

MY SUN DAY NEWS

PROUDLY SERVING THE COMMUNITY OF SUN CITY IN HUNTLEY

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quⁱckshot



No screens, no games, GG&Me focuses on genuine connections **7**

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These movements help you relax right away by distracting your brain from pain or anxiety. **13**

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I love that he enjoys being outdoors. I just want him to take better care of his skin. **9**

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Christine Such | MSDN Photo

In costume, Sun City resident Jim Fatigato (pictured out of costume on page 4) brings a little bit of the Magic Kingdom to GG&Me Halloween Bash.

The man behind the mouse

SC resident's passion helps make wishes come true



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lifeinfocus

Do we even know what's real anymore?



Carol Pavlik
Columnist

The statistics around bomb threats rank right up there with The Boy Who Cried Wolf. 90-95% are hoaxes. And yet, even these threats have to be taken seriously when innocent lives are at stake.

That's how I found myself helping to direct community members out of my workplace — a public library — on an impossibly beautiful spring day. A suspicious call came through to a public desk. The caller spoke through a voice changer and made threats to the building and the people inside. Immediately, staff called 911 to report the threat, and the dispatcher advised that the building be evacuated.

It is startling to hear a disembodied automated voice announce from overhead speakers: "Emergency Alert: Evacuate Immediately." But that is what happened.

Suddenly interrupted, we all grabbed our belongings that were near us and filed out, quietly at first. Disoriented, we all squinted like newborns, mo-

mentarily blinded by the sunlight. Many of us didn't have our jackets, so we stood in huddles, bracing ourselves against the chilly wind and asking each other what was happening.

I have to admit, I found myself observing the humanness of this event: a group of strangers suddenly thrust together over a shared experience. Folks who would've continued their day without speaking to any of these strangers suddenly milled around, checking in, asking each other if they were okay. Police were on site, lending gravity to the situation, but also the sense that the situation was under control. When an emergency arises, don't we want to be assured that someone is there that knows what to do?

Fred Rogers is often quoted in times of crisis or natural disaster:

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

On that spring afternoon, the helpers were out in force. Lawn chairs materialized, maybe out of the trunks of cars in the parking lot, and were offered to strangers needing to rest their feet. Spare sweatshirts

and sweaters were pulled out of backpacks and offered to shivering folks. I saw granola bars and bottles of water shared, as well as words of encouragement.

I saw words of gratitude expressed to the police officers, who were incredibly professional throughout. We all seemed to know that this threat very well could be completely fake, perpetrated by some bored mischief-maker with a phone and a voice modifier. As much as we wanted this situation to be a false alarm, it was not lost on us that all this could possibly be an incredibly expensive and disruptive waste of time and resources. After all, that's what many hoaxes aim to do: cause confusion, disruption, and fear.

At least once a day, I find myself asking, "Is this real?" As Artificial Intelligence gets better at creating believable text, images, and even videos, I'm often checking sources to verify. Most things can be verified in, at most, a few minutes.

On this particular day, though, in order to substantiate the threat to our public building, the verifying required more than an online search to cross-reference. This time, it required a slew of first responders and a highly trained canine, who was brought in to sniff the entire building. It

was two and a half hours before we could re-enter the building, once it was determined that there was no actual threat.

I know one thing: A.I. has made me more doubtful of even the things I read, hear, and see with my own eyes. But this doubt that is planted provides a stark contrast to what I know to be real: human, mostly, are good. People want to connect and care for each other. They will check on each other, and offer words of comfort. I have always known this to be true, but I admit I let cynicism creep in from time to time. Sometimes it feels like there are too many people who want to disrupt and cause confusion. Some love chaos and thrive on seeing others disoriented and fearful. But if we listen closely to the wise words of Mr. Rogers' mother, her words remain. Beneath the racket caused by the rascals and the rogues, the helpers quietly get busy with the task at hand: sharing a sweater or blanket, offering a chair, offering up kind words or a gentle joke to lighten the mood. It is important to notice the helpers. It is our duty to be the helpers when we can. That is what it means to be human. That is true. That is real.

Hand Your Hat

The views in these letters are the writers' own.

I am writing to you as a reader of My Sunday News to request that the political place column be dropped from your publication.

I believe that removing this column would be in the best interest of the newspaper and its readership. I don't believe a column that ultimately demonstrates discord in our society belongs in this publication. Why not "The Religion Place" or "The Ethnic Place". I've always enjoyed reading about the lives, experiences and accomplishments of my fellow residents,

Along with the helpful information. I don't see how this column helps bring our community together. There are certainly places to have these discussions, I don't think this publication is one of them.

Thank you for your time and for considering my feedback as a reader.

Russell Duller
Sun City resident

On the BRIGHT Side

Letters of kindness found in the Sun City Community

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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? Please drop us a note (along with a picture, if applicable) about it at mycommunity@mysundaynews.com.

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Christine Such | MSDN Photo

The Mickey suit may be in the closet, but the magic stays with Jim Fatigato and his efforts to bring joy to local youth through volunteer work.

Fatigato, a real-life super hero

By Christine Such

For My Sun Day News

Following his run for the Sun City Board of Directors last fall, familiar face Jim Fatigato is taking on a new position in community governance. The Board recently has appointed the Sun City resident to the Election Committee.

But Fatigato has another role, too. Last Halloween, he stepped

in and brought Mickey Mouse to Grandma & Me's traditional Halloween party. Fatigato has brought delight to children's lives for 20 years, giving them the opportunity to meet Mickey Mouse through the Make-A-Wish Foundation.

Thinking about his time in River Grove, Fatigato shared his deep passion for working with local youth. He ran and won a position on the school board. For years, he

spearheaded a community talent show designed specifically to uplift children from disadvantaged backgrounds.

"The show gave them a chance to shine and highlight their skills," Fatigato noted. "I think it gave them a sense of confidence that I hope stayed with them."

He recalled the pleasure of seeing the auditorium packed with supporters, noting how rewarding it was to see the children take center stage.

The success of these events was a true partnership. Fatigato's wife, Judy, served as the organizational backbone of the operation, managing everything from scheduling to organization. "She is my right hand," Jim said. "She made the events go smoothly."

Jim's journey into the iconic white gloves began almost by accident. While volunteering for local shows, he met the owner of an entertainment business who was looking for someone to step into the role of Winnie the Pooh. Jim took the job, beginning a whimsical adventure which would eventually lead him to his true calling.

"I played several characters, including the Easter Bunny," Jim recalls. "But then I was asked to play Mickey Mouse. The moment I put that costume on, I was hooked."

For Jim, portraying Mickey quickly evolved from a gig into a mission.

"It's more than merely a job," he explains. "I'm forming memories for children and adults alike. For a few moments, people feel like they have permission to be kids again. I've seen it happen time after time."

