Another highlight will be a newly constructed outdoor patio and bar, complete with TVs, expanded seating, and enhanced food options. Planned events include wine Wednesdays, karaoke nights, bingo, scrambles, and NFL football watch parties.

The Patels also emphasized their commitment to charitable causes and encouraged residents to share organizations close to their hearts. The Patels stressed that community feedback is welcomed. "Living on a golf course comes with high expectations," Sam said. "We hear you, and we're committed to being responsive to residents' feedback."

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Max (L) and Sam Patel.



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**John Barrett**  
Columnist

**Q** I'll be turning 70 next year, and lately I've found myself thinking a lot more about my heart health. Heart disease runs in my family, and it's hard to ignore that my dad passed away from a heart attack in his 80s. I know genetics isn't everything, but they're always in the back of my mind.

I've generally tried to take care of myself. I take my cholesterol medication every day as prescribed, and my blood pressure has been staying in a healthy range, according to my doctor. Still, this winter hasn't helped. I've put on a little extra weight, and the colder-than-usual weather has made it tough to get outside for my regular walks. What used to be a daily habit has turned into an occasional one, and I can feel the difference in my energy.

I want to improve my heart health before I hit 70, but I'm not sure where to start. I don't want to wait until something goes wrong to take this seriously. How can I make realistic changes now, especially when motivation feels harder?

**A** First, I want to say this: the fact that you're thinking about heart health now, instead of ignoring it, already puts you on the right path. I applaud your willingness to make changes for your heart health.

Family history can feel heavy, especially when you've seen firsthand what heart disease can do. Remember that you're not your father. You're already doing several things right by taking your cholesterol medication consistently and keeping your blood pressure under control.

Winter weight gain is incredibly common, especially when routines are disrupted by the weather. Rather than focusing on what you haven't done, try shifting your attention to what is realistic right now. Since outdoor walks are hit or miss, try at-home workouts. You can find a wide range of fitness videos on platforms like YouTube, from chair aerobics to strength training and yoga. I also suggest enrolling in an older adult fitness class at your local YMCA or fitness center, especially if you want added accountability. Additionally, I encourage you to take movement breaks throughout your day. Ten minutes here and there can add up to extra steps and also support your heart health. When motivation seems to be missing, remember that it often follows action. Start by taking small

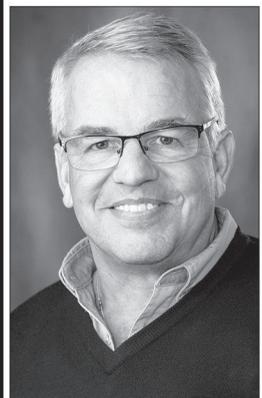
steps towards your goal, almost as if it's too easy. Think that you'll only do the first five minutes of your fitness video, knowing you'll likely finish it once you get started. Once spring arrives, you'll already have momentum.

It's also worth paying attention to the quieter habits that support heart health, like what you eat and how you sleep. You don't need a strict diet to make a difference. Small shifts, like cutting back on processed foods, watching portion sizes, and adding more fruits, vegetables, and lean proteins, can go a long way. Sleep also matters. Poor or inconsistent sleep can affect blood pressure, weight, and energy levels. Aim for a steady bedtime routine and get enough rest to feel refreshed, even if that means adjusting expectations as your body changes.

Finally, it may also help to have a conversation with your doctor about your goals, not just your numbers. Ask what kind of movement, weight changes, or lifestyle tweaks would make the biggest difference for you. Heart health isn't about perfection; it's about steady, manageable habits over time.

*• Have a question for our angel correspondent? Send our angel email at [jcbarrett@visitingangels.com](mailto:jcbarrett@visitingangels.com), or write in at Ask An Angel, 65 Woodbury St., South Elgin, IL 60177.*

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Sun City resident Bill Kucera took this photo of a blue heron at Fountain View. Kucera is a member of the Sun City Photographers Club, part of the Sun City Computer Charter Club.

## Birdwatching season creates excitement in SC

By Steve Peterson  
For My Sun Day News

A day after neighbor-to-the-north Woodstock Willie predicted an early spring, Sun City Birdwatchers Club members were in agreement, so that several species of birds could be seen ASAP. The Sun City Birdwatchers Club, led by President Amy

Sanecki, met Feb. 3 at Prairie View Lodge. Several shared their thoughts on their interest as they worked on bird-themed jigsaw puzzles, Bingo and other games. "We began with talented people posting their photographs on the Wildflower Lake Neighbors Facebook page," Sanecki said. "Someone asked if we had a Birdwatching Club."

