

MY SUN DAY NEWS

PROUDLY SERVING THE COMMUNITY OF SUN CITY IN HUNTLEY

VOLUME 17 - NUMBER 12

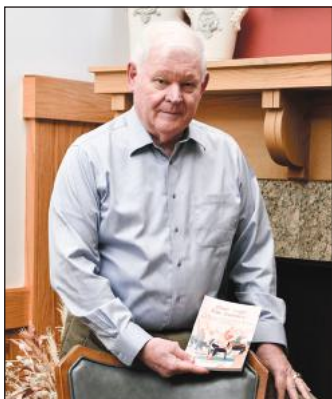


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JUN 18 - JULY 1, 2026

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Christine Such | MSDN Photo

Jan Newman moved into Sun City in 2024, where her passion for animal welfare led her to Animal House Shelter. Her efforts with the local and wildly popular shelter include walking dogs, doing laundry, and utilizing her professional skill as a grant writer to help secure funds for AHS.

Walking dogs, doing laundry, writing grants - AHS volunteer has a serious case of puppy love

By Christine Such
For My Sun Day News

Jan Newman is a neighbor to both human and animal friends. She has been a dedicated member of Sun City and

a key player at Animal House Shelter.

Newman began with a modest desire to help by walking dogs, but her dedication quickly deepened when she recognized a critical behind-the-scenes need.

Her passion for animal welfare began nearly two decades ago. She started volunteering in 2007 at the Colorado Humane Society.

"I got hooked," Newman recalled. "The more you volun-

teer, the more you want to give of yourself."

That turned into a lifelong commitment when she joined Animal House Shelter after moving to Huntley in 2024, in

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Carol Pavlik's Life in Focus column appears on Page 6 in this edition

MSDN addresses The Great Political Place Debate

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- Standard mail submissions not accepted. Only digital.
- When submitting photos please provide captions. Photos should be at least 300 dpi.
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The views of the writers do not necessarily reflect those views of the owners, staff, or those associated to White Silo Media.

It's not often I personally address a public comment or argument. In fact, it's only done when a reader submission disseminates incorrect or inaccurate information about *My Sun Day News*, as is seen in a letter appearing in this edition that presumes *My Sun Day News* is only distributed in Sun City. This presumption is in regards to the debate on whether or not *My Sun Day News* should publish Political Place letters.

Yes, Sun City is the primary distribution area for *My Sun Day News*, but it is NOT solely distributed in Sun City. Approximately 1,000 copies (a little less) circulate outside Sun City into the greater Huntley area. As well, a small stack is delivered to the Huntley Area Public Library for anyone to take or read; not to mention www.mysundaynews.com is available to anyone

in the world, if so chosen.

So although the overwhelming distribution area for *My Sun Day News* falls within Sun City, it is available and accessible to the greater Huntley area and beyond.

But that is not why we would never adhere to Sun City's communication guidelines, which the letter also suggests. Adhering to those guidelines, as indirectly as it would be, would give SCCAH editorial control of *My Sun Day News*, therefore, making it biased, which we won't allow.

My Sun Day News is and always will be an unbiased news publication and is a place that allows EVERY voice to be heard, which leads to the current argument taking place in our "Hang Your Hat" section about whether or not to remove "Political Place" from *My Sun Day News*.

It will not be removed.

Politics are a part of our community and newspapers are supposed to be a reflection of the community they serve, so first, yes, politics (whether through actual news stories or in letters) do belong within the pages of *My Sun Day News* because it occurs in and applies to the community.

But the most important reason why we won't adhere to the requests to remove "Political Place" letters from *My Sun Day News* is that it would be silencing a group of people for the censorship wants of another group. History has shown many times over why that is not good.

I understand why people are making the request and I appreciate the interest in *My Sun Day News* and the want to make it even more specifically enjoyable to suit each reader's tastes.

We ALL have done that in our media interests. How many times have you been invested in a TV show only to see it take a turn you don't like, and you end up telling your family or friends or whoever will listen, "You know what they should have done, they should have...."

