

# MY SUN DAY NEWS

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## qu<sup>ick</sup>shot



Despite spring chills, the Sun City softball season heats up **6**

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And that conversation was the best moment of my life **10** (story starts on 8)

## qu<sup>ick</sup>take

My knitting needles are clacking away lately **2**



Christine Such | MSDN Photo

L to R: Mike Atkocaitis, Chris Nielson, John Dwyer, and Dave Corbett make up The Del Fossils, the homegrown rock band on a mission to play in every Sun City neighborhood.

## Del Fossils dig up classic rock

By Christine Such  
For My Sun Day News

Every great rock and roll story starts with a simple spark, and for bass guitarist John Dwyer, that spark was a deep-seated passion to play. His creative drive ultimately led to the formation of The Del Fos-

sils, a high-energy rock and roll band comprised entirely of local talent. Dwyer proudly notes that all band members are Sun City residents, highlighting the tight-knit, community-based nature of the group.

The lineup came together quickly over a few months in 2025. Dwyer first recruited

Mike Atkocaitis (lead vocals, rhythm guitar) in March, an acquaintance he had met at the Sun City Fitness Center. The band expanded its sound when Dave Corbett (lead guitar) climbed aboard in April, and Chris Nielson (Drums) completed the official four-piece lineup by joining in June.

Like many legendary acts before them, The Del Fossils built their foundation from the ground up through raw dedication. Dwyer shares that they started out like every group, practicing a lot in their garages. He also credits a vital behind-the-scenes support system for

FOSSILS | Pg. 4



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lifeinfocus

# Granny Core: hobbies that slow you down (in a good way)



**Carol Pavlik**  
Columnist

Lately, granny squares have been popping up in unexpected places.

Remember granny squares? I watched my mother work her crochet hook like a magic wand when I was a little kid in the 70s. The sight of her yarn morphing into squares, which were then stitched together to become handbags and blankets is a core memory for me. So is the click-click of her knitting needles. As well as the whir of her sewing machine. As I grew into a teen, I rejected all these things, because I was determined to be more contemporary, not wanting to continue these “old lady” hobbies.

I knew something was happening a few years ago when I took my children to the local pool. A teenager was working at the counter, checking that we had our pool passes and then waving us in. I remember slowly recognizing what I saw in her hands: a tangle of pink yarn, and the familiar flash of a metal crochet hook as it looped

and dipped in and out, making a miraculous lacy design. A teenager? Crocheting? How strange, I thought.

In the years since, more granny squares popped up. A co-worker showed up to work wearing a long, flowing sweater, made of brightly colored granny squares. “I’d never be able to pull off that look,” I thought to myself, even though I admired how summery and chic it looked on her.

Just a few months ago, while I chaperoned a class trip to Colorado with my husband, who is a high school band director, I noticed a student, probably 17 years old, pull a skein of yarn and a crochet hook out of her bag while we traveled on the bus.

Do a quick search for “grandma hobbies,” “grandmacore,” or “granny chic,” and you see mentions of it everywhere: TikTok, The Today Show, articles in home and garden magazines. A segment on NPR about how Gen Z was finding new ways to relax referenced Cassandra Dominick, a therapist from Arkansas who wrote her thesis on “Knitting as a Therapeutic Group Technique with 4th Grade Elementary School Students.”

As the mental health crisis

among youth and adults ratchets up in our country, the antidote seems to be startlingly familiar: these slow hobbies, (known previously as “hobbies”) have become innovative just as much as being nostalgic. Things like bird-watching, embroidery, knitting, sewing, gardening, and baking are all the rage, and are no longer seen as bygone pastimes.

My knitting needles are clacking away lately, and as I read more about the benefits of these slow hobbies, I realize that what I’m feeling while I count stitches isn’t just my imagination; it’s science. Making something with my hands is so satisfying, and I’m finding it easier to get in the state of flow, that fabulous feeling of complete focus and immersion in something that feels good. Even making mistakes is somewhat satisfying: I’m more likely to stop, go back, figure out where I made the mistake and either rip out stitches with abandon, or carefully “unknit” until I return to the trouble spot. The satisfaction I feel of smoothing out an uneven or dropped stitch is exhilarating.

My current project, a soft baby blanket, sits in a basket next to my favorite chair, and I look at it fondly throughout the

day. I love watching the pattern emerge, I love feeling the soft yarn slip through my fingers, and I think of the sweet baby, not yet born, who will some day be swaddled in this fabric that I created with my own hands.

When I knit, or bake, or garden, I feel connected: connected to my ancestors as well as connected to the earth. I stop feeling fidgety and my mind settles. This trend, or more accurately, this return to something that’s always been available to us, is the thing that could make all the difference. These are activities that can be done all alone, or with others, and the skills transcend time and generations. They are cozy, accessible, and portable. They can be completely analog, or they can come with the added innovations of YouTube tutorials, knitting apps, and online meetups to find others with the same interests.

It turns out the newest version of handheld devices don’t have chargers, don’t need wi-fi, and don’t require a monthly subscription. The newest handheld devices are far more revolutionary: needles, hooks, and garden trowels.

Here’s looking at you, Grandma — you righteous rebel.



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## Find the Hat

**ARE YOU REMEMBERING TO LOOK FOR THE HIDDEN HAT IN EVERY EDITION?**



The views in these letters are the writers' own.

not have to acknowledge the chaos that is currently making life difficult for many people in this country and, unfortunately, globally. It is what it is and burying one’s head in the sand won’t change it.

**Judy Haggengjos**  
Sun City resident

In response to Russell Duller’s request for the My Sunday News to drop the political place column I genuinely hope the publisher will not honor such a request. If Mr. Duller is upset by political letters, then I would respectfully suggest that he not read them. It is a newspaper’s duty to report the news. In the case of this particular publication, it is the local news of the community. But we, as citizens and readers, have a right to present our political beliefs whether for or against. Sometimes the letters can be upsetting, but they are always thought-provoking.