An article in the My Sun Day News edition of May 5, 2022, sparked interest in the club, which has 103 members. It moved from a special interest group status to an official Charter Club when it was approved by the Sun City HOA Board of Directors Feb. 28, 2024.

"This spring, we will look forward to the American Robin, Red-wing blackbird, Sandhill Cranes, and Baltimore oriole. Before you know it, warblers will start their return," Sanecki said.

"It's a mixed bag," Sanecki said of members' birding backgrounds. "Some of our members are very experienced birders and some are just starting. I think most people are in the middle."

Participants gave some of their reasons for being a bird enthusiast.

"Some of the birds stay year-round," Birdwatchers Club vice president Eleanor Quela-Banasek said. "I like to see how they interact with each other. Birding makes you happy, to hear them sing. I also enjoy raising butterflies."

"I have gone out of the area, to Florida and Arizona, just where they stay," member Ann Weider said. "I went to a canyon in Arizona, near Fort Huachuca and saw a North Spotted Owl. I've been interested in birding since 1983, and visit Crabtree Nature Center in Barrington. I like to see the Sandhill Cranes."

Along with Sandhill Cranes,

other species gaining interest were Blue Herons, and the welcome spring American Robins.

George Baker was one of at least three members who often take photos of birds, still or in flight. He captured some American Bald Eagles perched near Wildflower Lake in Sun City.

"It was the first time I've seen Bald Eagles over the house," he said. "There must be a nest somewhere near here. It was about 10 a.m., on one of our cold days, when I saw them. I was also at a coffee shop on Main Street when someone said they saw them fly by."

"I have fun with it," Baker said of the nature photography. "I've been taking photos for about 20 years."

"I usually just use my phone when we're on walks," nature photog Russ Jandt said. "I have seen some Bown Eyed Juncls, and three days ago, saw a Morning Dove and have seen an American Tree Sparrow. I like to see the Osprey. They are bigger than a hawk, but smaller than an eagle."

"It is hard to photograph eagles in flight. But if you sit in your car, you can take photos of them. But if you step out, they'll fly away," Bill Kucera, a member of the Sun City photography group, part of the Computer Charter Club, said.

Lisa Fink and three friends were working on one of the nature themed puzzles.

"I like to take the bird walks," Fink said. "Sometimes it is with just residents of Sun City but other times we learn so much from naturalists with Kane and McHenry counties."

### Area birdwatching events

Sun City Birdwatchers Club takes bird walks every Wednesday morning from 9-10 a.m., May through September at Wildflower Lake. This year, there will be a monthly walk at Del Webb Sedge Meadow and Grove Nature Preserve.

There are several upcoming nature events for the bird enthusiasts to enjoy. The Birdwalk with Kane Audubon Society is slated for March 28, at 7:30 a.m. The site is at Carpentersville former Dam, 210 North Linn Ave., Carpentersville, call Lisa Pool, 630-347-5991 for details.

Also, Kane County Forest Preserve Senior Stroll, April 2, 10 a.m. - noon, at Burr Ridge Forest Preserve, 14N035 Coombs Road, Elgin and the Nurtured by Nature event, April 10, from 10-11 a.m., it is at Rutland Forest Preserve, 41W230 Big Timber Road, Hampshire.

• For more information on joining the Sun City Birdwatchers Club, email [birdwatchingsch@gmail.com](mailto:birdwatchingsch@gmail.com) or call Amy Sanecki, 847-867-5082.

LTC (ret.) **Michael PIERCE**

for U.S. Congress 11th

Early voting in Sun City | March 9-12 | Clubhouse 10-4:30



Dear Sun City Neighbor,

I have personally walked your neighborhood and was one of just two of the four candidates for Congress in the 11th to attend the forum at the Birch Room on Feb 10. I respectfully ask for your vote early, by mail, or on Election Day March 17.