The turning point that transformed Jim's work into a lifelong

devotion occurred at a routine event. A mother approached him with a heartbreaking request: her child was terminally ill, and their greatest wish was to meet Mickey Mouse. Jim didn't hesitate.

"That child was in bed, very sick, with very little time left," Jim says. "In those moments, I was so glad the mask had a permanent smile on it. I realized they didn't need my sympathy; they needed joy, celebration, and a memory to hold onto. To that little boy, I was Mickey Mouse. How can you top that?"

The experience was so impactful that Jim immediately reached out to the Make-A-Wish Foundation, realizing he had found a way to use his character to bring light to families during their darkest hours.

Jim understands the burden of hardship better than most. He's carried the silent ache of losing his father on Christmas Eve early in life, knowing firsthand how difficult it is to find one's way through the world without one parent's guidance.

But more recently, life brought Jim a different type of challenge. During the height of the COVID-19 pandemic, he spent a bit too long outside in the biting cold. When he finally came indoors, a lingering numbness did not fade. The diagnosis was Bell's Palsy. While doctors reassured him that the vast majority of patients make a full recovery, Jim found himself in the unlucky 10 percent left with permanent paralysis.

The physical change took an emotional toll. Withdrawing into himself, Jim became deeply self-conscious. "I was in a shell," he recalls.

He didn't stay there for long, thanks to his wife, Judy, and

an enthusiastic group of neighbors known as the "Happy Hour Group." What started as biweekly gatherings at a local pizza place became a support group. From road trips to see family, a recent event, his cousin's son, Jimmy Pardo, and grandson, Oliver, performing comedy at Zany's in Rosemont to upcoming outings in private suites at Schaumburg Boomers games, the group of Sun City residents became his sanctuary.

"This group brought me out of my shell," Jim says. "These people became my home. They pulled me out, and they were kind to me." Through their chuckles and loyalty, Jim found that while some scars are permanent, nobody has to carry them alone.

When the holiday spirit needed a hero in Sun City this past season, Jim didn't hesitate to step into some very big black boots. When a scheduled Santa Claus was unable to make a local house call, Jim suited up to ensure the festivities didn't miss a beat. His impromptu performance brought a wave of happy smiles to a home that nearly lacked its North Pole visitor.

For those who know Jim, his festive spirit is a year-round staple. Every October, he maintains a treasured neighborhood tradition, donning his costume to hand out treats to trick-or-treaters right from his front yard.

At 71, Jim admits the years have changed his pace, but not his passion. "I'm not as quick on my feet as I used to be," he says with a smile. "But when that suit is on, and the music begins to play, I'm a kid again — just like those I entertain. And that's okay."

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theviewfromplanetkerth

Sometimes a boat is just a bit too big



TR Kerth
Columnist

I never imagined that Jeff Bezos and I would have much to talk about over a beer, but when I learned that he was a bit dissatisfied with the size of his "super yacht," I had to give it a second thought.

Because, like Jeff, I am also a boat owner. So I feel his pain.

My first boat is a hundred-year-old 17-foot wooden canoe I've owned since 1973, and although I honor its natural beauty, it clocks in at almost a hundred pounds.

When I was 25 years old, it was no trouble to hoist it up onto the luggage rack of my little Opel Kadett station wagon and head for the nearest creek or river—especially if my buddy Bill was in the mood to share a weekend paddle with me and help carry the burden of loading and unloading.

But sometimes Bill was busy when I wanted to dip a paddle, so I had to find a way to manage it all alone. Over time it seemed that a hundred-pound canoe might be just a bit too much for an ageing guy to handle on his own.

Because sometimes a boat is just a bit too big.

In the late 1980's, as I entered my 40's, it occurred to me that a one-man kayak might be a better way to go, at least on the days when Bill had better things to do.

And so I picked up a 10-foot PVC kayak that weighed less than half of my Lewis-and-Clark era canoe. I loved it, because I could easily load it and paddle it by myself.

But that was thirty years ago, and 50 pounds weighs more today than it did when I was 40. And the 2012 Subaru SUV I'm driving now is at least a foot taller than that 1968 Opel Kadett wagon was, so you might understand why my paddling sessions have fallen off a bit.

A couple years ago I met an old gaffer who struggled with the same conundrum, but he had come up with a system: It was two lengths of sturdy PVC tubing. When he attached one end of each of them to his luggage racks, it made a ramp, and he could slide the kayak up onto the car, eliminating most of the heavy lifting.

I adopted his system, and it worked great — for a while, until I calculated the effort it took to transport and attach, un-attach, and store, the 8-foot PVC tubing pipes along with the kayak.

And so now, what with all the hassle, I

find myself kayaking less and less. Because sometimes a boat is just a bit too big.

I had already given my antique wooden canoe to my son, and I was considering giving my kayak to him too. "It's just too hard for me to hoist it up on top of the car," I whined to him. It was a hard admission to make, because I think he was still clinging to the notion that his dad was really Superman underneath those out-of-date cargo pants.

"You know," he said, "I'll bet if you laid down the seats, it would fit inside your Subaru Outback."

We gave it a try, and it worked—but just barely. If I lay down the back seats, slide the front passenger seat all the way forward, remove the head restraint and lay the seat all the way back, and then shove the kayak in over the dash board up tight against the windshield, I can wrestle the car's tailgate shut with a bit of a push.

So yeah, it works. But it would be nice if my boat were just an inch or two smaller.

Because sometimes a boat is just a bit too big.

And that's what I guess Jeff Bezos might have said to me if we had shared a beer over our boat problems, when Jeff recently decided to sell his \$500 million superyacht, because it was just a bit too big.

At 417 feet long, it would cover the high school football field—and half of the parking lot.

It is longer than the Statue of Liberty is tall — including its base.

Its length is within a few feet of the Pyramid of Giza's height.

If you parked it on a Chicago city block, its prow and aft would block off the intersections at each end.

I don't think Jeff minds paying the \$30 million it costs each year just to operate it, but last year his yacht was denied mooring in Monaco for the Grand Prix. A month later, he couldn't dock anywhere near Venice's lagoon for his own wedding.

Because sometimes a boat is just a bit too big.

So he's selling it now. You can buy it for a cool \$500 million.

But you have to wonder: Did Jeff ever enjoy the lapping waves on his 40-story floating skyscraper as much as I do on my 10-foot kayak?

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

politicalplace

The views in these letters are the writers' own.

Two hundred and fifty years ago we were in an invention era. Now, again, we are asked to think about who we are and what we want to become. We are again in a period of invention in EV and sustainable energy. However, our current administration has the opposite view, which is tearing our county apart, from worsening our rights, destroying our norms and institutions, fighting against our trusted allies, and waging wars against multiple countries. And, in plain sight, is gifting for personal gain for the President's family and high-level donors as they take our money for their own benefit.