For those of you who don't like seeing "Political Place" letters in the paper, you're not without options. If you don't like "Political Place," please feel free to skip reading the letters. And if you really don't like "Political Place" and disagree wholeheartedly, you can skip reading *My Sun Day News* completely. It's your choice, which is what *My Sun Day News* will always give readers: a choice. A choice to read and a choice to be heard.

Chris La Pelusa
MSDN Publisher



The views in these letters are the writers' own.

In response to both positive and negative feedback I have seen in *My Sun Day News* along with emails and texts I have received concerning my request to drop the Political Place column, I would like to make the following comments.

Del Web Sun City Operating Rules & Regulations prohibits issues regarding politics, religion, race, or individual views through communication tools of the Association. It further

states that personal comments that could be construed as misleading, false, or those that defame one's character shall not be disseminated through information in the Associations communication tools.

I'm aware that *My Sun Day News* is an independent publication and is not bound by association rules. But as it is for distribution

HANG YOUR HAT | Pg. 12

On the BRIGHT Side

Letters of kindness
found in the Sun City
Community



Provided | MSDN Photo

I'm writing to express gratitude to a seasonal neighbor who brings joy to my life each year.

That neighbor is a Ruby Throated Hummingbird, or maybe two. These tiny birds reaffirm life by returning from a long migration each year. They delight observers with their beauty and remarkable agility. It is reassuring to see them each spring.

It is easy to attract hummingbirds to your yard. All it takes is an

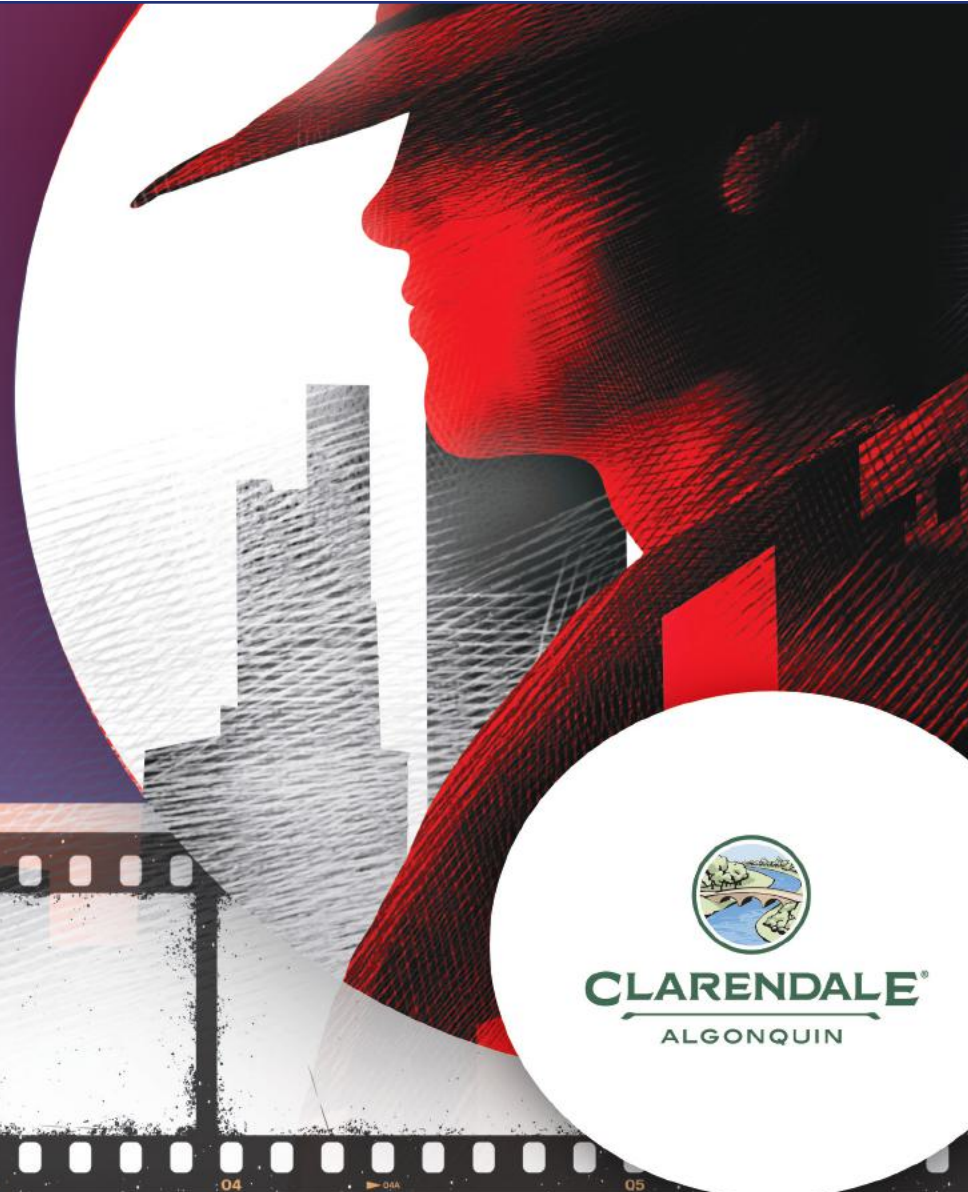
inexpensive feeder with 1/4 of refined sugar dissolved in a cup of water, replaced frequently.

