

# MY SUNDAY NEWS

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Christine Such | MSDN Photo

Eleven years ago, not by an act of magic but one of a fledgling curiosity, Paul Nowak turned several pieces of wood into one bowl. Today, he's perfected the art of bowl and box making, turning spare and scrap pieces of wood into intricate works of art.

# Thinking Out of the box

SC woodworker turns over creative control to his medium for impressive results

By Christine Such  
For My Sun Day News

When Paul Nowak moved to Sun City eleven years ago, his wife, Virginia, gave him a soft push to get out of the house. Though his previous passions centered on Corvettes and a career with Winchester firearms, Paul decided to join the Woodchucks Charter Club despite having zero experience with the craft.

When he admitted his lack of knowledge to the shop veterans, he says that they joked, "Good. We won't have to break any bad habits."

Through a process of listening, learning, and making mistakes, Nowak uncovered an unexpected creative

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lifeinfocus



**Carol Pavlik**  
Columnist

This is my kind of cancel culture

Imagine your perfect day. Better yet, dare yourself to imagine your perfect week, month, or year. Would you do the things you were supposed to do, or the things you wanted to do? It's safe to say very few would provide an answer to this question containing the word "work," unless it was "work on my novel" or "work on my abs."

Comedian John Mulaney has a bit about canceling plans:

"It's so much easier not to do things than to do them, that you would do anything is totally remarkable. Percentage-wise, it is 100% easier not to do things than to do them. And so much fun not to do them, especially when you are supposed to do them."

The raw truth of this bit hits me each time I hear it. Compare a day when you have nothing

planned, and you get to spend it however you wish.

Now, imagine a day filled with obligations and tasks... then, cancel them. Poof. Gone.

That day with the canceled plans is going to be so much more fun than the day when you didn't have any plans, despite the fact that the days have exactly 24 hours — no more, no less.

We love doing ... stuff. Spending time with friends is so rewarding. Accomplishing tasks fills us with a sense of pride. Productivity makes us feel good, like we are pulling our weight in this world, helping things advance forward. But if we go too long without throwing in a free day every so often ... things go haywire fast.

But somewhere along the way, we were sold the misguided notion that we have to accomplish all the things, every day, all the time, forever and ever. Somehow we got the message that not doing things was unproductive, lazy, and bad. So why does it feel so good?

Almost every religion and every social construct is built around the same model: work, fulfill your obligations, but then rest. The idea of a sabbath or

sabbatical is not new, but we forget that resting is something to be built into our lives; something to practice, like a ritual we must intentionally make space for.

Without it, everything around it is diminished. We are tired, burnt out, unfocused, and resentful. Without rest, we don't give our best. Rest is just as vital as a full gas tank, a charged battery, or a cool rain on parched plants. We are living things, but we place machine-like expectations on humans. The mental clarity brought on by letting the mind breathe, while also feeling as though we're getting away with something? Intoxicating.

Canceling plans and resting... It feels like cheating a little bit, which is maybe why it feels so good. Being even the slightest bit naughty gives a rush of serotonin/adrenaline that mimics the feeling I had when, at 6 years old, I managed to silently slide a chair up beside the counter in order to carefully remove the lid of the cookie jar. With a cookie in one hand, I closed the lid silently with my other hand, moving in painstakingly tiny increments. In the next room, my mother watched the evening news, completely unaware that I

had already retreated to another corner of the house to eat the pilfered cookie. The cookies I ate in the dark tasted oh so much sweeter and richer than the same cookie that was handed to me in the daylight.

I guess that's what I'm saying: canceled plans are the taste of a pilfered cookie. A stolen kiss. Forbidden fruit.

Resting isn't a crime, but maybe it's good that we sometimes feel guilty for resting. If rest feels fairly earned instead of illicit, where's the satisfaction? Where's the thrill?

Next time you cancel plans, take note of your body. Will you noticeably feel your shoulders relax, your stomach untighten? What will you do with this precious time, unintentionally unearthed from beneath the heavy weight of productivity?

Choose how to spend that time wisely! On second thought, do the opposite! Squander as many minutes as you can. Trifle away the hours and waste the day. Feel that wonderful, exhilarating, unexpected rush that washes over you while you intentionally don't do that thing you were totally supposed to do.



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politicalplace

The views in these letters are the writers' own.

As a long-time student of politics, occasional lecturer on the U.S. Constitution, and a former president of the Current Events Charter Club of Sun City Huntley, I believe deeply in the importance of civil political discourse to the continuation of our country as a constitutional democratic republic. Accordingly, I often turn first to "Political Place" when the latest edition of My Sun Day News arrives in my mailbox.

Imagine my dismay, then, when one response in the February 26- March 11 edition to Mr. John Parker's previous letter arguing that Immigration and Customs Enforcement be allowed to enforce the nation's immigration laws without interference or harassment asserts that Mr. Parker's views should not have been printed because some might find them "offensive."

While not advocating actual government censorship (because, presumably, the paper is privately funded), such a position is antithetical to the core principle underlying the First Amendment, which is that vigorous - even rancorous - disagreement and discussion are central to self-government of, for, and by the people.

Perhaps, indeed, My Sun Day should clarify its guidelines for letters of opinion, but those guidelines should not include not allowing certain points of view because other readers might take issue with them.

**David Applegate**  
Sun City resident

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•NOWAK

streak, ultimately evolving from a novice into a skilled wood artist.

The first item was a segmented bowl. Nowak said, "Segmented piece bowls are made by gluing multiple, precisely cut wood segments into rings, stacking them, and turning them on a lathe. I eventually made more complex pieces. I saw a YouTube video of a 'dizzy bowl,' and decided to make it. Each ring has a twist, and it's called that because it makes you dizzy looking at it."