It sounds as if Mr. Duller would prefer to wrap himself in niceties and

Russell Duller’s Hang Your Hat submission is spot on. I wholeheartedly, 100% agree with his request to drop the Political Place column. Very seldom is there any positive message included within the column. We hear and read enough negative news on a daily basis from other sources and it is very difficult to sort out what is truth and what is untruth and what is strictly opinion. So, please sincerely consider dropping Political Place - maybe replace it with a humorous (joke) column. Thank you.

**Rebecca Ogan**  
Sun City resident

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**Friday, July 17 | 1 p.m.**  
**Jessica Michna Presents:**  
***Edith Galt Wilson***

It's 1925, and Prohibition and the Roaring Twenties have begun. The stock market is booming; Hollywood is cranking out silent films; there is bathtub gin and *Flaming Youth*. Mrs. Woodrow Wilson has greeted another year quietly after the death of the president in February 1924. Listen in as Edith Galt Wilson sits alone, answering hundreds of letters of condolence.

**Friday, July 31 | 1 p.m.**  
**Tim Wilsey Presents:**  
***Life Inside the Chicago Mob***

Join mafia historian Tim Wilsey as he takes you behind the curtain of one of the most powerful organizations in U.S. history, the Chicago Outfit. Tim will discuss how the organization changed after Al Capone's arrest, its success in going underground, and some of the most powerful leaders.

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•FOSSILS

their early success, adding that they are lucky to have wives who not only put up with their practices but truly enjoy coming to see them play.

The Del Fossils found the perfect breeding ground for their music right in their own backyard, capitalizing on a community built for connection.

“I couldn’t have made this happen anywhere else but Sun City,” Dwyer reflects. “We are all in the same stage of life here, and where else could you find guys living within just a few miles who want to play in a band and a crowd keen to hear them?”

That built-in local support proved powerful when the band booked their first major gig. Dwyer remembers pitching the group to a popular local spot.

“I went to Sammy’s and offered to play, promising them that we would pack them in,” he said. “They had us play, and the place was packed. They had us come back for more performances. From there, we just exploded.”

Since that initial break-

through, the band’s local footprint has grown rapidly. They have taken the stage at the American Legion in Huntley, as recently as May 27, and regularly perform at vibrant Sun City neighborhood parties inside the community Lodge, filling rooms such as the Birch Room, the Cedar Room, and the Drendel Ballroom.

It occurred during one of these high-profile neighborhoods sets that Dwyer experienced the defining moment of his musical journey.

“Our youngest son, who lives in San Diego, has been interested in the band,” Dwyer shares. “I was telling him about my excitement at performing on stage in the Drendel Ballroom. It was on April 25 for the Neighborhood 36 party. I got an unbelievable surprise; I saw someone walking into the room that looked like my son, and it was him. My wife was in tears when we realized it was him. He flew in just to see me perform, surprising both of us. He flew back the next day. It’s a moment that I will never forget.”

The Del Fossils thrive on delivering a nostalgic energy

that keeps audiences on their feet, specializing in classic rock and roll hits from the 1960s through the 1980s. Whether they are performing for a community event like Drinks on the Drive or a private celebration, their musical formula is intended to ignite memories.

“We get people up and moving around,” Dwyer says. “We play their music, the ones we all heard when we were younger, some favorites are ‘Glad All Over’ by The Dave Clark Five and ‘(I Can’t Get No) Satisfaction’ by The Rolling Stones, ‘Sweet Caroline’ by Neil Diamond. We play songs that people want to hear.”

This crowd-pleasing approach has made the band a staple of the Drinks on the Drive. They have already brought their high-energy, hour-long sets to ten different neighborhoods, turning everyday driveways and garages into makeshift concert venues. “It’s a lot of fun, I am lucky to play with good musicians,” Dwyer adds.

As they look ahead to their upcoming schedule, the band shows no signs of slowing down. They are set to kick off the new sea-

son with a performance for Neighborhood 30, followed by a high-profile community appearance on June 10 at the local volunteer pop-up event.

The volunteer pop-up event is open to anyone who has volunteered in the community, at an event, in their neighborhood, or at a charter club function. Designed specifically to show great gratitude for the community’s volunteers, the event will feature a special live set by The Del Fossils, who volunteered to perform for free.

The appearance fits perfectly with the group’s larger mission to share their music across the entire community.

“Our goal is to play at Drinks on the Driveway in all of Sun City’s neighborhoods,” Dwyer explains. “We have scheduled approximately 20 different neighborhoods by the end of 2026.”

• *Neighbors can actively help the band reach this incredible milestone. To book the band (at a generous rate of free) and help them perform in every single neighborhood, call John Dwyer directly at 547-774-0919.*



# On the BRIGHT Side

Letters about kindness found in the Sun City Community

I live in Neighborhood 21 and have the most amazing neighbors I’d like to tell you about.

My entire block is so friendly, helpful and outgoing, always. In particular, I’d like to mention a few of my wonderful neighbors, whom I could not leave home without. My husband recently passed away and I have been utilizing my time with traveling. Several of my wonderful neighbors volunteered to watch my beloved cat while I am away, a true godsend. My next-door neighbor even made a wonderful spread sheet with the daily duties. I would like to thank these wonderful ladies: Carol, Cheryl, and Gerry for their help and love.

**Deborah Kummén**  
Sun City resident

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- 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: 175<sup>th</sup> 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
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- October 3: Jay Highland

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## theviewfromplanetkerth



TR Kerth  
Columnist

# All roads lead to Bugtown

Let's talk about bugs, shall we?

Well, technically it's not actually bugs I want to talk about—it's bacteria. But if I started by saying that, you might have stopped reading by now.

But wait! It's not the bad bacteria bugs I want to talk about. It's the good ones. And yes, there are plenty of good ones to talk about.

You're probably sick of hearing about the bad bugs lately, right? Like the Hantavirus that plagued the MV Hondius cruise ship while making stops halfway around the world. Or the rapid outbreak of a new Ebola strain in eastern Congo. Or the Lyme disease carried by more than 50 percent of blacklegged ticks tested in our own eastern seaboard states — in this, the tick-iest year in decades.