The setting up of the current SCOTUS has been lopsidedly put together to help with the afore-mentioned atrocities. Our response is to actively take part in saying who we are and what we want to become with our votes locally, statewide, and federally. We must get involved and understand what is happening and which candidates hold values that you hold as well. Even in gerrymandered states who have chosen to curtail black and brown voters, the vote must be in numbers to get past all the coercion.

The fact that the lies that per-

petrated the election of someone who has not fulfilled any of his purported promises has exposed the plan. A plan where in only one race, white, only one religion, white Christian nationalists, and those with extreme wealth, are the only people who have value and can run our country. Ergo the current gerrymandering of maps, the voter suppression cases that have reached record level. The American form of democracy is strong and will withstand the onslaught of the current administration. However, the citizens have to vote to state who we are and what we want to become as we adhere to our Constitution and the honor of a strong and mixed community of people.

Be strong and with great courage.

Gail Talbot

Sun City resident

As we struggle to cope with \$5 gas, high food prices, illegal tariffs and soaring medical costs from the loss of Obama care, how is it that the president has increased his wealth by 4 billion dollars since 2016?

His success in turning the presidency into a money-maker.

He started out small - hawking bibles, golden crested tennis shoes, watches, cologne and maga hats. Next to come were gifts from numerous countries and tech executives currying business deals. And then sales of crypto currency, the Truth Social platform and lately helping his brother-in-law with a juicy contract to make drones for his war. His whole family is a money-making team.

Ethical presidents have always restrained their money-making ambitions. Not this one. Sadly, he is able to ignore federal conflict-of-interest laws, and has no fear that his FBI will come after him. Accountability relies heavily on Congress and we know where that leaves us.

So what qualities do we aspire to for our next president? A rich businessman who was surrounded in shady business practices with the bravado of a tough fist-ed prize fighter? I bet not. Even if you never voted Democratic, I bet Biden, Kamala and Hillary are looking good now. The November election is America's chance to redeem itself.

Vivian Lenski

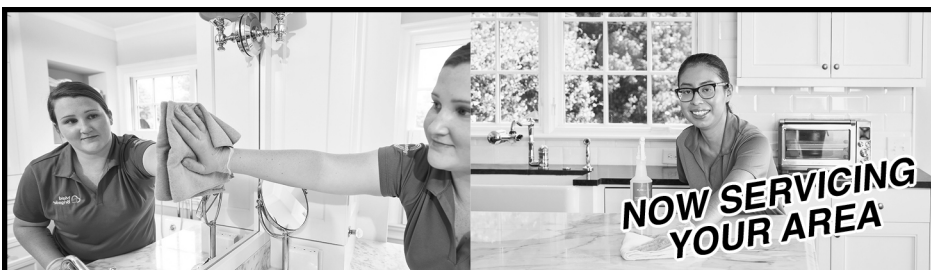
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Christine Such | MSDN Photo
Woodchuck Bob Olesen helps this little one assemble a craft.

a variety of wood designs that were perfect for small hands.

“The Home Depot in Algonquin generously donated these kits for the event to help the next generation of builders,” Klein remarked. “Seeing these kids learn to use a hammer, follow complex instructions, and eventually experience the genuine pride of producing something with their own hands is what this is all about. Those are skills and memories that stay with a child.”

Woodchuck Bob Olesen coordinated the project, using detailed preparation to make sure that every workstation was furnished with the required tools, safety gear, and materials. This kept the focus entirely on the fun of building.

As the event got underway, the room buzzed with focused energy. Woodchucks members, along with Olesen, Michael Mulroe, Mike Nicholson, and Frank Hein, moved from table to table, offering gentle corrections and skilled advice. For many of the children, this was their first time holding a real tool.

Olesen said, “What a wonderful time watching young people creating things with their hands instead of using electronics. Their creativity in decorating their projects was special.”

Pam Mosier, President of the GG&Me Charter Club, was thrilled with the turnout and the cooperative setting.

“What a fantastic afternoon,” Mosier said. “We want to send a sincere thank you to everyone who made our GG&Me spring event such a success. A special shout-out goes to the Woodchucks: Bob, Michael, Mike,

WORKSHOP | Pg. 16

No screens, just genuine connections at GG&Me, Woodchucks event

By Christine Such
For My Sun Day News

In a society increasingly dominated by digital screens, there is something remarkably timeless about the sound of a hammer hitting a nail. Recently, the Woodchucks

Charter Club and the Grandma, Grandpa, & Me (GG&Me) Charter Club teamed up to bring that hands-on experience to the grandkids. The event showed that the best way to bridge a generation gap is through a shared project.

The GG&Me spring event

proved to be more than simply a craft workshop; it displayed the Woodchucks’ mentorship. The Woodchucks Charter Club supplied not merely the physical tools and materials but also the expert-level patience to teach young children the fundamentals of woodworking.

The success of the day began long before the first nail was driven. Steve Klein’s outreach efforts secured a generous donation of project kits from The Home Depot in Algonquin. These kits are part of Home Depot’s beloved Saturday kids’ building series. Klein received

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When to Hang Up Your Keys

I was in a car accident 10 weeks ago. It wasn't my fault. I know that I was lucky. My car was totaled and my ankle was broken in two places but at the time I thought I was going to die. I am now the proud owner of seven screws, two plates and a rod.

For seven weeks I was not allowed to put my right foot down. I lived in my bed, a wheel chair and a recliner. I could not live alone. My kids and sisters were wonderful taking turns stopping their lives so they could take care of me. Like I said, I was lucky.

I no longer have flashbacks. I can now ride in a car without bursting into tears. The overwhelming fear and anxiety have finally stopped. I am now walking slowly with a cane and a five pound boot. Week 3 was my first

shower. Week 8 allowed me to slowly do my normal chores. As of today I can cook, do the dishes, my laundry, vacuum and sew again. Soon I will be allowed to walk in shoes and three weeks from now I'll be allowed to drive. Of course I have to buy a car which will cost me twice what the insurance will pay for. And I don't know yet whether I'll be brave enough to get behind the wheel.

Prior to the accident I played water volleyball four times a week, did a lot of quilting with the Sew and Sews club, hiked, and recently discovered the joys of pottery. All that stopped. It's been a long slog and I want my life back.

The reason I bring this all up is the other driver. I don't know what happened or why. That is frustrating but I just have to swallow that. I don't remember the driver slowing, swerving, or braking. If this was a medi-

cal emergency I have no complaints. But if this was a driver that knew they shouldn't be driving, and did it anyway... I paid the price for that recklessness.

At our age we've probably had the "It's time to give up driving" conversation with our parents. If our kids are bringing it up it is time to listen. If we have doubts it's time to be honest with ourselves.