"I create bowls and boxes from salvaged wood scraps," Nowak explains, considering a craft he has perfected for 11 years. His home serves as a gallery for these unique pieces, no two of which are identical. His process is entirely intuitive; rather than following a rigid blueprint, he lets the exotic grain and natural patterns dictate the form.

"I never know exactly what a piece will become," he said. "It just reveals itself as I work. I've learned always to have a Plan B or C ready, letting the wood lead the way to the finished product. My favorite wood to work with, because of the wood's rich color, is Padauk."

Nowak's craftsmanship shines in his bespoke boxes, which regularly feature rich velvet linings or showcase the striking grain of exposed wood. Inspired by raw materials, he finds beauty in turning scrap plywood into sophisticated, patterned pieces.

"I like using the dramatic zone lines of spalted maple or the natural character of a scrap, I let the wood dictate its final form as a bowl or box," Nowak explained. Following a "less is more" philosophy, he creates hinged, treasure-chest-style boxes, frequently employing dovetail joints and decorative splines to add both sturdiness and beauty.

When asked about his favorite piece, he gestures toward a handcrafted box. "That's what I'm being buried with," he explained.

The wood was salvaged from a 100-year-old table someone brought to his shop to discard. Fascinated by its fine inlays, he accepted the gift and painstakingly repurposed the antique timber into its final, most personal form: a vessel that will one day hold his ashes.

Nowak frequently gifts his unique, one-of-a-kind creations to family and friends. He often supports local causes, most recently the Huntley Rotary Club, by donating bowls and boxes for silent auctions. Each piece is a true original, bearing his distinctive signature burned into the base.

Beyond smaller art pieces, Nowak has furnished his own home with custom-built tables, though he still aspires to build an oak dining table. For those looking to start their own journey, his advice is simple: "Everyone has a creative side; you just have to find it. And if you try woodworking, don't give up."

**On the BRIGHT Side**  
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Do you have anything sweet to share? An act of kindness from a neighbor or a beautiful moment by Wildflower Lake? In addition to publishing your opinion pieces, **My Sun Day News** would love to share your happy moments, too. Nothing is too big or too small to share. Please drop us a note (along with a picture, if applicable) about it at [mycommunity@mysundaynews.com](mailto:mycommunity@mysundaynews.com).

newsqu<sup>ick</sup>

SHALOM GROUP

The Shalom Group of Sun City Huntley offers fun and fellowship for members of the Sun City Huntley Jewish community, their spouses, significant others, singles, and Jewish interfaith couples. For further information contact Lynne Shkolnik, program chair, at [lynneshkolnik48@gmail.com](mailto:lynneshkolnik48@gmail.com).

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## theviewfromplanetkerth

# Dual celestial citizenship gives Metholic the edge



TR Kerth  
Columnist

The west-side Chicago neighborhood where I grew up was a lot like Ireland.

Well, there weren't many Irishmen there — mostly Germans and Italians. But there were Protestants and Catholics.

But the Protestants and Catholics weren't separated as they were in Ireland — they lived peacefully intermingled on the same block. And there were no explosions, unless the Protestant and Catholic kids were blowing up a garbage can together with cherry bombs.

So, come to think of it, it wasn't a bit like Ireland.

But still, there were Protestants and Catholics.

Now, I was a Protestant — a Methodist, to be exact, like most of my German neighbors. My buddy Joe Pellegrino was a Catholic, like most of our Italian neighbors.

And it wasn't a problem, except in the teasing sort of way that makes two boys best friends. He would stand outside my public school window and wave to me on Catholic holidays when he was sprung for the day. And whenever Lent rolled around, I would gorge on whatever he had begrudgingly sworn to deny himself.

So, you see, it was a boyhood match made in Heaven.

But it was Heaven that came between us one day when we were about ten years old and Joe invited me up to his room to see something secret, something special.

"What is it?" I asked when he produced a small aspirin bottle filled with a clear liquid.

"It's holy water," he whispered. "I stole it from church."

And so saying, he splashed the water in my face, waved his hand in the air, and started speaking in tongues. Latin, I think. Maybe Klingon. At ten, it's hard to tell.

I spluttered and wiped the water from my eyes. "Why'd you do that?" I snapped.

He stood back to admire his handiwork. "I just made you a Catholic," he said.

"You what?!??" I cried. Panic rose in my chest as visions of Lenten weeks without Hershey bars danced before my eyes. "Why would you do a fool thing like that?"

"Now you can go to Heaven with me when you die," he said. "This way, we can play together for all eternity."

"But I don't want to be a Catholic," I wailed. "I'm a Methodist. My parents are Methodist. I want to go to Methodist

Heaven. I don't want to go to Catholic Heaven."

Joe shook his head sadly. "I'm sorry," he said in deference to my family. "That's the only Heaven there is. They told us so in church."

I was furious, and I didn't know why. It might have been that I was already missing my parents, who would go wherever it was that German Methodists ended up while I went to live with eternal Italians.

It might have been anger at the Methodist church, which had withheld a pretty important nugget of divine information—that only Catholics went to Heaven. Of course, it would be hard to blame them, right? You could hardly expect a Methodist minister to say, "Just for your information, it's only the Catholics down the block who will be in Heaven. But thanks for coming all the same! Stick around for cookies after today's service." Yeah, that would put a dent into church attendance, wouldn't it?

But most of all, I was furious with Joe, who had ambushed me. Despite his good intentions, I wasn't thrilled about being the victim of a drive-by baptism.