So, yeah, let's not talk about those bad bugs I promised I wouldn't talk about just before I wrote a whole paragraph talking about them.

Let's chat about our friendly microscopic bug buddies instead.

When it comes to good bugs, recent research on bacteria suggests that our bodies are little more than high-rises for helpful microbes to live in and keep things running as they commute to and from work every day.

The "property" that you consider your body to be—the cells that make up your organs, fluids, bones, hair and tissues, with your DNA inside of them — are only a small part of what it means to be a living organism. In fact, the 30 trillion cells in your body are outnumbered by the 39 trillion bacteria that have taken up residence inside and outside of your own personal zip code.

So, in a way, you're more bug than body.

Go ahead—Scratch. Gargle. Take a shower. It won't make any difference. They're in you. They're on you. And as a matter of fact, according to scientists like Stanford's David Relman, they are you.

Take your guts, for example. Digestion would be virtually impossible if it weren't for the microbes living in there, getting the job done for you. Kill all the bugs, and you're in deep trouble.

That happened to a lady I know, when a well-meaning doctor flooded her system with a massive dose of antibiotics to kill off some bad bugs inside of her, a gemy street gang wilding in some dark neighborhood of her downtown tummy. The doctor cleared the punks out of town all right—along with all of the law-abiding citizens of her bowely bugtown.

The result? She was at death's door

for several months until the doctor figured out a way to lure more good bugs to her gastric ghost town. Progress was slow at first as the bacteria set up a new government and formed welcoming committees and park districts to attract other civic-minded bugs. But now she's up and running again, after an arduous internal urban renewal.

Our microbial populations begin at birth, when the city of our body is nothing more than a shack down by the river. With our first breath, a land rush is on. Gemy immigrants of every description flood into their new housing development, and our immune system screens them as they come in. If they seem harmless, we welcome them. If they're helpful, we put them to work. But if they act a bit shady, we drive them to the city limits and tell them not to return.

After a few years, we come to know which bugs are neighbors and which are strangers, and our immune system rejects any bug that we don't recognize — whether they're friendly or not.

That's why babies who are raised in antiseptic environments often develop allergies and asthma later in life. If you've never met the kind of bacteria that live on a cat before, there's a good chance that you'll sneeze them out of town if you meet them later in life. They're not bad bugs — not really. Other people get along with those bugs just fine. It's just that they're not "our kind" of bug, because we've never met them before.

In other words, by the time we reach adulthood, we're all microscopic racists when it comes to discriminating against bugs that we haven't played with as children.

What's more, scientists now tell us that there are certain bacteria associated with the foods that we prefer to eat. That might not sound too astounding — until you learn that it is the bacteria themselves that tell you what you have a taste for.

Got a craving for chocolate? That's because you have an excess of a certain bacterium, sending out the signal to your brain. Whether you choose celery or a Snickers bar for a late-night snack depends on which bug-party shouted loudest for room service.

That's bad news to those who like to think that we're making all of our choices from our own free will, with no help from microscopic puppet-masters. After all, if bacteria can send us on a late-night donut run, what else can they get us to do? It wouldn't surprise me to learn that some high-ranking politicians get elected because of buggy-headed voters.

That would explain a lot, wouldn't it?

In any case, it seems that we're stuck with the situation whether we like it or not. You couldn't kill all the bacteria in your body if you tried — not without killing yourself in the process.

No, the bugs have moved into town, and they're here to stay.

Some people have even begun to embrace the idea. Dannon Activa yogurt, for example, boasts that you are improving your digestion by downing billions of their beneficial Bifidobacterium anamalis microbes with every container.

Yum! Welcome to the neighborhood!

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



Steve Peterson | MSDN Photo

The Adjusters and Coyotes congratulate each other after season opener.

# SOFTBALL CLUB GAMES PROVIDE FUN FOR ALL

By Steve Peterson

For My Sun Day News

After a break for Memorial Day, it's back to three days a week of softball fun for Sun City Softball Club players, fans and umpires, at Veterans Memorial Field. Fortunately for the increasing crowds, light jackets have replaced the blankets.

"It's always interesting," umpire Andy Derus said before the 16-inch evening league season opener, umpiring with Jeff Williams. "I used to umpire high school softball and baseball in Roselle."

It was an exciting season opener, although on a chilly night for mid-May. The Adjusters, with many enthusiastic fans on hand, rallied for a 6-5 win from a 5-1 deficit. Later, Adjusters and Coyotes team members said 'good game' after the season opener in the Sun City 16-inch evening league.

"Rupert" the dog watched with owners Paul and Wendy Flentge at the Sun City 16-inch softball evening game.

Early season league leaders had the Travelers and Mustangs tied for first in the 16 inch evening circuit at 2-0, followed by the Lumbarjacks, Monarchs, Capitals and Adjusters at 1-1; Coyotes and Hurricanes are 0-2. The 12-inch league had the Mobilizers ahead, 1-0, followed by the Molars, 1-1 and Centurions, 0-1. The Bucklisters led the three-team 16-inch group at 1-0, followed by Sluggers, 1-1 and Money Bags, 0-1.

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ihheardthisquote...

By TR Kerth  
Columnist

*In matters of style, swim with the current; in matters of principle, stand like a rock.*

- Thomas Jefferson

*What we do upon some great occasion will probably depend on what we already are, and what we are will be the result of previous years of self-discipline.*

- Liddon

*The greatest triumphs of propaganda have been accomplished, not by doing something, but by refraining from doing it. Great is truth, but still greater, from a practical point of view, is silence about truth.*

- Aldous Huxley

gardenersforum

Perennially delightful: lifelong learning through gardening



Kathleen Carr  
Columnist

Perennial flowers are a mainstay of most landscape settings. They add color, extend the bloom times, and can be low maintenance. Perennial flowers also improve the quality of the soil and act as food sources for pollinators and insects. The availability, selection and reliability of perennial flowers is the direct result of several very high-quality growers in our area. For this week's column, Brad Gillie, a representative of Hoffie Nursery, has agreed to answer a few questions. Hoffie Nursery is a local, wholesale only grower whose plants are sold under the name 'Perennial Quality.'