Try it. I guarantee it is worth the effort.

Richard Quigley
Sun City resident

Become One with American History This July.

Join us for educational seminars that touch on milestone events and notable figures.



Friday, July 3 | 1 p.m.
Susan Gibberman Presents:
Five Directors Who Went to War

After Pearl Harbor, many in Hollywood answered the call to arms and made films that would aid in the war effort. Learn about the five directors—Frank Capra, John Ford, John Huston, George Stevens, and William Wyler—who joined the military and shot their films during actual battles.

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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Christine Such | MSDN Photo

In addition to her other volunteering duties, Newman also handles filing important tax forms for AHS.

• VOLUNTEER

neighborhood 8.

“I started walking dogs and wanted to help more, and began doing laundry at the shelter,” Newman said. “There is a lot of laundry to do. I started bringing it home to keep up.”

By taking piles of shelter laundry into her own home, Newman provided the much-needed hands-on support that local volunteers provide in keeping rescue animals clean, comfortable, and cared for. Animal House Shelter relies heavily on passionate helpers like Newman to thrive.

She said, “I am hoping that my story will encourage other Sun City residents to discover how rewarding volunteering can be.”

Newman is also helping by using her professional grant-writing background to secure vital funding for Animal House Shelter. By researching and applying for various foundation awards, she has already brought in critical resources.

“I started applying for grants, and we have been awarded some small grants,” Newman says. “My favorite part is when a grant is approved. I am still hoping to find the ‘big one’ that will bring with it some much-needed resources to the shelter.”

The tireless dedication of staff and volunteers like Newman is the backbone of local rescues. Securing consistent monetary support is often the major obstacle these organizations face. For Newman, employing her specialized writing skills was a natural way to make

a deeper impact.

Volunteering at an animal shelter usually brings to mind walking dogs or cleaning kennels, but Newman found additional ways to make an impact. Drawing on her broad experience in accounting, Newman offered the shelter a rare and invaluable gift: her professional financial expertise. She took on the vital task of filing the organization’s IRS Form 990, the mandatory annual return that secures and maintains a nonprofit’s federal tax-exempt status. Newman said, “I also perform the annual audit and assist the Treasurer with QuickBooks questions.”

Beyond donating her accounting skills, Newman’s time at Animal House Shelter led to a life-changing personal connection when she adopted her dog, Luca.

Newman remembers the exact moment they met: “He was in his cage and looked at me with those big, sad eyes, and I couldn’t resist.”

The experience of adopting Luca opened Newman’s eyes to the wider challenges facing local rescues, prompting her to advocate for animal welfare.

“It’s so sad there are so many cats and dogs that need homes and care at the shelters,” she noted.

Today, Newman actively champions the shelter’s cause to those around her.

“I encourage my neighbors to adopt or volunteer,” she said. “Both give you so much in return.”

• Newman also volunteers at her church and fosters animals. If anyone is interested, please contact her at jan.newman@comcast.net or at 720-635-2954.