Well, I said to myself, if it's a holy war he wants, then it's a holy war he shall have.

"You want us to play forever in Catholic Heaven?" I snarled at him. "Well, it won't do you any good. You won't be there, because you stole the holy water from church!"

His eyes shot wide with tragic realization, and he cursed aloud—a good ripper of a curse for a ten-year-old—which surely iced the deal. After all, although I was new to this business of being a Catholic, I figured that Catholic God must have some sort of rule about a ten-year-old boy cursing while his fingers dripped with stolen holy water. Commandment 13 or 14, maybe. Somewhere around there.

Joe was doomed, and I drew a dark delight at giving him the news.

But that was a long time ago, and my anger has cooled since then. In fact, I rather enjoy being both Methodist and Catholic.

Call me a Metholic, and proud of it.

The way I see it, being a Metholic is sort of like having dual citizenship, and I'm bringing both passports to the Pearly Gates when my time comes.

Joe may have been right about all that celestial selectiveness, or maybe he wasn't. In any case, I'm keeping all my options open to find the shortest line through that holy customs station.

And when they stamp the back of my passport and ask if I have anything to declare, I'll put in a good word for my doomed buddy Joe.

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



MSDN File Photo

Get ready to grab your seat cushions and visors because Sun City softball hits the field May 11. Batter up!

## SUN CITY SOFTBALL GETS READY TO HIT FIELD THIS SPRING

By Sydney Hickman

For My Sun Day News

The Sun City Softball League is excited to kick off its upcoming season on May 11 at Veterans Memorial Field at 5:30 p.m.

“We are always excited anytime we start playing at the beginning of the year because it’s a brand new season, and that’s what we look forward to,” said Chuck Hund, president of the Sun City Softball League.

However, the league faces an obstacle this year: low enrollment numbers. Like

many recreational teams, Sun City has seen a decline in participation. To ensure that teams stay active, club officials are focusing on community outreach.

“We’re trying to get our numbers up. People are not playing softball as much anymore, and we’re trying to recruit more players so we don’t lose teams,” Hund said.

Registration numbers are currently about the same as last year, which is lower than expected, so the club hopes to get them up by getting the word out to the community and letting them know what the club has to offer. League officials plan to spread the word throughout different communities through advertising in hopes of boosting participation and keeping all teams active this season.

“We want to put the word out there with a little advertising. We want to get the word out to Sun City, Del Webb’s people, so everybody will know what is available,” Hund said.

Later on in the season, the Sun City Softball League will be having an all-star game, followed by a tournament.

“We will have an all-star game at the end of July,” Hund said. “We’ll also have a tournament in the middle of August.”

Hund deeply encourages the community to attend Sun City softball games. After many years of being a part of the Sun City Softball Club, Hund excitedly anticipates the arrival of this year’s season.

“For anybody who wants to come out, games take about an hour,” Hund said. “Come see a bunch of old guys running around, acting like kids.”

## politicalplace

The views in these letters are the writers’ own.

This is in response to your rebuttal of my letter in Sun City Political Place.

Democrats are the ones referring to ICE as the “Gestapo,” not me. My letter specifically called out the use of that term as disrespectful and inhumane. Comparing American law enforcement officers to Nazi secret police is outrageous, and that was precisely the point I was making. I’m honestly not sure what you’re referring to in your criticism. Could you please explain in detail what you believe I said? If you’re going to accuse me of something, I’d appreciate direct quotes from my letter that support your claim. As for ICE’s formation, I’m fully aware it was created under President Bush, not President Obama. It was your associate who incorrectly stated otherwise — not me. That raises a fair question: did you actually read my letter before responding?

John Parker

Sun City resident

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Sun City resident Pat Bosi receives her Dedicated Community Association Leader Certification.

## Sun City resident earns community leadership award

By Christine Such  
For My Sun Day News

Sun City resident Pat Bosi was honored on February 20 at the CAI Illinois Condo-HOA Conference & Expo. During the event, Illinois' premier gathering for community management, Bosi officially received her Dedicated Community Association Leader (DCAL) designation.

This honor highlights her devotion to the Community Associations Institute (CAI), an international organization that provides essential education and resources to homeowner volunteers and professionals who build better communities. The mission of CAI-IL is to provide education, legislative advocacy, and profes-

sional service resources to achieve excellence in community associations.

The DCAL program connects volunteers with industry experts to bridge the gap between daily operations and complex legislation. Kimberly Schmid, membership ambassador for CAI-IL, said, "It was a pleasure and honor to award Pat Bosi with her DCAL Certification. She has gone above and beyond for her community by receiving education to protect the Sun City Huntley HOA. It was so great to see her colleagues with her to join in on this celebration."

The program recognizes leaders for their devotion while supplying them with the practical tools to run a successful association. By completing seven specialized courses, including "Governing Your Community" and "Essentials of Management," any HOA community member can join the ranks of Illinois' most Dedicated Community Association Leaders.

Bosi said, "I have always believed in perpetual learning, building new knowledge in new situations. When I was elected to the board, I knew there were knowledge and skills I could learn to ensure I serve my community to the best of my ability. One is never too old to learn; it energizes your mind and your life."

Bosi has volunteered in the community since she moved here seven years ago.

Bosi said, "When I first moved into my neighborhood, my neighborhood Rep Norm Osth asked about my background, and when he found out I worked in the insurance industry, he urged me to volunteer for the Insurance Committee. I did, and I served on the committee for six years. I became the chair of the committee and then the board liaison."