**Brad, can you please tell us a bit about your personal and professional interests in gardening?**

I started at Hoffie in 2023 with no horticulture background or education. Since I started working at Hoffie I have discovered that I really enjoy being out in the garden whether I'm putting a new plant in the ground, watering or pulling weeds. I have found a new hobby and enjoy the therapeutic benefits of taking care of my home garden. My professional interests in gardening come in many different forms like attending trade shows or different events throughout the year. I enjoy it when I get to take pictures of plants for customers and of course being able to walk through the greenhouses and hoop houses during the growing season. Being able to help in different areas of the Nursery operation like making deliveries during the season allows me to meet our customers in person and see how their business operates. Always learning new things is important to me both personally and professionally.

**Is there one perennial flower that you view as a must have in the garden?**

I would lean towards Echinacea (Coneflower) as a must have in the garden. They are native plants to North America and are a favorite of pollinators, such as bees and butterflies. Echinacea are hardy in USDA zones 3-9 and are easy to grow which makes them a great choice for beginner gardeners. Echinacea flowers bloom in a variety of different colors, including pink, purple, white, yellow, even some red and orange varieties too.

**Unfortunately, as most of us have heard, our butterfly population is in decline. What types of plants tend to support our butterfly population?**

There are many perennial plants that help support our butterfly population. *Asclepias tuberosa* (Butterfly Weed) is the first one that comes to mind. Some other perennials that support the butterfly population are *Asters* that provide vital late-season nectar for migrating monarchs and other species. *Echinacea purpurea* (Coneflower) attracts a wide variety of butterflies. *Liatris spicata* (Blazing Star) are high-nectar, deer resistant and native. *Monarda fistulosa* (Bee Balm) is another perennial that attracts many pollinators.

**Herb gardening is becoming more and more popular. Do you have any recommendations to gardeners who would like to grow a few herbs this year?**

Herbs are easy to grow and the key to success is making sure you have good sunlight, soil and the right container. I would recommend growing a few different herbs in containers on your patio, porch or deck near the house giving you quick access to harvest the herbs for use in your kitchen.

**There are many different types of perennial flowers. They can be grouped by their life cycle. What are the differences between annual, biennial and perennial plants?**

Annual plants complete their life cycle in just one year. They germinate, grow, flower, produce seeds

and die all within a single growing season. Annuals will need to be replanted each year which gives gardeners a chance to mix it up year to year. Biennial plants complete their life cycle over two years. In the first year they typically focus on growing leaves, stems and roots but they don't flower. In the second year, biennials flower, produce seeds, and then die after completing their cycle. Perennial plants can live for multiple years. Perennial plants typically bloom for a specific period during the growing season, but unlike annuals, they return year after year without the need for replanting.

**Color from perennial plants often comes through the flower petals. Some plants, though, offer spectacular color through their leaves. What do you consider to be a few plants with brightly colored foliage?**

When it comes to brightly colored foliage, I think of *Heuchera* (Coral Bells) weather it's *Heuchera v. 'Citronelle,'* *Heuchera 'Georgia Peach'* or *Heuchera 'Electric Plum'* to name a few. A few others I would consider if looking for brightly colored foliage would be *Hakonechloa m. 'All Gold,'* *Sedum r. 'Angelina'* and *Athyrium n. 'Pictum'* (Japanese Painted Fern).

**Thanks, Brad. How might our readers be able to find out where to purchase the plants grown by Hoffie Nursery?**

As you mentioned at the start Hoffie Nursery is a wholesale only perennial plant nursery. Below is a link for readers to see where they can purchase plants grown by Hoffie Nursery.

<https://www.hoffienursery.com/Where-to-Buy>

• 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](mailto:Kathleen@thegrowingscene.com). Have a gardening question? Please contact her. She may address it in an upcoming column.

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# Bridging generations: how Sun City residents and Huntley students are building connections

Christine Such & MSDN File Photos

By Christine Such  
For My Sun Day News

A remarkable partnership is flourishing in the Huntley community, bringing together the rich life experiences of Sun City residents and the energy of local youth. What began as a strategic goal by the Sun City Board of Directors to deepen ties with Huntley High School (HHS) has grown into a successful collaboration involving students, teachers, volunteers, and residents throughout the district.

Sun City's Sew-n-Sew members visited HHS to host a hands-on crocheting workshop. Beyond sharing their skills,



Sew-n-Sews teach crocheting to HHS students.

they gifted the students with hand-crocheted bags equipped with starter tools.

The result was immediate; one student was so inspired by the experience that he decided to launch his own personal crochet project over spring break. Jaclynn Avner, industrial sewing instructor, is so grateful that these volunteers are sharing their skills with her students. In her education internship class, Sun City's retired educators had the opportunity to mentor students, helping with lesson plans and sharing their classroom experiences.

"Their perspective is so valuable to the up-and-coming educators," Avner stated.

The partnership is also taking on high-tech dimensions. Sun City railroad club



Sun City Model Railroad Club President presents to Huntley High School engineering students.

members are currently working alongside architectural students to 3D-print models of downtown Huntley buildings. Con Moore, class of 2026, one of the creators of the 3D models, stated: "Being

involved in the creation of the 3D models of the downtown Huntley buildings is our way of leaving a legacy from Hunt-



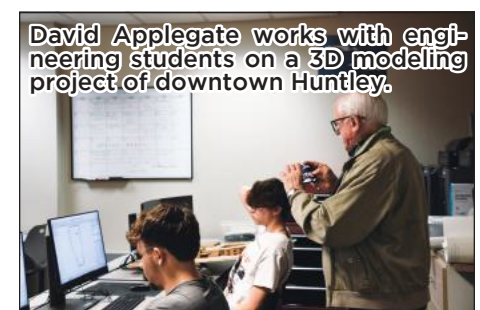
HHS students visit the Sun City Railroad Club.

ley High School Engineering Academy to the residents of Huntley." Meanwhile, other tech-minded retirees are utilizing their professional backgrounds to serve as judges for the Engineering Academy's Design & Development Capstone presentations.