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theviewfromplanetkerth

Spending a lifetime in a place like this



TR Kerth
Columnist

I spent about an hour this morning doing what I do almost every morning for at least half of the year - I ride my bike south along rural Sandwald Road as far as Big Timber Road, jingling my bike bell in happy greeting to the growing fields of corn.

I watch the corn spend its entire lifetime from mid-May until late October — from first germination to final harvest — and along the way I reflect upon my own life and the many roads that got me here. For me, it is a kind of church moment to take that bike ride each day.

But, in all honesty, I wasn't always a “child of the corn.” As an urban teen settling in at Western Illinois University in drowsy rural Macomb, I asked myself: “How do people spend a lifetime in a place like this?”

I was, after all, a kid who had grown up in Elmwood Park, just one block from the Chicago city limits. I couldn't imagine growing up in a house where a climb to the roof would offer a view only of endless fields of corn punctuated by a lonely grain silo or two, instead of a mountainous vista of skyscrapers.

Within a year, however, I fell in love with Macomb. I couldn't imagine spending the rest of my life any farther than a short bike ride from waving fields of corn.

When I graduated from WIU, and then after a year of grad school in North Carolina, I started teaching in Park Ridge, a block from the Chicago city limits — but I made my home in Schaumburg, in a tiny island of condos surrounded by corn. I felt, finally, at home, and I wanted it to stay that way forever.

But you know what happened to corny Schaumburg, don't you? Urban sprawl took over, and I gritted my teeth to watch it.

I guess everybody wants the door to Paradise slammed shut right after they move in, but it doesn't work like that, does it? The same progress that gave me a home in the middle of waving fields of corn soon banished the corn altogether and built a bustling suburb around me.

I lived there for 30 years, but most of that time I missed the fields that had been leveled by a glut of houses and asked myself: “How do people spend a lifetime in a place like this?”

As I closed in on retirement, I figured it was near time to find my lifetime

home, one somewhere near waving fields of corn. And although I only stumbled into Huntley's Del Webb while visiting friends and had no intention of actively searching for homes just yet, I fell in love with this little village in the middle of miles of corn.

It was a cold, early-spring day, the trees bare and the ground still frozen. A new Del Webb section had just opened for sale the previous day — vacant lots marked with flags on a short street I called “The cul-de-sac at the end of the world,” because the only thing you could see to the west between the end of the street and the end of the world was bare farm fields.

Fields that within months would be filled with corn.

Miles and miles of corn.

By lunchtime that same day, I signed papers to buy a home on one of those lots.

Oh, I knew it couldn't stay that way forever, and I was right. Other homes popped up to the west, blocking my view of the corn, including a busy street filled with houses on both sides — a street with the ironic name of “Countryview Boulevard.”

Oh, well. So it goes. As journalist Bill Vaughan once said: “A suburb is a place where they cut down trees and name streets after them.”

But I hoped there would be limits for that kind of growth — at least for the rest of my lifetime. I had faith that urban sprawl wouldn't happen here, as it had in Schaumburg.

That was in 2003, almost a quarter-century ago, and although Del Webb and Huntley have grown considerably in that time, today I am still just a short bike ride from my front door to endless fields of corn.

And most mornings I do just that — I hop on my bike and pedal south along Sandwald Road, watching the corn grow from lawn-high May greenery to towering oceans of October gold.

Then harvest renders those fields a blank canvas from November through April, quietly awaiting a new living masterpiece to be born on the slumbering soil.

Again.

And again.

And again....

And each day I ask myself: “How do people spend a lifetime anywhere other than in a place like this?”

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

lifeinfocus



Carol Pavlik
Columnist

Going out in a blaze of glory

I was home sick the other day with a migraine, when I emerged from under my cold cap and darkened room to scavenge for something to eat. Not interested in any type of cooking, I found a slightly freezer-burned box of mini quiches behind the ice trays. I sighed. It would have to do. Thank goodness they at least had bacon in them.

While the oven preheated, I checked the mail. Lately, checking the mail consists of me peeking inside, leaving it all for two or three

days, then gathering it up in a large bundle and carrying it straight to the recycle bin. Because of the migraine, this was a day when I lifted the lid to my mailbox, peered in to see shiny postcards emblazoned with 800 numbers, then gently shut the lid. I'd come back tomorrow.