Bosi also served on the Strategic Planning Advisory Committee until she was selected to serve on the Sun City Board in 2025. Bosi is also the lead neighborhood 26 representative. She is active in the neighborhood, assisting on the committees for the neighborhood picnic and Christmas party.

Bosi said, "We have a great neighborhood. I enjoy participating in all the activities offered with my neighbors, from book club to card games and monthly dinners with my neighbors."

Neighbor Rita Schank said, "Pat is amazing. When first moving into Del Webb, she served on the Insurance Board and eventually headed the department. She attends Village Board meetings and reports back to our neighborhood. She is a wonderful friend and neighbor to us all, and I feel privileged to have her as a friend."

A dedicated member of the Lifestyle Committee, Bosi is furthering her expertise through CAI courses. She's already signed up for the forthcoming Board Leader Development Workshop sessions at the end of March.

Kathy Culotta, a resident, said, "I think all members of the Sun City Board should be required to attend CAI and get their DCAL certification."

Bosi's dedicated approach to community service supports the collective goal of ensuring Sun City remains thriving.



Christine Such | MSDN Photo

The Huntley High School team selected to build the CAD model of Huntley's Town Square for the Model Railroad Club consisted of (L to R) club member D Applegate, students N. Golebiewski, P. Krystopa, C. Moore, J. Bujak, V. Rzewucki, Career and Technical Education Department Chair N. Wedoff, HHS CAD teacher W. Deuerling, and club president D. Svoboda.

# HHS students aid railroad club's town square model renovation

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

The project to remodel a section of the HO Gauge layout at Sun City's Kishwaukee Valley & Eakin Creek Model Railroad Club began in late fall of 2024.

David Applegate, Club Member and project coordinator, said, "Club President Dale Svoboda, then the vice president, observed that no new buildings had been built in many years and that visitors would ask from time to time if any part of the layout represented a real town."

The layout's architecture and businesses were purposefully made to evoke 1950s America. This era represented a unique transition where steam locomotives remained in service alongside emerging diesels, allowing members to operate both with historical accuracy.

Applegate said, "Dale and other members noticed that a certain section of the layout could be modified to represent the Huntley Village Square and surrounding buildings. Dale asked some other members and me what we thought of the idea, and club member Dick Kallstrom, a retired commercial artist, prepared some initial concept sketches. At that point, several of us formed a committee, began taking photographs of Dhamer Square and environs, and took measurements of the proposed site on the layout."

Using a combination of Kallstrom's original sketches and Google Earth satellite imagery, Applegate developed scale drawings of the town square and the surrounding blocks between Main and Coral Streets.

Applegate said, "However, translating the real world into a miniature layout re-

quired some creative selective compression; we had to strategically trim or omit parts of certain buildings to fit them perfectly within our available space."

The search for building methods — ranging from kit-bashing to scratch-building — hit a snag when 3D printing at the local library proved too technical. The Sun City Board had approved a partnership with Huntley High School (HHS). With help from Dolores Fisher, a Sun City resident, and Nick Wedoff, School District Career and Technical Education Department Chair, the project was taken on by five students in William Deuerling's Computer-Aided Design (CAD) class.

Deuerling said, "Four of the students were selected since they have three plus years of CAD experience and are in the independent study CAD class. The fifth student volunteered. I accepted since Conner is a responsible senior in my Advanced CAD class, and he has a distinct interest in Architectural design."

The team of five local students, Noah Golebiewski, Pawel Krystopa, Conner Moore, Jakub Bujak, and Viggo Rzewucki, took on a challenging design project.

The students identified several major hurdles during the process, such as mathematical precision, minor details, and identifying the best starting point.

Applegate said, "The most practical way to do that was to produce scaled-down drawings, then show up in downtown Huntley with a tape measure and begin taking measurements."

What began as a remodeling project has evolved into a hands-on technical partnership, proving that building a miniature version of Huntley Square requires the shared abilities of both its past and future generations.

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## askanangel



**John Barrett**  
Columnist

**Q** Last spring, my parents moved into an assisted living community. At the time, we all felt hopeful. The place is beautiful, the staff seems kind, and there are activities, outings, and resources everywhere you look. We truly believed this move would improve their quality of life and relieve some of the caregiving stress I'd been carrying for years.

But instead of improving, they seem to be declining.

They rarely leave their apartment. They don't participate in activities. Most days, they don't even get dressed, and they have their meals delivered instead of eating in the dining room. My

mom has moderate dementia, which makes change hard, and I think my dad is embarrassed or overwhelmed, so he just stays in. Or maybe it's all too much for him.

What's frustrating is that this move was supposed to help all of us. Instead, I'm still spending just as much time managing things, checking in, and worrying. I feel guilty for being frustrated, but I also feel stuck. I don't want them to fade away in a place that's meant to support them. What can I do?

**A** What you're feeling makes complete sense. You made a thoughtful decision with the best intentions, and it's painful to watch your parents struggle in a place that was supposed to help them

thrive. Your frustration isn't a failure; it's a sign that you care deeply and that this situation is more complex than anyone hoped.

First, you're right to trust your instincts about what's going on. Dementia can make new environments and social situations feel overwhelming, and caregiving spouses often quietly retreat out of exhaustion, embarrassment, or fear of leaving their partner alone. What looks like "not trying" is often self-protection.

One important next step is to bring your concerns directly to the assisted living care team. Share what you're seeing in their apartment, not just what shows up in their charts. Ask for a meeting to talk through what's realistic for your parents and

make a plan, whether that's gentle encouragement to attend certain activities, more structured check-ins, or support specifically tailored to couples navigating dementia together.