Connections are thriving outside the traditional classroom as well. The high school's fishing coach has teamed up with the Sun City Anglers club for joint activities. For those involved, these programs are about much more than just passing the time. They are about forming links between different eras of American life. "These generations are building

meaningful connections," says Dolores Fischer, a Sun City resident and dedicated volunteer at the high school. "Whether guiding students in career exploration, sharing life experiences, mentoring, serving as Pen Pals, or reflecting on their military service, these partnerships create a lasting and meaningful impact. They enrich the educational and personal growth of students while also leaving a profound and rewarding impression on the residents of Sun City."

While the large-scale programs are impressive, it is often the individual relationships that leave the deepest mark.



David Applegate works with engineering students on a 3D modeling project of downtown Huntley.

A key connection grew from the Oral History project at Heinemann Middle School, coordinated by teacher Todd Ary. Through the project, middle school

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## askanangel



**John Barrett**  
Columnist

**Q** I'm a grandmother in my 60s, and I find myself in a situation I'm both excited about and quietly worried over.

My daughter recently returned to work full-time, and with summer break approaching, she's asked if I can care for my grandson for most of the summer. There will be a couple of weeks here and there when he attends day camps, but otherwise, he'll be with me during the weekdays. I truly am looking forward to the extra time with him. He'll have finished kindergarten, and he's in a fun phase of life right now.

That said, my daughter and I have very different parenting

styles. She tends to be more gentle and hands-off, while I come from a generation where expectations and boundaries were clearer. When I visit them, I make a point to keep my opinions to myself and stay out of discipline-related moments.

Although I've babysat my grandson for shorter stretches, a full summer is different. I can already imagine situations where I'll need to step in, set limits, or correct behavior. I worry that if I handle things my way, it may upset my daughter or create tension between us.

Do you have any words of wisdom to help me navigate this sticky situation?

**A** It brings me great joy to hear about your willingness to step in and help your daughter this summer. Not only will you be helping her, but

you'll also have amazing opportunities to create meaningful moments with your grandson.

I understand your concerns about differing parenting styles. The good news is that with a little planning and some honest communication upfront, this summer can be smooth sailing.

The most important step to take is to have a calm, direct conversation with your daughter before summer begins. Frame it as planning, not criticism. Let her know that you're looking forward to watching your grandson and want to make sure that you're both on the same page. Ask specific questions, such as what expectations she has around discipline or what consequences she's comfortable with.

At the same time, it's perfectly reasonable to establish clear boundaries and structure within

your home. You're not a visitor in this situation; you're the one providing daily care. It's okay to inform your daughter and grandson that there will be certain house rules in your home to help the day run smoothly.

Consistency is the key to a successful summer. Since your grandson is already coming off some structure around the school day, use that to your advantage. Create a simple daily routine to help provide predictability and ward off behavior issues before they can start. Kids thrive under routine. Your daily rhythm should include regular mealtimes, outdoor play, enriching activities, quiet time, and perhaps a regular outing. This routine should emphasize allowing your grandson to move, play, and burn off energy, instead of confining him.

When discipline is needed,

aim for clear, calm responses rather than reactive ones. Establishing appropriate consequences with your daughter ahead of time, such as taking away screen time, will give you confidence to follow through.

Finally, give yourself some grace this summer. You're stepping into a meaningful role, and it's okay if there are a few bumps along the way. What matters most is that your grandson feels cared for and that your relationship with your daughter remains grounded in respect and communication.

Handled thoughtfully, this summer could strengthen both.

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

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## SHELDON CLARK'S CREATIVE CORNER

### What can you do with MSDN after reading it?

Summer heat is almost here. And so is hot car leather. Keep a copy of the Sun Day on your seats when you're out to keep the seat fabric cooler and enjoy a comfortable ride home.

Submit ideas to  
[mycommunity@mysundaynews.com](mailto:mycommunity@mysundaynews.com)



Sun City resident Mary Kozy meets with her pen pal.

• VOLUNTEERS

student Kevin Elias was paired with Sun City resident Bob Olesen. What started as a standard school assignment quickly became a significant milestone for Elias.

"I had the greatest conversation with Bob," Elias shared. "He was so calm and told me all about growing up." During their chat, Elias mentioned his increasing interest in golf. Moving well beyond the scope of the school project, Bob put together a complete set of golf clubs for the young student to help him pursue the game.

For Elias, the generous gift was just as meaningful as the mentorship itself. "I love this sport now," he said, thinking about the experience. "And that conversation was the best moment of my life."

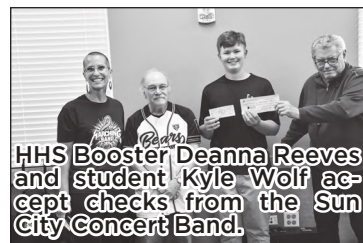
A unique letter-writing initiative is proving that important connections can span generations, even

without a major on-site volunteer commitment. Renae St. Clair, HHS teacher and Medical Academy coordinator, launched the Pen Pal Program, pairing HHS Medical Academy students with local community residents. Through the traditional art of handwritten letters, the participants narrated stories, built friendships, and bridged the age gap. The correspondence helps students enhance essential interpersonal and sympathetic skills required for their future medical careers. The rewarding experience culminated on April 27, when the pen pals finally had the opportunity to meet face-to-face, celebrate their bonds, and share a special moment together.

St. Clair established the Basic Nursing Assistant Class Advisory Committee to launch an on-campus training program, eliminating the need for students to commute to McHenry County College (MCC). To ensure the program satisfies

professional medical standards, St. Clair partnered with the Del Webb Nurses Club. This club of experienced nurses assists with the initial program development and provides ongoing support to both instructors and students. St. Clair said, "This relationship doesn't stop there. The Del Webb Nurses Club has also helped as mock patients for our Physical Education Physical Therapy Class, they have come in to be guest speakers to a small group of students in the college and careers office, they have come for Entrance Interviews and Senior Exit Presentations for the Medical Academy, and they have provided scholarships to two prospective nurses from our Medical Academy."