Very Sincerely,  
Mike

- Conservative
  - Veteran
  - Servant Leader
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April 11 | 9am-1pm | Village Hall



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Free visits with the Easter Bunny from 10am-noon



LIVE MUSIC

Live music performed by Andrew Huber will take place from 10am-noon



FREE FACE PAINTING

Free face painting and kid crafts will be available from 9am-noon

gardenersforum

Second chances: The importance of proper maintenance



**Kathleen Carr**  
Columnist

A few days ago, while driving a warning message appeared on the dash board. It read 'Change Oil Soon.' The sticker on the windshield revealed that it was one month past the time when I should have taken my truck in for an oil change. I asked myself "How did I let this happen?" Within hours the oil change was complete and I was given a second chance to maintain my truck properly.

Spring is like a second chance for gardeners. It is a time to either improve upon what was done differently or perhaps change course entirely. Changes of any size and scope can have a lasting impact. Our landscaping is a result of what was done or not done previously. Each year builds upon the previous year. This spring take a few moments to consider what

you want to do with your second chance.

As with vehicles, the timely maintenance of plants is crucial. Spring blooming shrubs may be pruned in the summer. Summer blooming shrubs may be pruned in the early spring. Removing weeds should be done on a regular basis. Fewer blooms, dying out in the middle, falling over are signs that perennial flowers may need to be divided. Tree branches, when allowed to grow unchecked, can grow too close to a home or a sidewalk.

The planting of annual flowers seems like a rite of passage in the spring. These gorgeous flowers are available in all shapes and sizes. Choosing which ones to plant in your containers or in the ground can feel overwhelming. Thankfully, for many homeowners, newer varieties are drought tolerant and thrive in a variety of different growing conditions. Adding color to the near the front door, driveway or patio through planters filled with annual flowers brings joy to all who view these

colorful containers.

The 2026 Pantone Color of the Year is Cloud Dancer. Cloud dancer, as the name implies, is a white color that is described as having a calming influence. Adding coolness, calmness and chicness to our landscaping through the addition of white flowering plants is something that we may be able to benefit from. Champagne Wishes Roses, Summer Wine Black Ninebark, and Vanilla Cream Baptisia are examples of beautiful shrubs that boast pure white flowers.

Listening and watching birds has proven to have profound mental and physical health benefits. These popular activities can lower blood pressure, offer stress relief and lead to increased socialization. Planting a shrub or shrubs that offer a natural food source for birds may be something that you want to consider in 2026. Shrubs such as Arctic Fire Red Dogwood, Opening Day Viburnum and Dwarf Garden Japanese Juniper offer edible berries that birds love.

Saving money is something that we all can benefit from. As grocery prices continue to rise, consider planting a few herb or vegetable plants. Cherry and traditional tomatoes are easily grown in containers. Lettuce can be planted by seed and harvested regularly. Green peppers, zucchini and peas also do well in containers. Commonly used herbs such as basil, thyme, parsley and cilantro can be easily grown and used to make your dishes taste particularly fresh.

When possible, this year, consider using the safest version of the plant care product that is needed. Gardeners typically use at least one pesticide, herbicide, fungicide or fertilizer each year. These are many different versions of each of these products. Consider using an organic or natural version in place of a synthetic or chemical version.

Rabbits are voracious eaters. They commonly feed on annual and perennial flowers as well as shrubs. There are plants that are considered to be rabbit resistant.

These plants typically have attributes such as a strong odor, textured leaves or bitter tasting leaves. Although no plant is rabbit proof, here are the names of some plants that are rabbit resistant. Serendipity Allium, Back in Black Sedum, and Pink Profusion Salvia deter rabbit browsing.

As we move through a full year of fun celebratory holidays such as birthdays, St. Patrick's Day, Mother's Day and Father's Day, consider giving or requesting live plants as a gift. The plants act as a visible reminder of the love that is conveyed by the giver.

Whether it is a holiday or not consider inviting a family member over to enjoy or perhaps work in your garden. Fostering the love of gardening and the outdoors in a younger member is the most precious gift of all. The time spent together will have lasting memories.

I wish you happy gardening this year and lots of second chances at developing a garden and yard that brings you joy and happiness. Wish me luck as I give myself a second chance at maintaining my truck properly.

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## politicalplace

The views in these letters are the writers' own.

It was heartening to see the publication of the Political Place letters to the editor. When taken together it equaled a full page. It shows that many Sun City residents are engaged and willing to share their opinions.