You might also consider bringing in extra help from a reputable private caregiving agency. A familiar caregiver can do more than assist with daily tasks. They can help your parents get dressed, walk them to activities, sit with your mom so your dad can step out on his own, or simply be a friendly presence who helps break the cycle of isolation.

It's also worth asking whether the community would allow your mom to spend part of the day in memory care. This could give her more appropriate stimulation and structure while giv-

ing your dad a much-needed break, or the freedom to participate in activities without worry. If that's not an option, it may be time to gently explore whether a different level of care would better meet both of their needs.

Most importantly, remember this: assisted living was never meant to replace you; it was meant to support you. If that support isn't fully there yet, it's okay to ask for more, try new approaches, or reevaluate the plan. You're not giving up. You're adjusting, and that's what good caregiving really looks like.

**• Have a question for our angel correspondent? Send our angel an 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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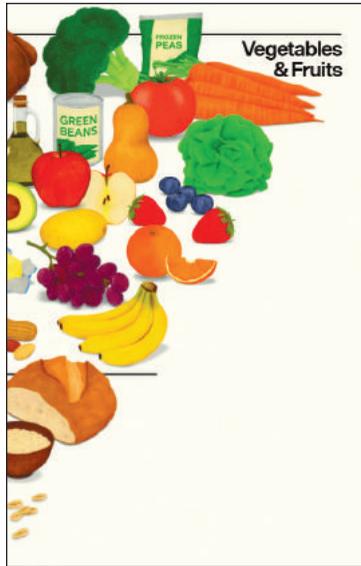
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Provided | MSDN Illustration  
While the new food pyramid remains focused on fruit and vegetable intake, some speculate if bias is at play with an increase in meats and proteins.

## NEW FOOD GUIDELINES UPEND FOOD PYRAMID

### Part 2

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

Last month the February Health Report focused on the new 2025-2030 Food Guidelines. Both positives and negatives were reviewed, with the biggest concern voiced by nutritional experts that the new Dietary Food Guidelines for Americans (DGA) were being shaped by agricultural and food industry ties. Potential bias, resulting in overemphasis on meat and animal protein and new recommendations for increased meat, protein, and saturated fat intake.

An article by Harvard "Understanding the new dietary guidelines" provided insights by Dr. Teresa Fung, former member of the DGA Advisory Committee. This scientific panel spent two years reviewing the latest nutrition research in preparation for developing the 2025-2030 Guidelines. The present Dietary Guidelines Committee did not include/review this scientific report when creating this year's Food Guidelines.

### What's changed and what hasn't?

The new Guidelines still focus on past, almost universally advocated recommendations:

more fruits and vegetables, whole grains, less sugar, and fewer ultra-processed foods, but they also deviated significantly. Dr. Fung pointed out the 3 biggest deviations from former guidelines were

1. A new prioritization of animal food sources, especially meat and dairy.
2. More protein, even at every meal
3. More saturated fat in the diet

### Many nutritional experts question these changes

While meat and dairy are part of the typical American diet, many health organizations and physician groups cautioned that over-emphasizing meat consumption can cut out other needed foods or leave no room for nutrient dense, fiber-filled plant proteins.

Meat and dairy also come with cholesterol and fat as well as serious disease risks: According to the International Agency for Research, Processed meat is a Group 4 carcinogen, the highest rating, and red meat is a probable carcinogen-Group 1.

The need for increased protein has also been questioned. Many nutritional experts pointed out that while slightly more protein may be needed for the elderly,

those recovering from an injury or surgery, pregnant or nursing mothers, and those participating in demanding endurance sports, most Americans are receiving adequate protein, often already consuming more than the 50 to 100 percent increase the new Guidelines recommend.

Top Tufts nutrition expert Dr. Darish Mazaffarian, in a recent journal article of the American Medical Association, cautioned that "excess protein can be converted to fat by the liver which can increase the risk of the development of dangerous fat in the abdomen...and boost the risk of diabetes." While the new DGAs did mention plant proteins (beans, peas, and lentils), meat was recommended first and plant protein last.

Finally, doctors and dietitians expressed concern over recommendations for saturated fat. The Health Organizations' Recommendations on Saturated Fat (2025) compiles current guidance from a veritable "who's who" of authoritative health organizations, including the American Heart Association (AHA), World Health Organization (WHO), American College of Cardiology, Academy of Nutrition and Dietetics, American Diabetes Association, American Cancer Society, and American Medical Association,

among others.

These recent recommendations and this Dec. 25 study were not supportive of increased saturated fat intake. The later study published in the Annals of Internal Medicine reviewed 17 randomized trials analyzing the impact of saturated fat on cardiovascular health in over 66,000 people and concluded that reducing saturated fat intake was linked to a lower risk of dying from any cause during the five-year study period, and a possible lower

risk of heart attack, stroke, and dying from cardiovascular disease.

### Confusion between the new Dietary Guidelines and the Inverted Food Pyramid

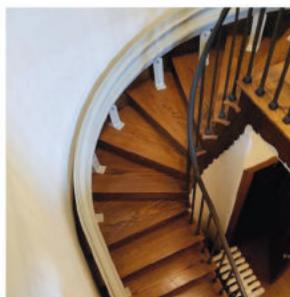
Finally, The Guidelines themselves can be confusing. For example, meat and dairy products, especially full-fat dairy, are significant sources of saturated fat, which the new Guidelines state "should be no more than 10 % of calories consumed." Yet the Guidelines promote meat and dairy as "real foods," sending a confusing message to the public. With the high emphasis on meat, direct mention of butter and beef

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# gardenersforum



**Kathleen Carr**  
Columnist

## Let's chat - Gardenfest 2026

Each spring, it seems, I need to learn a new language all over again. The winter days spent baking and working on genealogy-based projects are over and I lean into outdoor pursuits such as gardening. Words such as Parthenocissus, aquaponic and soil amendments are part of my vernacular once again. Attending gardening events helps to make that transition smoother and much more enjoyable. For this column, Brenda Dahlfors, Program Coordinator with Illinois Extension serving McHenry/Lake Counties, has agreed to answer a few questions about Gardenfest an upcoming gardening event. Gardenfest takes place on Saturday, April 11, from 8 a.m. to 4 p.m. at McHenry County College.