Other Charter Clubs have also provided financial support; the Sun City Band gave a check to the HHS Booster Club, while the Del Webb Nurses Club, Future Nurses, Sunflower Garden Club of Sun City, and Tall Oaks Tennis Club awarded



scholarships to HHS students. Laura Martens, Huntley High School College & Career Counselor, said, "The generosity of Del Webb continues to have a significant impact on our community. By investing in scholarships for our high school seniors, they're not just supporting education — they're helping mold

the future of our next generation. We're extremely grateful for their devotion to our students and their success."

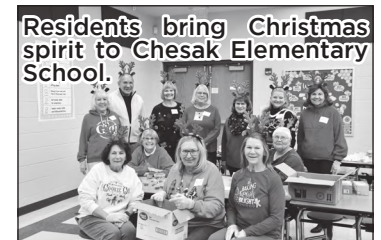
There are so many opportunities to get involved. During recent holiday events, dedicated residents stepped up to support school activities, making certain that young families could fully engage together. Intergenerational learning took center stage at recent school events aimed at honoring local service members. Through breakfast gatherings, students had the unique opportunity to interview local veterans. This direct experience allowed the younger generation to learn history directly from those who lived it, encouraging strong admiration and understanding.

The devotion to youth development reaches directly into classroom reading initiatives. Sun City residents are part of mentor programs, making a measurable difference in early literacy. By pairing enthusiastic mentors with young learners, these programs do more than improve reading skills — they build confidence, promote a love of books, and provide students with encouraging role models.

Local culinary talent recently faced off in an exciting smashed-burger contest. A Sun City retired chef served as a judge for the event, evaluating entries for flavor, technique, and presentation. The competition concluded with top honors going to an exceptional hamburger design, which earned a special feature on Jameson's menu for local food lovers to enjoy.

The bond between Sun City and

the local school district promises to grow even stronger, proving that a community is at its best when its youngest and oldest citizens learn from one another. Each one rep-



resents an essential opportunity for meaningful interaction. As HHS students and Sun City residents continue to share their time and wisdom, they pave the way toward a more connected and helpful community for all generations. Through common experiences, mentorship, and service, students and residents are building relationships that link generations and create a more connected, caring community for everyone.

Apart from academics, residents continue to volunteer at school events, mentor young readers, and support activities that bring families and students together. Whether helping in classrooms, judging competitions, or simply giving encouragement, these volunteers are helping students gain confidence and discover new opportunities.

• Residents interested in becoming involved with programs in the Huntley schools are invited to contact Eileen Delahanty for more information and volunteer opportunities at [edelahanty@district158.org](mailto:edelahanty@district158.org).

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# Circadian Rhythm II

## How to fix out-of-sync biological clocks

By Joan Davis, RN  
For My Sun Day News

Last month's Health News Report summarized recent research on how the human body responds to the daily cycle of light and dark through a

master clock nestled near the optic nerve. This clock responds to that circadian rhythm sending hormonal signals to all regions in the body throughout the day. Without your awareness the master clock sends out melatonin to promote sleep and decreases that hormone to wake you up each morning. But that circadian rhythm

does not stop with just awake/sleep influence.

Based on that same rhythm, after decades of research, scientists can now predict when and how body functions fluctuate during the day. That is why your temperature rises in the early morning; why your brain is the sharpest about 9-11 a.m.; why digestion is most active 12-2 p.m. (when a larger meal can best be handled by your GI system). Circadian rhythm explains why most people have a natural dip in energy about 2-4 p.m.; why your blood pressure starts rising early in the morning, usually about an hour before you wake up, and continues to rise throughout the day, usually peaking about midday, then drops down at night and when you sleep.

And it's not just the master clock in the brain that is directing body functions. New research has discovered that we have peripheral clocks as well. In fact, in humans nearly every tissue and organ has its own rhythm, ideally in tune with the brain's central clock. Our hearts run on a clock; so do our lungs, kidneys, livers and especially our microbiome.

### What can cause our circadian rhythm to become out-of-sync?

Since our master clock is the primary regulator of body function following light and dark influence, traveling across time zones with changing dark/light times can disrupt our circadian rhythm, resulting in jet lag. A trip to Hawaii or Australia may require a few days of rest before your body adjusts to your more normal healthier rhythm. Likewise late-night hours and lack of recommended sleep can also cause rhythm problems.

And although light/dark cycles have the biggest effect on our body's rhythm, exercise and food intake can also influence metabolism resulting in lack of master-peripheral clock syncing. This is true especially for our microbiome. It turns out the human body is programmed to metabolize food earlier in the day. When we eat well after sundown, or munch on high fats late at night, we throw off the

delicate timing of our microbiome.

### What's so hazardous about weak or out-of-sync circadian rhythm?

A March 2026 Northwestern research study just confirmed the danger: "Circadian Rhythm Causes Metabolic Dysfunction in Fat Cells." Senior study author Dr. Joseph Bass had previously shown that a high-fat diet can lead to disruption of circadian rhythm. Bass explained "The genes that program our circadian clock have been identified and be manipulated to investigate how and where in the body (they work to) contribute metabolic disease and even cancer." Such gene manipulation focusing on body clocks is an example of two emerging new fields of biology; chronobiology (Clarifying how timing, metabolism and even gene manipulation can improve human functioning) and chronobiology (Determining most effective time for drugs). For example, properly timed chemotherapy can make toxic cancer drugs five times less toxic while twice as effective.

### Readers Takeaway

Keeping natural body rhythms healthy and keeping our central and peripheral clocks in sync are important health goals, although for sedentary night owls and nighttime eaters these recommendations will require some discipline. Here are six tips from the NIH article appearing online: "Improving Circadian Rhythm Dysfunction." You can access this article to get more details to keep those clocks in sync.