I know it must feel like one's life is over when one is no longer safe behind the wheel. The loss of that independence is hard. But is it worth risking the lives of others? Most car accidents happen within a mile of one's home. A short trip to the lodge is no excuse when other's safety is at stake. I was a mile from my home when I got hit.

Giving up our keys is hard but it needn't be the end of the world and giving up your car can save you money. There are

other transportation options:

- UBER: It's easy to use and works like a taxi. A 2 mile trip costs about \$10.00.

- McHenry County has a free ride share (though donations are accepted) You're allowed two round trip rides a week. You sign up ahead of time and have to be able to get into and out of the vehicle without assistance. For more information or to be a volunteer driver call: 815-455-3120. This service is available to anyone living in Sun City.

- MCRide offers low cost transportation. \$3.00 for 5 miles. \$5.00 for 5-10 mile trips. Their buses are wheel chair friendly. For more information call: 800-451-4599.

- Ride in Kane has a similar service which costs \$5.00 each way. A companion can ride for

free. For more information or to be a volunteer driver call: 888-480-8549.

- Neighbors and friends. I know we are conditioned to help others but it's important to remember it's OK to ask for help! If you belong to a club or participate in scheduled activities don't hesitate to ask if someone lives nearby who can help get you from point A to point B.

- Home deliveries. Jewel, Aldi's, Walmart and Walgreens all offer services to shop your list of items and deliver it straight to your home. Easy!

Giving up our keys is a tough thing to consider but we owe it to everyone else to make a decision that will keep our roads safe.

By Laura Toffenetti
Sun City resident

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John Barrett
Columnist

Q I'm writing as a very concerned daughter who is feeling a little stuck when it comes to my dad. He's in his upper 60s, extremely active, and generally healthy, which I'm grateful for. However, recently he had a spot removed from the upper part of his left ear. Thankfully, it turned out to be benign, but it shook me more than it did him.

My problem is that my dad doesn't seem too concerned about the skin cancer coming back. He has no interest in preventative care. This worries me because he spends much of his time outdoors, and with summer approaching, that time will only increase. My dad plays in

a senior softball league, walks his dog twice a day, and spends hours in his garden. I love that he enjoys being outdoors. I just want him to take better care of his skin.

I've gently brought up sunscreen a few times, and he kind of brushes it off. He'll say he's "fine" or that he doesn't burn easily. How can I talk to him about this in a way that he'll actually hear me? How do I encourage him to take this seriously without damaging our relationship?

A Your worry makes a lot of sense. When something affects our parents' health, such as skin cancer, it can shift how we see their vulnerability almost overnight.

The upper ear is actually a very common place for skin cancer to develop. It's one of

those spots that many people overlook when applying sunscreen. We often protect our face and neck, but our ears are frequently overlooked, leaving them susceptible to developing skin issues.

I suggest using that detail as an entry point to starting a conversation with your dad. Simply stating something like, "I read that ears are one of the most common places for skin cancer because people often forget them. Did your doctor mention that?" This gentler approach keeps the tone lighter and less directive.

When you initiate the conversation, it's important to keep in mind how you communicate your concern. This isn't really about the sunscreen; it's about how much your dad matters to you. Sometimes our aging parents are more receptive when

they hear the emotion behind the "why." You might say something like, "It really scared me when you had that spot removed. I know it was benign, but it made me realize that I want you around for a long time." That kind of honesty can land differently than reminders or suggestions alone.

From there, you can help make small changes feel easy rather than burdensome. Instead of telling your dad to wear sunscreen, consider setting him up for success. A spray-on sunscreen by the door makes it almost automatic. He can simply cover himself before he heads out for a walk or to garden.

A wide-brimmed hat is another thoughtful option, especially for gardening. A wide-brimmed hat provides better UV protection than a baseball cap, as the wider brim also covers the ears,

adding extra sun protection. You can frame it as something he might like instead of something he "should" wear.

Lastly, I recommend that you loop your conversation back to his recent dermatologist visit. Encouraging him to follow whatever precautions they discussed keeps the focus on professional guidance rather than just your concern.

Remember, you're approaching this with care and respect, and that matters more than getting every word exactly right.

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

Edward Jones

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What can you do with MSDN after reading it?

If you're doing some spring cleaning, carry a copy of My Sun Day News around with you to place dirty cleaning supplies on, as you go.

Submit ideas to
mycommunity@mysundaynews.com



MSDN File Photo

To help alleviate several limitations and concerns, including spectator safety, the Tennis Club is requesting an additional court for play.

TENNIS CLUB MEMBERS REQUEST MORE COURT SPACE

By Steve Peterson
For My Sun Day News

A group of Sun City Tall Oaks Tennis Club (TOTC) members would like to have additional court time at Tall Oaks Courts.

Spearheading the current tennis club's campaign is TOTC member Nancy Fontana, with the main purpose a chance to grow the sport's initiatives.

"When the stadium club was taken from tennis and converted to solely pickleball use, it devastated many of the TATC club events," Fontana said. "The

court sits empty or underused when tennis needs it. After two years of trying to get the Charter Clubs President's Council to share the court, the TOTC is asking to share again."

Fontana and other tennis enthusiasts would like to see tennis have one court added from five to six courts. Tennis is asking for unused-underutilized times. Pickleball is not used 100 percent, neither is tennis, she noted.

"All we (tennis) are asking for is to share," Fontana said.

Sun City Executive Board Chairman Bill Niemasz issued a press release statement.

"The (Sun City Executive) Board has acted in a very transparent manner regarding pickleball and tennis issues, and everything is well documented in the minutes," Niemasz said in a press release statement. "The issues which had been raised have been reviewed by our attorney and the advice given to us is that the Board has acted within its scope of authority."

Sun City Pickleball Club President Pam White said the goal is for both groups to work together.

"I want to clarify that we are good neighbors to the Tennis Club," White said in a press release statement. "We try and share courts when we can. Pickleball uses these facilities constantly. My hope is that as a community we can all move forward in a positive manner."

Meanwhile, Sun City Tennis clubs' ef-

forts to grow the sport include: Masters, POP and Red Ball Tennis and regular tennis.

Fontana stated in an early April letter to MSDN:

"Tennis has no safety spot (for spectators) to watch their sport. Pickleball only needs five feet, but tennis needs 15 feet. Last year a tournament could not be seen except for a few people to sit between the courts where the players normally sit – or stand at a fence. It is unsafe to watch tennis without the distance the stadium court provided. An accident is waiting to happen with these conditions."

"To have 24 players for team tennis requires six courts. Tennis already forfeited two courts to pickleball years ago – dropping the amount of players from 32 to 24, with now only 20 members are able to play, it became unequal and complaints occurred. A sixth court is essential."