I opened the oven to place the sad mini quiches on the middle rack, but suddenly — sparks flew out of the oven! I shut the door and stepped back. Carefully, I crept forward and opened the oven door to take a second look. A burst of hot confetti sprayed out, landing dangerously close to my bare feet.

It can be revealing, the way one reacts in an emergency. I am not proud to say that my first instinct was to grab my phone and hit "record." My friends weren't going to believe this! I was already formulating the caption for the 16-second video: "My oven decided to celebrate Independence Day early." I would write, garnering lots of "likes" and comments from friends and family far and near.

But no. There was a fire in my kitchen! It was contained, but still! The adrenaline finally kicked in and I sprang into action. Migraine be damned, I pulled the stove away from the wall with sudden Herculean strength and unplugged it.

The oven went dark and I leaned against the counter, fully taking in what had just happened. For some reason I immediately thought of my Aunt Marge, God rest her soul, who had carpeting installed in her kitchen when I was around 8 years old. Even I, who was visiting her at the time, recognized that kitchen carpeting was an extremely ill-conceived notion, not much better than having carpet in the bathroom, which she also had. The 80s were a strange time. But I digress.

After texting my husband the harrowing video of the oven, we swiftly ordered a new one. The thrill I felt at the thought of a new oven being delivered was all the confirmation I needed: I am in dire need of more excitement in my life. Similarly, my friends and co-work-

ers are also leading dull lives, unless they were just acting thrilled in order to be supportive. We all squealed in delight at the thought of an induction cooktop stainless steel oven. Clearly, we must get out more.

While ovenless, we lived a life of celebrities, or at least my very limited understanding of celebrity: eating al fresco at local eateries, serenaded by the sound of clinking glasses and dinner plates all around us. If I wasn't careful, I'd begin to prefer cloth napkins over paper, and I'd demand a separate fork for my salad and my main course. Someone would have to not only clear my plate from the table but wash up afterwards, too. Just like I imagine Scarlett Johansson lives.

Finally, it arrived. My new oven doesn't throw sparks, but it does have a light that actually works, a definite step up. All the settings are digital. Weirdly, it also connects to Bluetooth. I found this out when I was heating up the oven and I received a text from my husband,

who was at work. It read, "I just got a notification that the oven is preheated." Technology can be both amazing and stalker-ish.

While I admire the way my old oven made a dramatic exit, I hope the rest of my appliances go out with a whimper rather than a burst of light and fanfare. It just won't do, having water heaters exploding or wash machines flooding or, heaven forbid, air conditioning rattling. But since I have a tendency to personify inanimate objects, it makes me realize how we rely on our crew of systems to facilitate our daily life: we assume that our car will start in the morning, that the milk in the fridge will stay cold, and water will come out of the showerhead without scalding us. It's only when these systems break down that we truly appreciate them. As I cook dinner tonight, I will whisper that there's no need to burst into flame to get my attention, no ma'am! I will pat on her little electromagnetic head and promise to never take her for granted.



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John Barrett
Columnist

Q I'm hoping you can help me think through a difficult situation that keeps popping up with my mom.

My dad passed away nearly five years ago, and since then, my mom has been living alone. For a while, my wife would bring our kids over during the week to visit for a few hours. Now that our kids are older, they're in school and involved in sports, so our visits have naturally slowed down.

Lately, my mom has been talking more and more about getting a dog. I understand that she's feeling the effects of a quieter home, and I think she misses having someone or something to take care of. She thinks a dog would give her companionship and purpose.

The problem is, I'm not so sure

a dog is a good idea. My mom doesn't get around very well, and her hearing isn't the best. I worry about the practical side of owning a dog. I know she wouldn't be able to walk it regularly, might miss cues that it needs to go out, and couldn't chase after it should it get loose. I'm also concerned about her safety. I could see her tripping over the dog, getting pulled down, or getting bitten because she didn't see it.

Do you have any suggestions on how I can approach this more pragmatically, without coming across as disrespectful?