- Keep a regular meal schedule (& minimize high-fat foods, esp. at night)
- Start a regular bedtime routine (and get between 7 and 9 hours of sleep per night)
- Avoid daytime naps
- Get regular physical activity
- Limit caffeine, alcohol, nicotine, and some medicines
- Manage your exposure to light. (That includes screen time)

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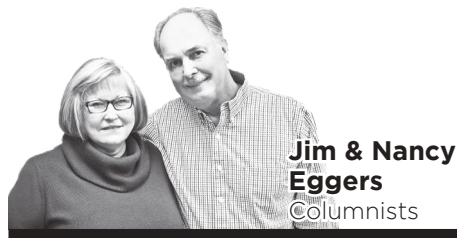
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thediningduo



**Jim & Nancy Eggers**  
Columnists

No soup for you

*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.*

It's that time of year again, when a trip to our ophthalmologist is necessary. My arms weren't long enough for me to read a book. Jim's eyes are so bad (How bad are they?), when he went to take Rosie for a walk, he put her harness on backwards and couldn't figure out why she only had one eye! After our examinations, we hurried off to get our new frames and lenses. Sparing no expense, we went to Sam's Club. All of this activity worked up quite an appetite so we decided to stop at a nearby restaurant called Around the Clock Restaurant and Bakery in Crystal Lake.

We had to drive "around" the Around the Clock Restaurant's parking lot before we found a parking spot. Looks can be deceiving, and this restaurant is much bigger on the inside than it appears on the outside. When you walk in your eyes are immediately drawn to their bakery counter. You start thinking of dessert before you're even seated. You ask yourself, "Self, should I have the strawberry whip cream pie or the Dutch apple pie?" Everything looked delicious.

They have an extensive menu with breakfast items (served "around the clock"), stir-fry's, sandwiches, salads, and complete dinner offerings with several daily specials.

Today, Nancy felt adventuresome and went with the Philly Beef Sandwich (\$14.45). This was sliced roast beef with grilled onions, red and green peppers, mushrooms, and mozzarella cheese on a French roll, au jus served on the side. (I nixed the mushrooms since I like fun guys, but not funghi (old joke, sorry...)). You can "deluxe" any sandwich for a \$2.95 upcharge, and that's exactly what Nancy did. Making it deluxe comes with your choice of potato, onion rings, or fruit, and a cup of soup. For an extra dollar Nancy went with a bowl of their French Onion soup and wanted the ooey gooey mozzarella on top for 0.99 more. The croutons in the soup made it even better. This is now her favorite place for French onion soup. The Philly steak

sandwich was also awesome, even their fries were not coated with cornstarch, as is the trend now in most restaurants, and were delicious.

Jim had a taste for breakfast, but he also wanted the French onion soup. I looked at him and said, "What's wrong with you? You can't have soup for breakfast. No soup for you!!!" He begrudgingly decided on the French Connection (\$13.49) which was two eggs, two sausage links, two strips of bacon, and two triangles of French toast. He enjoyed his breakfast, even though I wouldn't let him have soup. It seems to us that lunch and dinner is the way to go at this restaurant.

Around the Clock will remind you of your favorite neighborhood family restaurant. They offer good food and good prices to match.

FYI: This restaurant is NOT open 24/7. It is handicap accessible, and you can even order their bakery items online.

The price for our breakfast/lunch was \$43.73. No soup for Jim, bummer....

**He Said / She Said**

**JIM'S TAKE:** It took all of my will power not to order something from the bakery case.

**NANCY'S TAKE:** I wanted dessert so bad since everything in the bakery section looked wonderful. Unfortunately, I had to take half my sandwich home in a doggie bag, plus I was too full from picking the baked cheese from the side of my soup bowl.

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



5011 Northwest Highway  
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[www.aroundtheclockrestaurant.com](http://www.aroundtheclockrestaurant.com)

**Directions:** Take Rte. 47 North to Algonquin Road, East to Randall Road (this turns into Rakow), North to Pyott Road, West to Northwest Highway East to restaurant.

**Estimated Travel Time:** 29 minutes

let'sgetreel



**Will Moore**  
Columnist

# This is The Way

The Star Wars Universe under Disney has taken quite a beating over the last few years for its lack of interesting storylines and uninspired character choices. Largely, the property has lived on in the era of streaming. Shows like *Andor* and *The Clone Wars* were there to feed long-term fans with content from a galaxy far far away. However, the loss of a big screen feature not since 2019's *The Rise of Skywalker* is telling. That being said, that is not unlike most franchises. A lull in quality followed with a dormant period. The Bond franchise is a recent one that comes to mind that is not going through its own, even though I am very unsure of what Amazon can bring to the table. But going back to the drawing board, the house of mouse is

looking to the little television show that could to pick up the pieces and bring us back up to hyper speed.

*The Mandalorian and Grogu* picks up where we left off with the helmeted one and his little green charge whisking across space in search of their next conquest. No opening crawl, just a simple two sentence text on screen to catch us up. They are on a mission to get a security detail working with remnants of the Empire. Dropped right into the action, Jon Favreau sets right to bringing the gunslinger energy that made the original show such a hit. No grand plot line or lineage to follow, Mando and Baby Yoda bringing in wanted scoundrels for the New Republic. Now we have Sigourney Weaver as Ward, a colonel who is given the task to dole out assignments to the hunter to capture known associates of the flailing Dark Side.