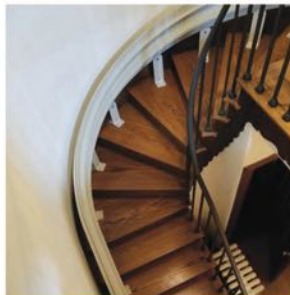
Fontana said that a pro-am tournament, which assisted two other charter clubs and Grafton Food Pantry, had to be cancelled. Also, socials had to be limited as five courts are filled at 20 participants, as well as classes were impacted.

"Again, we had to make the socials smaller and had to limit people, this is hurting our growth," Fontana said. "A total of three courts have been lost to pickleball, were all lighted courts. The pickleball club has 12 lit compared to tennis' two lit courts. This time is rarely filled except for special events."



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INVESTING IN VOLATILE MARKETS

Presented by Cheryl Red

Market volatility tests the nerves of even seasoned investors. Your rational brain may know not to overreact, but your emotional brain is susceptible to anxieties that can tempt you to stray from your investing strategy.

Fortunately, preventative steps—based on proven investing principles—can help you stay the course.

1. ASSESS YOUR COMFORT WITH RISK

If you get anxious when markets dip, reassess how much risk you can handle. Ask yourself:

- Emotionally and financially, how much fluctuation in the value of your investments can you tolerate?
- Do you need your portfolio to generate income now or in the future?

Depending on your answers, you may need to adjust your portfolio to find a mix that allows you to pursue your goals and sleep at night.

2. DIVERSIFY

When a handful of investments accounts for the lion's share of your portfolio, they can have a greater impact on its performance—for better or worse. It can be important to spread your money across and within asset classes to aim to provide a cushion when markets are volatile. Ask yourself:

- Does your portfolio's success depend heavily on a few investments?
- Are your investments concentrated in a single industry, sector, or country?
- Do you hold the same securities in different funds within your portfolio?

3. TAKE THE LONG VIEW

When markets are volatile, each fluctuation seems disastrous. But emotional reactions—like cashing out—can put you at risk for further losses. In fact, by the time you react to significant market declines, the worst may already be past. By cashing out when the market is down, you're locking in those losses and limiting your portfolio's ability to capture the recovery. Moving into cash for just one month following a significant market decline could reduce your returns by nearly 45% after one year, versus staying fully invested.*

Timing the market's ups and downs is nearly impossible. Instead, ensure your portfolio mix aligns with your risk tolerance, your holdings are diversified, and you're committed to sticking to your plan even during rocky times. For long-term investors, your time in the market can be more important than timing the market.

So, when markets get rocky, take a deep breath, think about the long term, and know that with a balanced portfolio, you're better positioned to withstand volatility.

*Source: Schwab Center for Financial Research and Morningstar. Data analyzes the five periods from 10/1974 through 3/2022 during which the S&P 500® Index fell by 20% or more. Market returns are represented by the S&P 500 Total Return Index, and cash returns are represented by the total returns of the Ibbotson U.S. 30-Day treasury Bill Index. Cumulative returns are calculated using the simple average of returns from each period and scenario. Past performance is no guarantee of future results.

Investing involves risk, including loss of principal. Diversification strategies do not ensure a profit and do not protect against losses in declining markets.

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Cheryl Red, CFP® is a Financial Consultant at Charles Schwab with over 25 years of experience helping clients achieve their financial goals. Some content provided here has been compiled from previously published articles authored by various parties at Schwab.

cheryl.red@schwab.com
847-304-8542



Sun City to honor community volunteers with pop-up ice cream social

Sun City is preparing to celebrate the heart the community: volunteers. Join in on Wednesday, June 10, from 4-6 p.m. at the Fountain View Pavilion for a special Volunteer Social Pop-Up Event.

This event is for every resident who has given their time and effort to make Sun City a great place to live. If you've helped in a club, worked on neighborhood projects, or joined a committee, you're invited.

"No matter your volunteer role, we want to use this occasion to celebrate the effort you have put into the community," said Sheri Goldstein, one of the event organizers.

Here's what you can do at the event:

- Enjoy free ice cream, served by the Board of Directors.

- Listen to a lively performance from local favorites, The Del Fossils. The group is all Sun City Residents and have

"volunteered" for this event. The Volunteer Committee appreciates their part in this celebration.

- Take part in fun activities inspired by volunteerism.

Registration is required for Ice Cream so that the event planners can make sure we have enough for everyone. Please use the code LSE945 to register online or in person at one of the Customer Service Desks at Prairie Lodge.

By Christine Such
Sun City resident

newsqu^{ick}

LIONS SEEK NEW MEMBERS

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

gardenersforum

Uprooted: common planting mistakes that harm your garden



Kathleen Carr
Columnist

Often when someone dies, we are left with one lingering question, "Why?" Sometimes the answer is painfully obvious; a terminal illness or a devastating accident. In other instances, though, the answer is illusive and never fully reveals itself. The question looms large "Why?" and the survivors may struggle with coping.

Using the analogy of a person's death when transitioning to why plants die is a fatally flawed comparison. As this is a gardening column, I ask for a wide berth while making the transition. When a plant dies those that were meant to care for it may also ask themselves, "Why?" Taking care of a living thing is a responsibility many of us take seriously. It is frustrating to have one (or

many) of those plants fail to thrive. For this column, in an attempt to answer the question of "Why?", I have developed a list of the most common reasons why plants die.

1. Overwatering - Unfortunately overwatering is the number one reason plants die in our area. Frustratingly, this very common reason that plants fail to thrive is entirely preventable. A healthy soil structure is composed of 25% oxygen and 25% water. When a soil receives too much water, it squeezes out the oxygen, and the plant suffocates. Roots need oxygen and overwatering suffocates the plants. If you have an irrigation system, I highly recommend that you use a low-profile rain gauge to physically measure how much water is being put on your flowers, shrubs and trees by your irrigation system. Plants typically need about one inch of water per week.

2. Underwatering - All of

us are aware of that parched feeling in the heat of the summer. When we feel this, we are able to get ourselves a glass of water. Plants can't do that and must rely on us and mother nature to water them. When possible, please make sure to water the root system, not the leaves of the plants.

3. Hardiness Issues - The United States is broken up into 25 different hardiness zones. Our area is hardiness zone 5b. Each hardiness zone is directly correlated to the average annual extreme minimum winter temperature. In layman's terms this is the coldest expected temperature each winter for that area. When purchasing plants make sure to look at the plant tag and determine the hardiness zone range for each plant. For example, if you purchase a flower for which the hardiness zone range is 6a-11b that plant will most likely not live through the winter and considered an annual flower in Northern Illinois.

If you purchase a flower that is labeled with a hardiness zone range from 4b-8a, that plant is considered a perennial flower and should make it through the winter. Some plants such as Japanese Maples and some Butterfly bushes are considered marginally hardy. This means that some winters they will survive while others they will not. It just depends on how cold it gets.