I would also like to suggest that you review your publication guidelines for letters to the paper. The letter from John Parker On February 12, p.12 was partisan, divisive and disrespectful. His words openly challenged a group with whom he disagrees. He referenced a time in history that is painful to not only those residents who lived in Germany at the time of the war but those who lost family members. Some of your readers found his words to be offensive. People are entitled to their opinions but his crossed the line. There is a better way for Mr. Parker to make his point and had he done so there would be no problem with the publication of his letter. Please hold him to a higher standard out of respect for all members of your reading public.

**Janet Regan Klich**  
Sun City resident

A previous article was about using mail in voting for elections but then driving all over

the counties to get postmarked. I would suggest a much easier way is to go to early voting. Del Webb has both McHenry and Kane counties. Early voting is by county so you don't have to worry about your "polling place" like you do on election day. Kane county early voting is in the lodge (how much closer can you get) and McHenry County early voters can go to the Huntley Park District (less than 2 miles away). So easy and so close. Early voting starts March 2 and runs Monday thru Friday until March 13 8:30 a.m. until 4 p.m. There are even Saturday times, but check with your county. So easy for Del Webb to vote!!

**Jon Kipp**  
Sun City resident

I'm writing in response to John Parker's objections to ICE being compared to Hitler's Gestapo and YES, democrats understand exactly what that implies. Mr. Parker is deflecting by suggesting that Obama is actually responsible for ICE and how it is currently carrying out deportations. His argument is illogical and he doesn't even know it.

\* Yes, ICE was created by Barack Obama because democrats also are against illegal,

criminal aliens in our country.

\* No, democrats didn't protest when Obama's ICE LEGALLY deported millions.

\* No, democrats didn't riot when federal law was LEGALLY enforced.

\* No, the 'newly hired ICE agents' are NOT highly trained officers.

\* No, democrats didn't cry foul because Obama's ICE didn't create headlines by bullying, beating, and shooting unarmed people in the streets.

When Obama created ICE, he created a tool for deportation that was wielded legally to enforce laws passed by congress and upheld by the constitution. Under Trump, ICE is being used as a cudgel, acting without restraint and often illegally.

\* Yes, we scream Gestapo when ICE, under Trump, behaves like Hitler's thuggish Gestapo.

\* Under Trump ICE targets people by the color of their skin and the sound of their accent

\* Under Trump ICE conducts illegal raids and enters homes without warrants

\* Under Trump ICE drags people out of their homes, cars, and businesses without cause

\* Under Trump ICE pepper sprays citizens for legally protesting illegal behavior

\* Under Trump ICE has been

weaponized against American citizens and illegals alike

\* Under Trump ICE murdered Renee Good and Alex Pretti with impunity

Many Democrats, Republicans, Independents, Americans and Legal Immigrants fear that ICE is the new Gestapo funded, staffed, weaponized, and sanctioned by Trump and the current ICE/Trump supporters should be very wary of what they unleash by condoning the current ideology and methods.

**Paulette Carrion**  
Sun City Resident

It is true that there were no protests about deportations under the Obama administration. Could it be that back then the focus was on deporting only illegal aliens? How many times has ICE grabbed US citizens or people who were here legally? The practice seems to be to just take anyone who looks Hispanic. Those of us who watch real news have heard of numerous occasions where ICE would not allow a citizen to enter his or her house to get proof of their citizenship. They just took them away. It sounds like kidnapping to me.

We even had a member of the Supreme Court state that a Latina

is evidence of an illegal alien. Racial profiling is now approved by SCOTUS?

In one respect, I agree that it is unfair to compare ICE to the Gestapo. I had older relatives who lived under Nazi occupation and told me this is true. Hitler's regime did stop people to check their papers. One never went out without them. ICE doesn't bother checking. Look Hispanic, off you go.

I'm no attorney but, in the past, deportation meant returning someone to their country of origin. Now, people are shipped to a country with which they have no connection and are imprisoned. Even if someone is here illegally from, say Guatemala, why should they be imprisoned in Venezuela? If they've never been to that country, isn't it obvious that they have committed no crime there?

Maybe it's just me but I'm used to police who don't cover their faces, wear a nametag, and a badge with a number. I've known several police in my day, friends and neighbors. They were all well trained. What sort of training have ICE agents had?