**Brenda, can you please tell us about Illinois Extension?** Absolutely! Extension is literally an extension between researchers on campus and

the local community. Almost every county in Illinois has an Extension which offers programming such as 4-H, Master Gardeners and Master Naturalists; and resources for nutrition, economics, agriculture and health.

### What is Gardenfest?

Gardenfest is an annual event for gardeners from beginner to advanced, to come together to learn and share more about their passions. There is a keynote speaker in the morning, followed by breakout sessions on all kinds of garden topics, lunch, more breakout sessions, and garden related vendors to shop from.

### Neal Sanders will be doing a presentation titled 'Gardening is Murder.' Can you give us a sneak preview about what he might be discussing?

Neal is a nationally known speaker and quite funny – I've known about Neal for years but have not been privileged to hear him speak until now. Neal presents a humorous "spouse's point of view" of gardening, offering insight from someone who gardens more out of love for a partner than horticulture itself. Good advice is shared, bad advice is debunked, and topics include terrible internet gardening tips, why you should never calculate the value of your garden-

ing labor, proof that wildlife doesn't watch Disney movies, and why it takes three holes to plant one thing. Gardeners and their loved ones will see themselves in Neal's stories.

The container gardening workshops hosted by Heather Moister seem fun. What do those include?

Many people remember Heather Moister from her days as a manager at the Barn Nursery. When she retired from the Barn, she opened her own shop "Soil & Spade", in Crystal Lake, where they do amazing custom containers. Since this is a hands-on class, participants can expect to come away with something fabulous!

### If someone is interested in exploring the world of bonsai plants, what resources are offered to them at Gardenfest?

Rich Tobiasz will be teaching a two-part class on Bonsai. The first part will be lecture, and the second part will be hands-on, where participants will go home with a tree that they will work on themselves. Rich is an amazing plantsman who has been a Master Gardener since 2003, lives on a 5-acre organic farm and is a horticulture instructor at MCC.

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Scott Slagle

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By **Jamie Kayser**  
For My Sun Day News



**St. Patrick's Day is here!**



**T**his St. Patrick's Day, don't just wear green; go green! While rummaging through your closets for something green to wear, this holiday could inspire some spring cleaning. Local thrift stores are all the rage right now, which enables us to reuse and recycle clothing. Plus, they are a lot cheaper than department stores and almost always accept donations. Feel good and do good!



**I**f plain drinks aren't your cup of tea, Scooters Coffee on Randall Road has just the drink to fuel you! A festive green iced raspberry matcha latte or smoothie with "lavender flavored cold foam" is perfect for springtime and St. Patrick's Day. After you order your "berry lavender matcha", you'll be ready to celebrate! Check out their website for more menu items and locations: Scooter's Coffee.com.

**S**ham-ROCK at Woodstock's Shamrocked Streetfest on Saturday, March 14. According to Real Woodstock's website, this 21 and over event features live music in a heated tent, and drinks. "The greatest street party of the year is located on Benton Street, steps from the Metra". Tickets are on sale now through <https://realwoodstock.com/events/shamrocked/>, <https://skeletalix.com/4248-shamrocked-benton-street-tap-2026-03-14/>, or at the gate when they open at 12:00pm. This is a full day's worth of music, partying, and fun! Wishing everyone a safe and happy St.Patty's Day celebration!



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R2 - 'YU' 2

*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.*

Nancy is now in the preparation stage for her hip replacement surgery. Among other things, she cooks like a mad woman and freezes delicious dinners to enjoy while convalescing. This results in a huge shopping list of vegetables needed to prepare her dinners. Since any produce you buy in the Huntley area has a shelf life of a day and a half, we made the trip to Hoffman Estates where there is a huge produce market on Roselle Road that she loves to shop at. As long as we are out there, what else could we do but stop for lunch. We decided on Yu's Mandarin in Schaumburg.

It was a Friday afternoon lunchtime when we pulled into the parking lot, and it was jam packed. We were wondering if we would get a table to satisfy our Chinese food fix. Luckily, because the restaurant is so large, we were immediately seated at our table. This restaurant is nicely decorated and an interesting feature is watching the chefs manning their flaming woks behind the glass partition. It is truly amazing how quickly they can prepare a meal.

While checking out the menu we noticed they have a huge selection of weekday lunchtime specials. These include an egg roll, a wonton, soup, and fried rice. While we were deciding on what to order, the waiter came by with a complimentary pot of hot tea.

Nancy spotted one of her favorite dishes which was the Mongolian Beef (\$13.50). This is marinated slices of beef, onions, and green onions bedded on crispy rice noodles (you know the ones, they look and crunch like Styrofoam). Nancy chose the Egg Drop Soup. It's not her favorite so she gifted it to me. Nancy's beef was

tender and delicious. The sauce was absolutely incredible. She was definitely in heaven.