4. Insects - Although not common, heavy insect infestations do kill shrubs and trees. Specifically in our area virtually all of the Ash trees were killed due to an insect that most likely arrived in shipping materials from Asia. Within 15 years of it first being discovered, millions of Ash trees were dead from the destructive behavior of this insect. The much more common Japanese Beetles decimate the leaves of shrubs and trees each year. Typically, those plants due not die though.

5. Diseases - Fungal diseases such as anthracnose and verticillium wilt are present in the area. These can cause leaf spotting, early defoliation and even death. Many of these are treatable. Root rot is a disease that can also develop if the soil is too moist.

6. Environmental Conditions - Extreme temperatures, strong winds, heavy snow fall or ice can have a detrimental effect on plants. Although environmental conditions are usually out of our control, it is important to note any of these negative occurrences. Plants may need a helping hand if recovering from these through the removal of broken branches or staking.

7. Soil conditions - Poor soil and/or compacted soil may provide a difficult planting site for some flowers, shrubs and trees. Soil amendments such as gypsum, peat moss and mushroom



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Christine Such | MSDN Photo

The new Brain & Body fitness class focuses on helping stroke survivors and those with Parkinson's navigate neurological challenges.

NEW BRAIN & BODY CLASS DELIVERS SPECIALIZED FITNESS TO SUN CITY

By Christine Such
For My Sun Day News

Sun City's Fitness Department is filling a vital gap in local programming with its new Brain & Body fitness class. Led by Kelly Bertrand, Sun City Fitness Director, the session is every Wednesday at 1:30 p.m. in Studio A at Meadowview Lodge. The initiative

sparked after a Kay Osborn and Marilyn Gustafson, Sun City residents, along with a local support group, noticed a lack of specialized resources for people navigating life after a stroke or living with Parkinson's.

"There was a clear need for fitness tailored specifically to neurological challenges," says Osborn, who helped advocate for the program.

After Osborn brought the idea to Bertrand, the initiative moved remarkably fast. "I made the suggestion just before Christmas, and by January, the classes were already running." Bertrand didn't just launch a program; she collaborated with the support group to ensure it genuinely served them. By attending their meetings, she was able to customize the schedule,

including moving the class from Thursday to Wednesday, based specifically on member feedback.

As Osborn put it, "Kelly is great. She took the idea and ran with it."

Bertrand emphasizes that this class is designed for individual success, allowing participants to move at their own pace with a variety of exercise options tailored to different abilities. By working within each person's unique range of motion, the program targets improvements in balance, flexibility, strength, and cognitive health while simultaneously building confidence. Sessions begin with a chair-supported warm-up.

Bertrand said, "The chair remains nearby throughout the class, making sure it is available whenever extra support is needed."

By design, these exercises are more than physical activity; they are brain hacks that stimulate neuroplasticity, the brain's capacity to reorganize itself by creating new neural connections. Specifically, cross-body exercises involve coordinated motion across the midline of the body, such as touching the right hand to the left knee.

Bertrand said, "Every time a participant crosses their midline, they activate the thick bundle of nerves connecting

the brain's left and right hemispheres. Practicing regularly strengthens the brain's pathways, allowing the two halves to talk to each other faster."

Because the left brain controls the right side of the body, and the other way around, diagonal movements force both sides of your brain to work together. This helps improve focus, memory, and thinking skills, which are important for people with neurological conditions.

Bertrand said, "These movements help you relax right away by distracting your brain from pain or anxiety. Long-term, they help your body feel more grounded and stop you from feeling so mentally exhausted."

Each class offers an encouraging setting in which participants use games and cognitive challenges to build the balance, strength, and confidence required for daily life.

Osborn said, "What is great is that Kelly introduces new exercises, changing it up, so it is not boring, and she adjusts to the needs of the participants."

Bertrand said, "Caregivers are welcome to the classes. We want everyone to feel comfortable and, of course, more confident at the end of each class."

Ultimately, this program is focused on empowering residents to regain control and improve their quality of life, one customized exercise at a time.

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•GARDENERS

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Hopefully you never have to ask yourselves "Why did my plant die?" but I know that it is not realistic. When a plant or plants die in your yard, please try to determine the answer and then give yourself grace. We all do our best whether it is caring for humans or plants. If a plant dies, please don't feel too guilty. Gardening is an ever-evolving process and there are many more successes than failures.

If you are struggling with the loss of more than just plants, my thoughts are with you. While gardening certainly won't help you answer the question of why a loved one died, it may, over time, ease your burden just a bit.

• *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.*

iheardthisquote...

By TR Kerth
Columnist

Those who make the worst use of their time are the first to complain of its brevity.

- Jean de la Bruyere

'Destiny' hangs around people and teams who do the little things... and comes to all the victory parties — after the fact.

- Mike Schmidt

It is better to deserve honors and not have them than to have them and not deserve them.

- Mark Twain

Some people are going to leave a mark on this world, while others will leave a stain.

- Eleanor Roosevelt

What you are to be you are now being.

- William Boast



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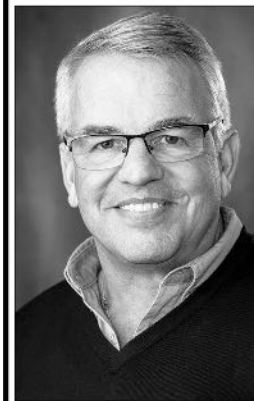
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•WORKSHOP

Mike, and Frank. We appreciated their expert help. But most importantly, thank you to the grandparents, parents, and grandkids who joined us. It was truly wonderful to see everyone working together toward a common goal.”

Of course, an event of this scale requires a village to operate smoothly. While the Woodchucks provided the technical foundation, a dedicated team of GG&Me members worked tirelessly in the wings. Nedra Reeves, Dawn Barteau, Yvonne Mulroe, Bernice Will, and Donna Gawlik managed the logistics, from registration to the final cleanup.

“This event wouldn’t have been a success without their devotion,” Mosier added. “They worked behind the scenes long before the doors opened, kept the energy strong during the event, and guaranteed every detail was handled afterward.”

The effect of these events is perhaps best depicted through the eyes of the children. Dawn Barteau shared a touching story about her grandson, Greyson Love. Like many children facing a big change, Love was at first hesitant about his grandparents’ move to the community, missing the yard he used to play in. However, the open and animated atmosphere of the GG&Me events changed his perspective entirely.

After participating in the building workshop and the recent Sun City Easter egg pool hunt, Love had a change of heart.

“I am so glad you moved, Grandma,” he told her. “The grandmas and grandpas are fun here.”

As they left the building, Love’s enthusiasm hadn’t waned. He told his grandmother that he now associates the Lodge with pure fun.

Going forward, the GG&Me Charter Club has no plans of slowing down. They are currently brainstorming with other Charter Clubs to develop more multi-generational programming that allows residents to share their lifelong hobbies with the youth.