**George Ciesla**  
Huntley resident

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# moneymatters



**Deborah Haglund**  
Columnist

## Meal-plan challenge

**W**e tracked Walmart store brand prices for 10 items over the last year and found that the prices were remarkably stable - and quite low. All 10 items cost only \$21.32 on Feb. 15; but as a practical matter, what can you do with those items? As it turns out, you can do a fair job of feeding two people three meals a day for seven days using only these 10 items.

I worked with AI to come up with a simple meal plan. It wasn't the most nutritious (no fruit or veggies), and it provided closer to 900 calories/person/day than the recommended minimum of 1200. It would do in a pinch, but the defects can be simply cured for additional \$7.39 - a total of \$28.75.

- ORIGINAL ITEMS:** \$21.36 (exactly the same as on Jan. 15)
- Yellow onions/lb: \$.96 ~ 4 onions
  - Russet potatoes/lb: \$0.88 ~ 4 potatoes
  - Bread (white): \$1.42 ~ 20 slices
  - Creamy peanut butter/16 oz: \$1.98 ~ 32 tbs
  - Ground beef/lb: \$6.96
  - Boneless chicken breast/lb: \$2.57 ~ 2 breasts
  - Rice/lb: \$0.92 ~ 6 cups cooked
  - Dried black beans/lb: \$1.50 ~ 6 cups cooked
  - Whole milk/gal: \$2.62 ~ 16 cups
  - Eggs/doz: \$1.97

- ADDITIONS:** \$7.39
- \$0.85 - additional cost of substituting a 2 lb bag of rice for the 1 lb bag
  - \$1.97 - salsa/16 oz ~ 30 tbs
  - \$0.98 - frozen peas & carrots/12 oz ~ 2 1/3 cups
  - \$0.98 - frozen corn/12 oz ~ 2 1/3 cups
  - \$1.08 - 6 small bananas
  - \$1.53 - 3 Fuji apples

### 7 Day plan for 2 (with additions): \$28.71

- (Breakfast, Lunch, Dinner)
- Day 1** - B: peanut butter toast (2 slices toast, 4 tbs peanut butter); 2 bananas; 2 cups milk  
 L: 2 fried eggs over 1 cup rice, 1/4 onion, and 2/3 cup peas and carrots  
 D: 1/3 of the chicken roasted together with 1 diced potato and 1/4 cup onion, 4 tbs salsa

- Day 2** - B: scrambled eggs (3 eggs scrambled with 1/2 cup milk and 3 tbs salsa)  
 L: 2 peanut butter sandwiches (4 slices bread, 8 tbs peanut butter); 1 sliced apple; 2 cups milk  
 D: black beans and rice (2 cups rice, 1 cup beans, 1/4 cup onion, 3 tbs salsa); 2/3 cup corn

- Day 3** - B: peanut butter toast; 2 bananas; 2 cups milk  
 L: hash (1/4 lb ground beef, 1/2 diced potato, 1 cup black beans, 1/2 diced onion, and 2 tbs salsa)  
 D: 1/4 of the ground beef sautéed with 1/2 onion diced and 2 tbs salsa; 2 cups rice (2/3 cup corn)

- Day 4** - B: scrambled eggs; 2 slices toast  
 L: black beans and rice; 2/3 cup corn; 2 cups milk  
 D: 1/3 of chicken cooked with 1/4 onion; 2/3 cup peas and carrots; 1 potato mashed with 1/4 cup milk

- Day 5** - B: peanut butter toast; 2 bananas; 2 cups milk  
 L: egg fried rice (1 cup rice, 1 egg, 1/4 onion, 2/3 cup peas and carrots)  
 D: 1/4 of the ground beef sautéed with 1/2 onion over 1 diced baked potato with 1 cup black beans and 2 tbs salsa

- Day 6** - B: scrambled eggs  
 L: 2 peanut butter sandwiches; 1 sliced apple; 2 cups milk  
 D: rice bowl (2 cups rice, 1/3 of chicken shredded, 1/4 onion, and 2/3 cup peas and carrots)

- Day 7** - B: peanut butter toast; 1 sliced apple; 2 cups milk  
 L: black beans and rice; 2/3 cup corn  
 D: hash

*This plan provides 1400-1600 calories (including ~ 53 g pf protein) per person per day.*



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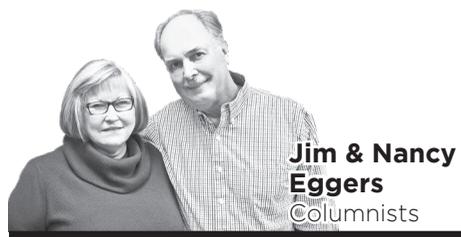
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thediningduo



# Hip, hip hooray

*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.*

As we travel through life, the causes for celebration change through the years. When you are young, you celebrate such occasions as graduating college, getting married, and the birth of a child. When you reach the “golden” years, you celebrate such things as getting a ten-percent senior discount, solving a puzzle on Wheel of Fortune, and being able to tie your own shoes.