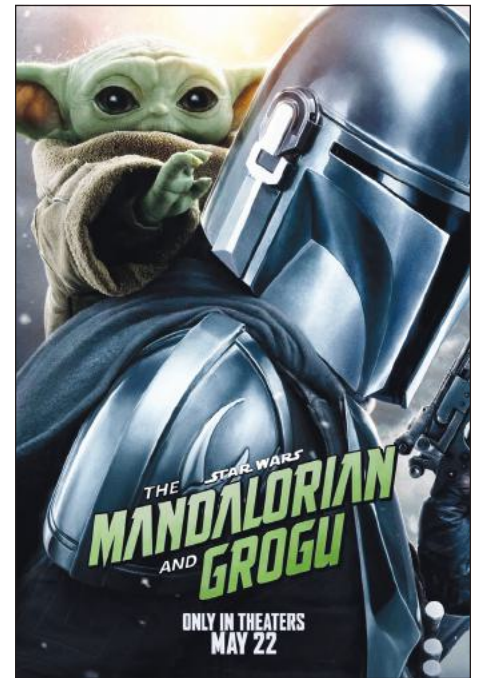
Pedro Pascal's dulcet tones have fit this character so well, a mix of rogue samurai and Wild West desperado that it feels shocking that he wasn't a part of the original trilogy. I know, he is an offshoot of Boba Fett. But what Favreau and writer Dave Filoni create feels more like a remix than a pure carbon copy. One of the main complaints of JJ Abrams sequels were that this relied on too much fan service, tying so many of the main

families to the new stories. It essentially rendered the films so hermetic that no casual fan could buy the conceit. Here, the team references Jabba from *Return of the Jedi*, but these are new characters with different motivations. All the players, including Mando, are complicated by the warring factions that each must pledge allegiance to, and legacies to be either upheld or discarded. Jeremy Allen White as his son Rotta prefers the latter and we find his reasons quite compelling for his decision to leave crime behind.

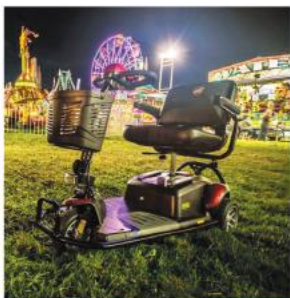
His inclusion among the usual scum and villainy is a breath of fresh air, proof that nurture doesn't constitute a predictable path.

Mando and Grogu flit from one place to the next to find Rotta for his family, in order to gain useful information about the old Empire. But as all these stories go, nothing is what it seems. Along the way a new collection of fun voice-acting cameos come up such as Martin Scorsese as a stall vendor and Stephen McKinley Henderson as a wise fisherman. We meet him fishing during a sequence that feels like a partial silent movie as we just follow Grogu trying to save his friend. Favreau maintains a wonderful pace, switching from this to high octane action with ease.

In the end, I am not sure if this was the

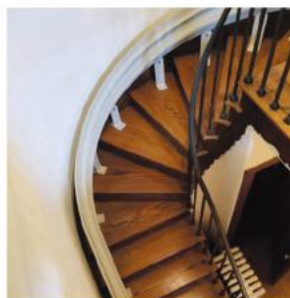


message he intended, but it was the one I got out of it. In a world where everything is so black and white, a little grey goes a long way. Sometimes Hutts can be kind, sometimes bounty hunters can be the enemy. All we can hope for is that we can trust each other and see that we are fighting for a just cause. In times like these, that is all we can ask for. As a popcorn movie, I couldn't ask for a more entertaining time. To quote a former Star Wars actor Donald Glover, it just feels like summer.



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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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Storage Building for lease. Cold Shell Warehouse 55' x 52' metal storage building ideal for contractor/trades for equipment storage or someone with more toys than room in their garage. There are 2 drive-in doors (16'x14' and 16'x10') with a 16' high ceiling and new concrete floor. Want more information? \$1950 per month Call Chris 815-790-1247

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**SEEKING**  
Wanted to buy. Golf cart. Doesn't have to be perfect. Please call 847-845-8697.

**WANTED**  
Immediately seeking knowledgeable collectors to describe antique and vintage items for a local auction house. Flexible hours. Contact Randy at 815-790-9435.

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.

**ONGOING ST. JOHN'S UNITED CHURCH OF CHRIST, HARMONY**

St. John's United Church of Christ, Harmony, will worship at 9 a.m. Pastor David Bateman will be following the lectionary for his sermon, following Children's Time with Pastor Dave the children will go to church school classes.

The church is located at 11821 E Grant Highway, Hampshire, the corner of Route 20 and Harmony Road. For more information call the church office 815-923-4263, visit us on Facebook or at our website www.stjohnsuccharmony.org.

**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.

**JUNE 13 THE PRAIRIE SINGERS**

The Prairie Singers of Sun City will be presenting their Spring Concert "SINGIN' A NEW SONG" on Saturday, June 13 at 1 p.m. at the Huntley High School. Tickets are available from all members of the Chorus as well as in front of the Library at Prairie Lodge on Monday June 2nd and 9th from 12-4 p.m. and on Tuesday evenings in front of the Birch Room on May 26, June 2, and June 9, from 5 to 6 p.m. The cost is \$15 for adults and \$5 for children 3-12 years of age. There will be limited tickets at the door so please buy early if possible, this will be a wonderful, feel good concert and a great way to start off the summer. See you there.

hangyourhat

The views in these letters are the writers' own.

**T**OTALLY agree with Russell Duller to remove the Political Place column! The opinions get nasty, combative and aren't necessary in a paper distributed during a very toxic time in our nation. Would prefer we focus on local events, informative news and uplifting stories. We live in a wonderful community that should focus on what it provides us and encouraging seniors to celebrate the positive.

**Diane Hogue**  
Sun City resident

**HIDE THE HAT LOCATION:**

Are you interested in volunteering? No, well you may want to consider and check out the photo feature on volunteering. It starts on page 8 and ends on page 10, where you'll also find the hat this edition, hidden right up at the top by "Photo Feature."

**Try again next edition!**



**CINDERELLA**

The Theatre Company of Sun City's fall musical is, Rogers and Hammerstein's, CINDERELLA!  
Show dates: November 19-22, 2026.  
AUDITIONS: SATURDAY, August 15, 2026  
If you would like to audition, please call Judy Stage at 517-927-8535.  
We encourage all Sun City residents to know that they are more than welcome to audition.  
If you or anyone you know is interested in the position of Rehearsal and Show pianist, Music director, Set design and helping with set build or costuming don't hesitate to contact Russ Howard, President at: 847-659-9144.

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