Christine Such | MSDN Photos

Above: Kids show off their craft projects built with Woodchucks and GG&Me members.



Right: The GG&Me/Woodchucks workshop bridges generational gaps through shared crafting projects.



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Huntley Farmers Market

May 30-Oct 10 | 8am-1pm | Town Square

2026 THEME DAYS AT THE MARKET

- May 30: Opening Day
- June 6: Family Fun Day
- June 13: Antique Farm Equipment Day
- July 18: Christmas in July
- July 25: Touch-a-Truck at the Market
- August 8: Decades at the Market
- August 15: Junior Market Day
- August 22: 175th Celebration & Corn Boil with the Village Board
- August 29: Chamber Day
- September 5: Dog Day
- September 26: Oktoberfest at the Market
- October 10: Halloween at the Market

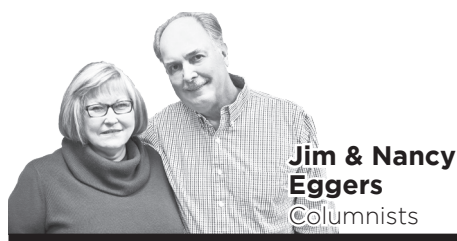
Weekly Live Music

- May 30: Grant Milliren
- June 6: DJ Don
- June 13: Andrew Huber
- June 20: HHS Jazz Band
- June 27: Matt Krahula
- July 4: Tom Ruzinok
- July 11: Andrew Huber
- July 18: Jay Highland
- July 25: Grant Milliren
- August 1: Fox Hills Music Teachers Association
- August 8: DJ Don
- August 15: Andrew Huber
- August 22: Gray Roots Band
- August 29: Justine Ewald
- September 5: Jay Highland
- September 12: Grant Milliren
- September 19: Andrew Huber
- September 26: TBD
- October 3: Jay Highland

Visit the Huntley Farmers Market page or scan the QR code for the most up to date information



thediningduo



“UMI,” OH MY

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’s hip replacement is now ancient history. Despite the best efforts of a local hospital, she is now doing really well. While she was rehabbing, her physical therapist recommended a buffet style restaurant. Since Nancy no longer requires a cane, she was free to run around the buffet grabbing copious amounts of food with both hands. The restaurant he recommended was one that has two of Nancy’s weakness’, shrimp and crab. With empty tummies we ventured out to Umi Sushi and Seafood Buffet in Niles.

We never said we were smart. We decided to travel to Niles at 4:00 on a Friday. Taking I-90 to the I-294 entrance ramp was a real joy and we “waved” to a lot of new friends. We finally arrived at the restaurant to discover a huge shopping center parking lot in front that was basically full. We finally found a spot, parked, and entered the venue.

We were impressed the minute we walked in. It was very bright and cheery and decorated with paper umbrellas hanging from the ceiling. Our mouths hung open when on our way to our table we saw wall to wall steam tables packed with food. We were seated and instructed on how to use their Hot Pot feature, where to get the freshly made ramen dishes, and then were told to “go for it.”

We walked up to the buffet, grabbed one of their luxurious disposable plastic plates, and headed off to the unknown.

“Umi,” oh my... This restaurant boasts 200 plus dishes daily and they weren’t kidding!!! With every turn we saw shrimp, snow crab legs, and crawfish prepared in different ways. They also offer such delicacies as pickled pepper chicken feet, stir-fry sea snails, and cold seaweed knots. They even had an American section with pizza, chicken nuggets, and French fries. The sushi station was huge and constantly being restocked.

For those of you who are not familiar

with a hot pot, let us explain. It is basically an Asian fondue. You get a bowl to put various seasonings in and you get to pick out your choice of meats, noodles, and tofu. You cook them at your table in a hot broth. We didn’t have the hot pot or the ramen since our brains were on overload with all of the items available. They have a small dessert section with cookies, cakes, and a freezer with ice cream sundae cups and ice cream bars.

I thought Nancy was a champ at picking the meat out of crab legs. Boy was I wrong. A diminutive older woman seated next to us had plate after plate after plate of crab legs and patiently picked out every morsel. Nancy finally gave up when her hands started to cramp up, that’s when she attacked the shrimp dishes.

To our dismay, they were light on the traditional Chinese fare, but they never said they were a Chinese restaurant.

The price of \$39.99 per person includes a soft drink. It is a deal for the amount of items available. If you want to, you could spend an entire evening pigging out on crab. Be forewarned, there is a two-hour limit on weekends.

FYI: This restaurant is handicap accessible.

The price for the biggest seafood buffet ever was \$85.75. “Umi, oh my...”

He Said / She Said

JIM’S TAKE: I really should have tried the pickled pepper chicken feet, or maybe not....

NANCY’S TAKE: After this meal, I may have to go back for physical therapy on my hand. It still hurts!!!

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

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let'sgetreel



Will Moore
Columnist

A Year of Hathaway

Almost every movie season, there is an actor that is in everything. Usually this is some newly touted talent or ingenue. But sometimes, it is just a familiar face. Anne Hathaway has been out of the spotlight a bit, sporadically turning up in projects from time to time. However, she has five major projects that will be hitting screens throughout 2026. All of which are wildly different in tone and context. Here are just the first two on display at the present moment.

David Lowery's *Mother Mary* claims it is not a ghost story and that is only half true. The A24 release sees Anne as the titular pop-star in the midst of a nervous breakdown. Unable to perform or feel comfortable even posing in her couture, Mary leaves her concert tour. She flies to England seeking out Sam Anselm, a fashion designer who as we learn helped de-

velop Mary signature style. Played with beautiful gravitas by Michaela Coel, we clearly see the complicated history between these two. By the midpoint, the film becomes mostly a two-hander. Mary and Sam circle each other, physically and metaphorically, in a barn turned design studio as a storm rages outside.

Lowery, not one for subtlety, hits every emotional clique by the finale. The effortless storytelling found in *A Ghost Story* and *The Green Knight* seems to have evaporated to a degree. That said, I was never looking at my watch but instead went along for the ride. Especially in moments like when singer FKA Twigs shows up as a medium, whose seance we see in flashback psychologically (and literally) scars Mary. Her contribution also extends to the soundtrack who along with Charli xcx and Jack Antonoff, make the most of this part-concert film. Lowery claims he was inspired partly from Taylor Swift's Eras Tour and Lady Gaga's Monsters Ball for the story and sequences. This is evident in both Hathaway's performance and her voice. Anne has shown herself a capable singer; her Oscar was won with it. And that is where this film's strengths lie.