Nancy had a reason to celebrate recently when she was cleared for surgery to have her hip replaced. She has waited months due to health reasons. What better way to build up her strength than with a nice juicy steak. She limped into the Mini-Mobile and we sped off to the Stoney River Steakhouse and Grill in Deer Park.

When you pull up to this standalone building it has a mountain lodge vibe. The interior is rustic with a large u-shaped bar in the middle and a few tables by the fireplace all surrounded by booths too numerous to count.

We were relaxing and looking over the menu when our waitress brought over a basket of warm rolls and honey butter. These little morsels are pure evil. They were crunchy on the outside and moist and delicious on the inside with a hint of honey. The honey butter just amped up the goodness.

We decided to have an appetizer to start off our gala celebration. We ordered the Whiskey Shrimp on Country Toast (\$18) which was covered in a Dijon beurre blanc sauce. We received four humongous shrimp each on a slice of baguette bread and they were out of this world. On any other day Nancy could have had this for her meal.

Jim went with the ten-ounce Center Cut Filet (\$52). For his side he tried the Smoked Gouda Mac and Cheese. He ordered his steak medium and what arrived was a masterpiece. The steak was charred on the outside, pink and juicy on the inside, and drenched with butter on top. His side was corkscrew pasta swimming

in an ooey-goey cheese sauce. This was a real lip smacker. No doggie bag for Jim. He ate it all!!!

Nancy had to have the Filet Medallions (2) and Crab Cake (\$46). This was filets cooked her way, well done, and a pan seared crab cake that was the size of a hockey puck. Her steak was also drenched with butter on top and believe it or not, it was tender and juicy. She chose the Au Gratin Potatoes as her side. They were just okay. She said she would go for the Parmesan Fries next time. The crab cake was amazing. No matter how hard she tried to finish it, she took half her meal home in a doggie bag.

On to Jim’s favorite part of the meal, dessert. He spotted the Chef’s Selection (\$12) and asked the waitress what it was. She said it was an Oreo Ice Cream Sandwich. This dessert proved to be a monstrosity that covered the whole plate. It was crumbled Oreos packed tightly on the bottom swimming in hot fudge, vanilla ice cream in the middle, and more crumbled Oreos on top with dollops of whip cream drizzled with caramel sauce. OMG!!! We were fighting over it, but in the end, Jim finished the whole thing.

This was the best meal we have had in a very long time. From start to finish, this restaurant will not disappoint. The service was impeccable.

FYI: This restaurant is handicap accessible.

The price for our celebration was \$143.76, “hip, hip, hooray.”

**He Said / She Said**

**JIM’S TAKE:** I can’t believe I ate everything. A man’s got to do...

**NANCY’S TAKE:** Ha, ha Jim, I get to have my meal all over again as a leftover. Eat your heart out.

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

*Editor’s Note: This edition’s Dining Duo introduces new feature to the popular column: An Egg Rating. The rating ranges from 0-5 eggs. Five eggs being the best possible rating. See it below.*

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let'sgetreel



**Will Moore**  
Columnist

# Reheated Rivalry

There is no mistaking that I love music; all different kinds. When asked about whether I was watching the big game or not, I quipped "Oh, you mean the football match interrupting the Bad Bunny concert?" This art form has been a part of me since I was a little kid. However, it is time to talk about "stan" culture, the type of toxic fandom that exists within the sane worlds of these artists. These people turn loving a musician into bloodsport. Disproportionately, female pop stars make up their core. There are some men (looking at you, BTS and Justin Bieber). These aren't the ones we are discussing today. We are here for Taylor Swift and Charli XCX.

End of an Era, on Disney Plus, feels like a culmination of everything Taylor has done up to this point. This year, she has been largely radio silent since the drop of her twelfth album The Life of a

Showgirl. A few late-night show appearances here, a podcast there; but little else. This documentary has been the most we have seen of her. The creation of said album makes up a portion of episode five, for which I understand why she didn't release this until last December.