Jim tried something new for him. He ordered the Orange Chicken (\$12.50). He chose the Hot and Soup which is one of his favorites, and he was not disappointed. The orange chicken was breaded and cooked in a sweet and spicy orange sauce complete with orange rinds. He said it was very tasty and he would order it again.

We were surprised when a robot the size of R2-D2 came rolling up to our table with his big eyes blinking. It is really amazing that this robot can maneuver a busy restaurant without running into people or knocking over tables. There were shelves inside the robot with our food orders waiting for our waiter to serve us. That was the coolest gizmo we have ever seen in a restaurant. We think that it is only a matter of time before they are the ones behind the window flipping our food in a wok. We swear this robot sneered at Jim. Be afraid, be very afraid. The robots are slowly taking over.

FYI: This restaurant is handicap accessible.

To sum it up, how can you go wrong. Their lunch specials are awesome for the price, and we still took home doggie bags to add to our meals in the freezer for Nancy's hip surgery. Maybe we can get our Roomba to serve the leftovers to us!!!

The cost for our veggie run was \$29.10. Being served by R2-"Yu"2 robot, priceless....

**He Said / She Said**

**JIM'S TAKE:** I loved my lunch, but I don't know how much to tip a robot.

**NANCY'S TAKE:** Good food, good prices, and good leftovers.

*• Have comments or restaurant suggestions for the Dining Duo? Send them an email at [thediningduo@gmail.com](mailto:thediningduo@gmail.com)*

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•PYRAMID

tallow, and emphasis on full-fat dairy, it would be difficult to stick to the new DGAs' 10 percent limit.

Likewise, while the Guidelines support whole grain consumption, whole grains are placed at the bottom of the Food Pyramid, indicating they miss top billing, although a raw steak, a hunk of cheese, a pan of ground beef and a carton of milk all prominently appear on the top left.

While the revised visual mode of an

inverted pyramid is eye-catching, it can be confusing. In the traditional pyramid less-recommended foods were minimized at the top, while the new Food Pyramid places some strongly recommended foods like whole grains in the smallest lowest level, seemingly reflecting a minimal health role.

Readers' response to these Guidelines

Reading and perhaps further research-

ing these guidelines and the accompanying inverted Food Pyramid may be prudent. Influencers and clever marketing strategies will soon be bombarding Americans with ads promoting increased meat, protein and saturated fat consumption.

Many dietitians and physicians will encourage you to stick with the 2020 Food Guidelines focusing on whole grains, fruits and vegetables, limiting fat, especially saturated fat and minimizing sugar and ultra-processed foods.

Two important final points

The arrival of this controversial 2025-2030 Food Guidelines is important because they form the basis for government-funded food and nutrition programs such as the School Lunch, Military nutrition, and SNAP programs.

• The full updated food pyramid can be viewed at [myplate.gov](http://myplate.gov).



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It is a certainty that the leadership of Iran is not the kind of neighbor one wants to have in our community of nations. Then, nor is Putin's Russia, Kim Jong Un's North Korea and others that are a greater threat to world peace than Iran or Venezuela. Again a "weapon of mass destruction" (remember that?) in the hands of Iran could have grave consequences, not unlike North Korea. Meanwhile Ukraine struggles against Russia to maintain its rightful homeland and the plan is they should surrender? Bullies only pick on the weak. The most powerful war machine in the hands of Donald J. Trump and Pete Hegseth could have grave consequences as well. Is the United States really safe?

...and now we are at war!

Do not be distracted from the failures of the Trump administration here at home. Steve Miller, Kristi Noem, Tom Homan and I.C.E., continue to intimidate, if not terrorize, undocumented immigrants and citizens. 20million undocumented (who counted them?) are all guilty of crimes like rape, murder, drug deal-

The views in these letters are the writers' own.

ing, etc. (where are the records)? Everyone torn from families, deported without due process, are vicious hardened criminals. Even the children! Court orders blocking ICE (4,500 plus) are being ignored. Pam Bondi is protecting a potential ring of pedophiles, ignoring their victims but the stock market was over \$50,000! Trump wants "National Elections;" voting rights are being suppressed or just may-be DJT will simply cancel the midterms.

Don't be distracted ... and now we are at war!

**John Zeller**

Sun City resident



## • GARDENERS

**Soil is often the key to a plant's success but it is an area where many gardeners struggle. Is there a presentation that you would recommend to people who want to learn more about this topic?**

Great gardeners know that the success of a garden lies as much in the soil as it does in plant selection. Without understanding soil types and proper techniques for amending and improving soil, gardeners can waste a lot of time and money planting things that just won't thrive. Rich Tobiasz's soil class will help gardeners of every level understand this.

**Gardenfest also includes a community expo. What is included in this?**

For the second year, we are opening the vendor area to the general public from 9 a.m. to 3 p.m.

to shop for garden related items at their leisure, in the cafeteria area. There is still some construction expected to be going on, but for now, anyone can enter thru the Leucht auditorium "B" entrance to shop.

**How do people find more information and register for this event?**

Registration is online only and open now through March 28. Walk ins are accepted but will pay ten dollars more and many classes are size limited so it's best to register early! <https://www.mchenry.edu/gardenfest/>

• **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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**Will Moore**  
Columnist

# Grab a coffee and gab

Let me say this from the start, I have a love/hate relationship with director Jim Jarmusch. He has, simultaneously, had me enthralled and baffled. Sometimes this happens within the same film, for good or ill. He has a tendency for just barely tying his loose plot threads up. However, they keep fraying at times despite his best efforts well before the credits roll. Jarmusch's typical hipper-than-thou attitude can make general audiences less inclined to venture through his filmography. Even after watching his latest, *Father Mother Sister Brother*, I am still not sure how this one ranks among his others.