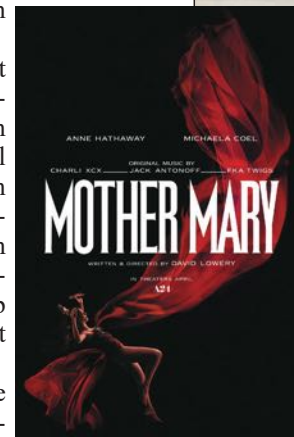
In the end, I was reminded on how much stylists and artists collaborate to create a wholly (Holy?) complete experience for the audience. Cher and Bob Mackie, Grace Jones and Eiko Ishioka; these partnerships and others facilitated great art. Here, not great but engaging art

was made.

The Devil Wears Prada 2 needs little introduction. The "chick flick" that could, it was only a matter of time before parent company Disney found a way to capitalize. There is no need to bore you with the details. Suffice it to say, the gang is back together because of the downsizing of print media and journalism (timely, I know). And this is what brings Andrea Sacks back into Miranda Priestly's sphere of influence. Stanley Tucci and Emily Blunt return to reprise their roles, in many of the same beats as the first. There are a lot of new characters but they feel more like plot devices than human beings, means to an ending.

One key component that makes this not a half-hearted attempt is the inclusion of director David Frankel and writer Aline Brosh McKenna. Their contributions help keep the film from veering off into complete fan service and cheap nostalgia. But this what this film is ultimately.

Looking back on the original, I remember working at H&M and feeling fresh eyed and new in the world. The first film was a breath of fresh air in a post-9/11 world that was more than just based on "chick lit." It was a story of a new generation coming to the big city



and learning how to grow up and navigate. It felt scrappy even as a glimpse into a glamorous life. And that dialogue is still quotable even today. This sequel is just as glossy as a Vogue cover without the depth of one of its articles, right down to Florian

Ballhaus's rich cinematic camera work. Lady Gaga commits to the bit with NYC ballroom and drag queen energy on the soundtrack. It is a fun time, but like spring florals; not groundbreaking.

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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 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

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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.

JUNE SUN CITY STRUTTERS
The Strutters present "THANK YOU FOR THE MUSIC" On Tuesday, June 9, and Wednesday, June 10, at 7 p.m. in Drendel Ballroom.

The Performances will feature Tap, Ballet and Jazz dance routines. Guest performers will be joining us also.

The Strutters group is made up of ladies with a love of dance... ranging in age from 50 to 80+. The Strutters have been dancing and performing for 25 years.

We always welcome new dancers and invite any potential dancers to join us next fall for classes in Tap, Jazz, Ballet, with levels for beginner to advanced dancers. It's a good place to try out your talents, and it's a wonderful way to exercise both the body and the mind.

TICKETS ARE \$10 EACH AND CAN BE PURCHASED at Prairie Lodge and Meadow View Lodge Fitness Desks only. Seating will

be reserved at the time of ticket purchase. Please come and join us.

MAY 28 WALKERS AND BIKERS
Walkers and Bicyclists for a Safer Community: MAY IS NATIONAL BIKE MONTH
SPECIAL ANNOUNCEMENT from SCCAH FITNESS

Cycling Safety and Trail Etiquette Fundamentals in Sun City/Village of Huntley

May 28, Birch Room, 9 a.m. to 10:30 a.m.

What will be covered... Rules/Regulations - State and Local; info on E-assist bikes - Types, Local Shops, Setting Up for Fun and Exercise; Trail Etiquette Fundamentals for Cyclists and Walkers; Cycling/Pedestrian Safety.

Who Should Attend? Cyclists/Pedestrians/Trail Users; New/Returning Cyclists; Those Considering E-assist Bikes/Trikes

More information will be available in the May Lifestyles Magazine, SCCAH bi-weekly announcements or by emailing WBSC at: wbscsg@gmail.com.

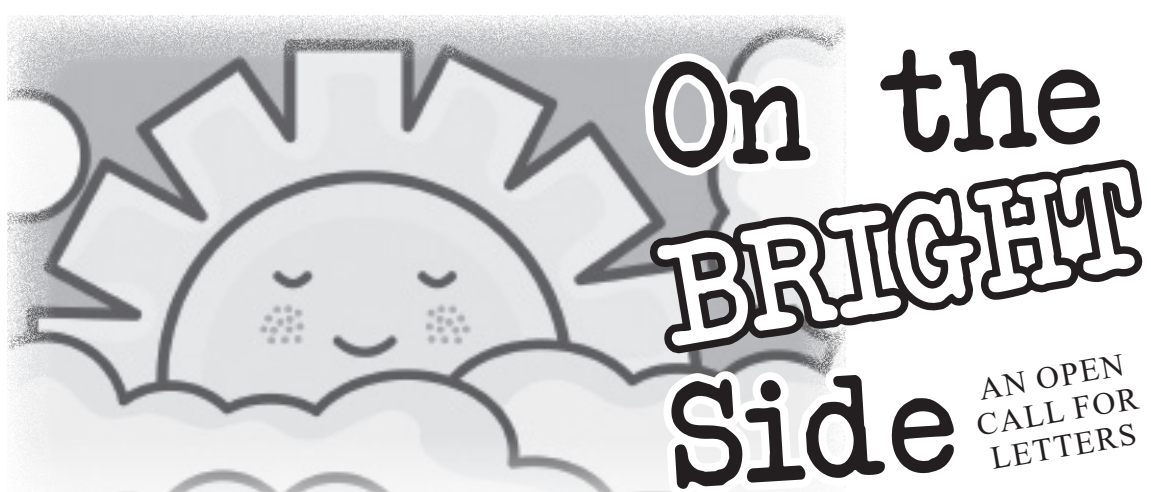
This special Fitness Event, offered by Sun City Community Association of Huntley, is a "must do" for all bicyclists and anyone that walks for fun or



exercise. Cookies and coffee will be provided. \$2.00 fee. PLEASE register online.

ONGOING POKER
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.

ONGOING BARGAN BARN
The Bargain Barn located at First Congregational Church of Huntley, 11628 E. Main St., Huntley, IL is opening the first Saturday of May. Due to its' popularity, we have added a second Saturday each month and the dates are as follows: June 8 and 20, July 4 and 18, August 1 and 15, September 5 and 19, and October 3 and 17, 2026: 9 a.m. to 1 p.m. For information about donations or volunteering call Cheryl 847-331-1463 or Nancy 815-353-0597.



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.

HIDE THE HAT LOCATION:
People's opinions are attention getters in the pages of My Sun Day News for sure, but you know what really grabs our readers' attention? Finding the hidden hat in each edition. This edition, it was behind the & in the section heading "Views & Letters on Page 8. And you may have an opinion about that if you find it or not!
Try again next edition!

VIEWS & LETTERS

transportation options: free. For more information or to be a volunteer driver call: 888-
 BER: It's easy to use and like a taxi. A 2 mile trip about \$10.00.
 Henry County has a free are (though donations are

Neighbors and friends. I know we are conditioned to help others but it's important to remember it's OK to ask for help!

THANK YOU FOR READING MY SUN DAY NEWS!

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