With this, Swift hands us a seemingly all-access pass to her biggest tour to date. But that doesn't just mean her. The band, backup singers and dancers become the focus throughout the series. As we meet each of them, we start to see how this crazy concert came to fruition. Kameron's story of feeling like he wasn't good enough but Taylor championing him from the start is uplifting. Whyley's journey to be a part of the Reputation set becomes one whole arc. One segment that was personally poignant was when backup singers Kamilah tells how she lost her mother as the tour was about to start. Woven into this, Taylor talks about her grandmother as the inspiration for the song "Marjorie." And maybe because my grandmother has the same name or Kamilah's earnest kinship to this song, you see how much these people became Taylor's family as much as her real one (who also make an appearance).

This massive undertaking starts to make sense when you see all the people it took to bring it to life. And even though I didn't buy a ticket, this doc and the concert films still make you feel like you already did.

And now for a dose of cynicism. Charli

XCX has been able to turn a jaundiced eye toward the music industry in such a unique way. It is fitting that both her and Swift started out on MySpace, two of the savviest pop stars of the internet age. But with her film *The Moment*, Charli displays the darker side in this "mockumentary." Here we have the anti-Eras tour. Not that they are diametrically opposed, in so much as they have different ethos. However, the curated worts of Swift's doc become more complex as Charli's fabrications get increasingly dire. Direct hits are taken at the commerce behind the artistry. Label heads seek to expand and milk the available products instead of facilitating new ideas. Vultures exploiting a carcass, played beautifully by Rosanna Arquette and Alexander Skarsgard. For the latter, a concert film director who only wants to make the most palatable version of Charli for mass consumption. Brat is taken to the nth degree in a credit card plot point that becomes more central as the film progresses.

This movie is less funny than satirical, Charli's bread and butter. There is a particularly ghoulish sequence where she is missing and the director muses on how well Amy Winehouse's doc sold. Real life friends Rachel Sennott, Julia Fox, and Kylie

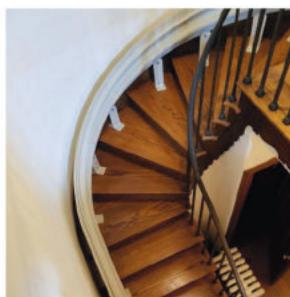


Jenner float in and out. However, Hailey Benton Gates as her tour assistant Celeste was easily relatable. Thoroughly competent yet undermined at every turn, I don't think I have ever been more seen by a film in my life. A later scene in which Charli leaves her a voicemail is masterful. Although not in local theaters (where I saw it) at this time, you can catch it on streaming or HBO Max in the near future.



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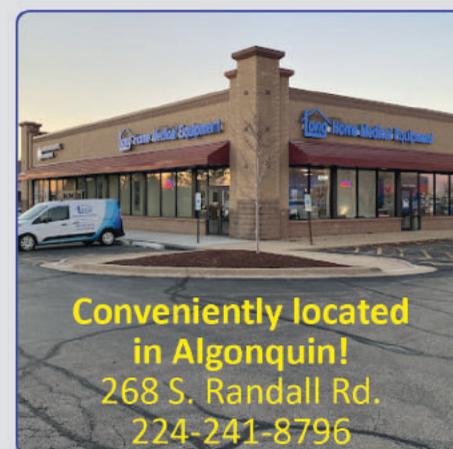
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**ONGOING BLACKJACK CLASS**  
Informal, relaxed setting for beginners or someone who wants to improve their game. LEARN BEFORE YOU PLAY refreshments call 630-802-5473 or ahfortin@aol.com to register.

**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

**SERVICES, cont.**

**PROFESSIONAL WOODWORKING SERVICES**



We specialize in building custom wood pieces for your home or business, ranging from small construction projects to large-scale fine woodworking pieces and everything in between. Call or email with your ideas.  
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**WANTED**  
Immediately seeking knowledgeable collectors to describe antique and vintage items for a local auction house. Flexible hours. Contact Randy at 815-790-9435.