This one, streaming on Mubi, isn't like his more cohesive films like *Dead Man* or *Ghost Dog*. Those has a clear beginning, middle and end to them. No, this one is more in line with his other vignette films like *Mystery Train* and *Coffee and Cigarettes*. The latter of which being the better template. In the first segment "Father," we are introduced to Tom Waits as an older man living off the beaten path in squalor. His progeny, played wonderfully by Mayim Bialik and Adam Driver, are driving to visit him and don't know what is in store. The usual languid pace and matter of fact dialog you would find in other Jarmusch features are present. However, I made the mistake of watching this later at night and almost dozed off from the lethargy. It would seem as even the director felt this was evident on set as it took a scene with an ax to liven up the proceedings. There is a slight humorous ending, one you would find more chuckling at than guffawing.

Mother seemed more reminiscent of one short from *Coffee and Cigarettes* in which twins chat over tea. This sequence even has Cate Blanchett going meet her ne'er-do-well sister played by Vicky Krieps. The destination: their matriarch's home. Charlotte Rampling steals the show with her icy remove. As the part begins, we overhear a conversation she has on the phone where she admits to not liking these visits much. As an actual piece of conversation, "Well...shall

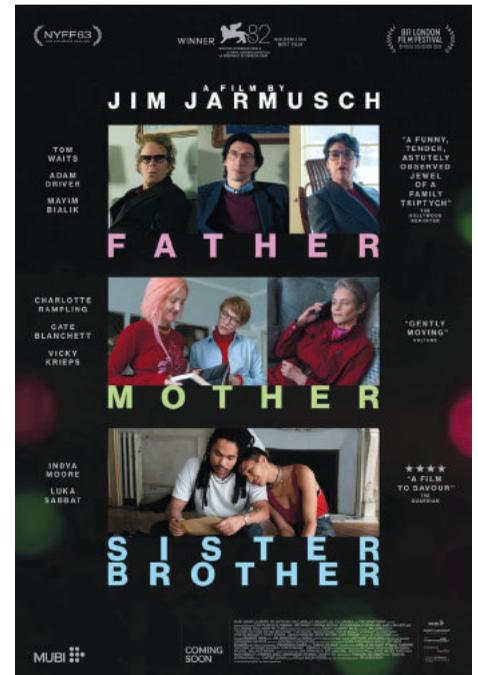
I be Mother?" "Gotta start sometime." It becomes blatant Jarmusch's indictment of parents and their attitudes toward their adult children.

Some overhead shots of preset tables reminded me of scenes from his previous films. But there it served to show a character's emotional state as one great part of *Coffee and Cigarettes* where magazines display a growing tension. Here it is just looks like he is admiring the China to no great end.

Wild preoccupations take up large swaths of this film. Characters point out others wearing fancy Rolexes with no hidden meaning, just a loose way to tie the segments together. Slow-motion shots of teenagers on skateboards stitched in, with no rhyme or reason for them. You get the impression Jim lost the plot of his own movie here. When his characters prattled on about Elvis in *Mystery Train*, it made sense since the film took place in Memphis.

The last part, *Sister Brother*, is the perfect case of saving the best for last. Indya Moore and Luka Sabbat are siblings in Paris trying to understand their parents after their untimely death. They sit over coffee and remanence over their childhoods. This was the first time in the whole film that the people we followed felt lived in. As the story meanders, I wanted to see more of these two.

In many ways, you can see these as stories in a collection you would find in



your local bookstore. You would pick them up and read them, take in the descriptions and soak in the drama. One wonders if Jarmusch would make a better novelist than a filmmaker. He manages to stumble onto profundity at times, but I am at a loss as what he is trying to do here. I invite to check out the other movies I mentioned on HBO Max or another, *Only Lovers Left Alive* on Tubi. If you are looking for a chill night in, seek 'em out daddy-o.



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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.

**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 WBSG at: wbscsig@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 August). 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.

**APRIL SUN CITY THEATRE**  
The Theatre Company's spring musical is, NUNSENSE !!!  
Show dates: April 16-19  
TICKET SALES: TICKETS are \$25. SEATS ARE RESERVED.  
Monday, March 16, from 9 a.m. to 1 p.m. - Drendel Ballroom in Prairie Lodge  
Tuesday, March 24, from 1-4 p.m. - Cedar Room  
Tuesday, April 7 1-3 p.m. - Cedar Room  
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**By TR Kerth**  
Columnist

*What is our business here? Someone, as Thoreau said, must be Inspector of Snowstorms, Inspector of Sunsets... Together we are Inspectors of Wildflowers, Secretaries of Sunshine, Surveyors of Meadows, Auditors of Birdsong, Clerks of Clouds, Vice-Presidents of Hilltops and Valleys, Bogs, Trees and Everything.*

- Christine Breen

*Man is entirely chance, and nobody knows what the gods may bring tomorrow. You should count no man happy until he dies.*

- Solon of Athens

*People are about as happy as they make up their minds to be.*

- Abraham Lincoln

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Was luck on your side this edition? In case not and you missed it, the hat was hiding in the foam on the beer graphic on Page 13, amid all the fun things you can do and taste for St. Pat's around Huntley.  
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fest on Saturday, March 14. According to tradition, St. Patrick's Day is celebrated in a heated tent, and the parade starts on Benton Street, steps from the Meadows. Visit <https://www.scooternews.com/events/shamrocked/>, <https://www.scooternews.com/events/shamrocked/>, or at the gate when they open for the parade, and fun! Wishing everyone a safe and happy St. Patrick's Day!

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