A Thank you for writing in. I empathize with what your mom is going through. It's common for the quiet to settle in more heavily over time after experiencing such a loss. Your mom's desire for a dog seems to stem from a need for companionship, routine, and feeling needed again.

Your thoughts about her having

a dog are valid. Dogs, even calm ones, come with a level of unpredictability and physical demand that can be risky for someone with limited mobility. Falls are a real concern, especially with something moving underfoot or pulling unexpectedly. Add in hearing challenges, and all of a sudden, the day-to-day energy a dog requires can become a stressful situation.

I recommend you start by acknowledging what she's really saying: she feels lonely, and the house is too quiet. From there, you can gently share your concerns and present them in a way that conveys your concern over her safety and well-being.

Then, shift the focus toward alternatives that still meet the underlying need. Perhaps you and your wife can create a more consistent rhythm of visits, or maybe your mom can attend the kids' games or even volunteer at their school.

Speaking of volunteering, this can be a powerful outlet. Help

your mom find local volunteer opportunities where she can find her purpose again. She may even enjoy volunteering at a local animal shelter, where she can enjoy the benefits of being around animals without the full responsibility of caring for a pet.

If she insists on a pet, you could try a cat or another small animal that may be easier to manage. Plants are also a great option, and come with even fewer risks.

Remember, this is really about her feelings of loneliness and what she's trying to do with it. Keep the conversation open, and help her find something that fills that space in a way that also respects her abilities and keeps her safe.

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



ILLINOIS RAILWAY MUSEUM'S DAY OUT WITH THOMAS

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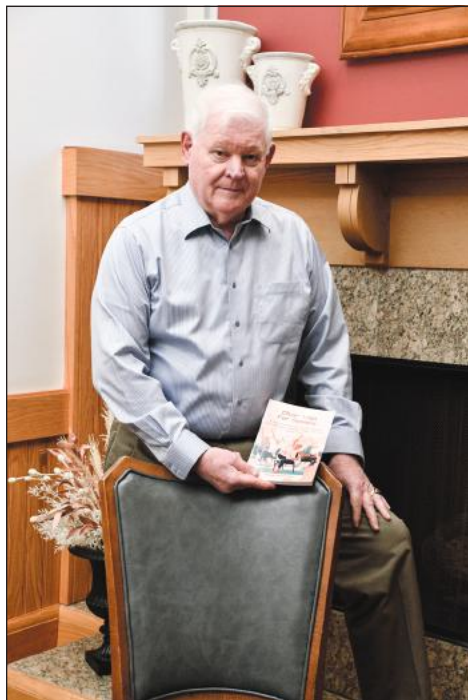
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SHELDON CLARK'S CREATIVE CORNER

What can you do with MSDN after reading it?

Father's Day is coming up. Go old-school and wrap his gift in the pages of My Sun Day News!

Submit ideas to
mycommunity@mysundaynews.com



Christine Such | MSDN Photo

It's Steve Ferry's intent with his new book to keep seniors active and continue aging with energy, so take a seat and read and do some yoga, as his book suggests.

Pull up a chair... and do some yoga

By Christine Such
For My Sun Day News

With more than 50 years of experience in wellness, kinesiology, and injury recovery, Steve Ferry, known to many as "MedicineMan2," is sharing his deep knowledge and caring approach in a new book (penned under the name his name Etienne Asbury Ferry) to help seniors stay active. In *Chair Yoga For Seniors: A Safe and Effective Guide to Manage Joint Stiffness, Mobility Issues, and Regain Muscle Tone*, Ferry provides a clear guide to aging with energy.

"I cover everything from breathing techniques and foundational poses to focused exercises for joint health, balance, and muscle tone. Each chapter is designed to help you move with confidence and purpose," he said.

Chair Yoga provides a gentle, empowering route to physical and mental wellness.

Ferry said. "Whether you are manag-

ing arthritis, recovering from an injury, or just seeking a low-impact workout, the book gives you exactly what you need to improve your overall health without any added strain."

Ferry had wanted to leave a legacy for his children to remember him. He had wanted to write an autobiography, but couldn't get it started. He said, "I found it easier to write this book because I think it is important and I have a passion for keeping seniors moving. It's never too late to start moving. I started the effort in October 2023 and finished it in July 2025. I worked hard with the editor to keep my words, as is, in the book."