**WANTED**  
Old Cam Corders and Video Equipment, World War 2 items, Medicare Questions. Joe 708-267-3316

**SEEKING**  
A home in Sun City with handicap upgrades. 224-623-5917.

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**ESTATE SALE**  
MALE & FEMALE AKC REGISTERED TEA CUP YORKIE PUPPIES  
NEED A REHOMING IF INTERESTED CONTACT maly-schristine65@gmail.com

Library. All questions covering the BEARS, BLACKHAWKS, BULLS, CUBS, WHITESOX, and the Chicago sports scene.

**ONGOING WALKERS AND BICYCLISTS FOR A SAFER COMMUNITY**

It's Autumn, the sun rises later, sets earlier and casts longer shadows. Walkers and Bicyclists for a Safer Community advocates for safer streets. "It's Right to be Bright!" Put on an outer layer of bright, reflective colors and use lights. Make yourself visible. Motorists, please be ALERT for pedestrians in our crosswalks and cyclists on our streets. When approaching a cyclist on the roadway treat them as if they were driving an automobile. A bicyclist, when riding on the streets, is not a pedestrian. You would not stop for an automobile on a side street waiting to cross DWB, would you? The traffic around you gets confused. The cyclist is not sure what other drivers will do. Please note: bicycles are not automobiles. Questions, contact WBSC at: wbscsg@gmail.com.

**ONGOING MEN'S GOLF LEAGUE**  
The Sun City Tuesday Men's

Golf League is now accepting full-time and substitute golfers for the upcoming season. The league features 18-hole individual match play at Pinecrest Golf Club on Algonquin Road in Huntley. Players are grouped into divisions based on handicap, ensuring fair and enjoyable competition among golfers of similar ability.

Each week prizes are awarded for closest-to-the-pin, longest putts, and skins. The Pinecrest Pro Shop also contributes gift certificates. Total weekly prize money is over \$250. The season concludes with a year-end outing and luncheon where \$2,500 in additional prize money is distributed based on points earned throughout the season.

Golfers who prefer a more flexible schedule are invited to register as substitutes—openings occur almost every week. For more information or to sign up, please email heyaj50@yahoo.com.

**ONGOING SOFTBALL CLUB**

Looking for Softball Players for the 2026 Season (Age 55+). Hit, field, throw, and run like you are in your twenties again. Make new friends, have loads of fun and experience team camaraderie. Season (May through Au-



gust). Three leagues to choose from (all use mitts): 16" p.m., 16" a.m., and 12" p.m. Choose to play in one, two or all three leagues if you wish. All games are played at our beautiful Veterans Memorial Field. For registration information, please contact Club President, Chuck Hund at 847-456-0229 or at suncityhuntley-softball@gmail.com.

**ONGOING POKER GROUP**

Join our poker group. Every other Tuesday from 6-10 p.m. The stakes are very reasonable as is the companionship. Call Ray at 708-917-6141 to discuss.

**MARCH 11 BUNCO PARTY**

The Women's Circle of First Congregational Church of Huntley, 11628 E. Main Street, Huntley, is hosting a BUNCO PARTY in Fellowship Hall on Wednesday, March 11, from 12:30 to 3 p.m. Refreshments and prizes. Call Jeannie, 847-624-4237 for tickets, \$10 each. Deadline is March 9.

**By TR Kerth**  
Columnist

**iheardthisquote...**

*The young have aspirations that never come to pass, the old have reminiscences of what never happened.*

- Saki (H.H. Munro)

*The real problem of humanity is the following: We have Paleolithic emotions, medieval institutions, and godlike technology.*

- E. O. Wilson

*For millions of years, mankind lived just like the animals. Then something happened which unleashed the power of our imagination. We learned to talk and we learned to listen.*

- Stephen Hawking

**HIDE THE HAT LOCATION:**

Did you find it on any of the previous pages?! No? Well, "you're invited" to find it right on this page! Look up about 8 inches and to your immediate left in the You're Invited section. Okay, maybe that one was a little unfair but all is fair in fun and games!

**Try again next edition!**

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Current data available in the Multiple Listing Service (MLS) as of 1-1-06 to 12-31-25.

 Mary Jo Darlington	 Vilma Alvarez	 Matt Crow	 Jamie Lange	 Bob Nelson	 Carol Noonan
 Erin Bendis Dsg. Mng. Exfr.	 Joe Render	 Cat Cusimano	 Priscilla Tomei	 Kelly Malec	 Ann Caruso

# What if you want to talk to a real person?



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