Yoga originated in Northern India over 5,000 years ago as a holistic spiritual, mental, and philosophical discipline. Today, it remains a powerful tool for wellness, especially when adapted for individual needs.

"Yoga gives you a non-invasive way to start exercising on your own terms and level," said Ferry, who is a practitioner with five decades of experience. "It's hard for seniors to get down on the floor. You can find a practical path to increasing your strength, flexibility, and independence using a chair."

Ferry's career started when he was drafted into the military.

"I started out in Artillery and found my way into the medical field. I spent 38 years in the service," he shared. "While playing racquetball, I earned the nickname 'Medicine Man.'"

In addition to his military medical work, Ferry also became a yoga instructor and massage therapist.

For seniors starting yoga at home, safety starts with the right chair.

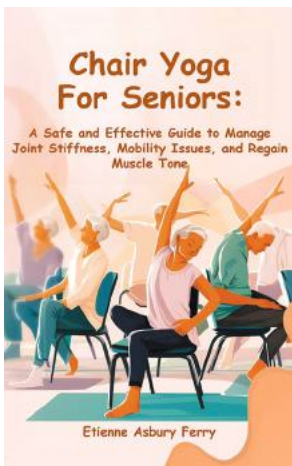
"When selecting a household chair for yoga, stability and design are absolutely critical," said Ferry.

The two most important things to look for are no wheels and no armrests. A safe yoga chair should have a sturdy, four-legged base that stays still when you sit on it, to prevent slipping or rolling. Open sides without armrests help you move freely during stretches and twists. The best chair also has a flat, firm seat to keep your spine straight, a straight backrest to avoid slouching, and a seat height that lets your feet rest flat on the floor with your knees at a right angle.

Ferry points out that good health depends on more than just exercise. Ferry said, "While many people focus solely on the intensity of their workouts, the real magic happens during recovery, where what you put into your body matters just as much as how you move it. Nutrition and Hydration are important."

• To buy a copy of *Chair Yoga For Seniors: A Safe and Effective Guide to Manage Joint Stiffness, Mobility*

Issues, and Regain Muscle Tone, you can contact Steve Ferry at medicineman2@duck.com. The book is also available on Amazon under the author's name, Etienne Asbury Ferry.



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PASSING DOWN MORE THAN ASSETS:

How to Prepare Heirs for What Comes Next

Presented by Cheryl Red, CFP™

In communities such as Del Webb, many families have spent years building wealth through business ownership, real estate, retirement savings, and long-term investing. As a result, estate planning often involves more than the transfer of assets—it also requires thoughtful preparation of the next generation to manage wealth responsibly, preserve family harmony, and carry forward the values that helped create it.

This discussion may be especially relevant in Illinois, where estates exceeding \$4 million can be subject to state estate tax, adding complexity for families seeking to transfer wealth efficiently and intentionally. Many households may be simultaneously planning for retirement and considering how best to prepare heirs for future financial responsibility.

Passing down the wealth you've built over a lifetime can be a tremendous gift to your family. However, it's important to ensure heirs are adequately prepared to embrace the advantages and responsibilities of inheriting a family legacy.

Here are three questions to inform your planning and help ensure your legacy will live on.

HOW WILL YOUR BEQUEST IMPACT YOUR HEIRS?

A sudden influx of money can change a person's life, sometimes in ways they might not welcome. What's more, the decisions you make about the distribution of wealth among beneficiaries can potentially cause tensions that could threaten your legacy.

Initiating candid conversations with your heirs can help you get ahead of such issues. Taking the time to discuss their concerns may help everyone feel more confident in your vision and more committed to ensuring its longevity.

ARE YOUR HEIRS EQUIPPED TO MANAGE THE INHERITANCE?

Another benefit of opening a dialogue with heirs is the opportunity to learn about their individual financial capabilities. Ensuring they are set up to be good stewards of the inheritance may be as simple as introducing them to your financial advisors and explaining your existing strategies. Other times, a more thorough financial education effort will be appropriate, perhaps in combination with one or more trusts to help relieve your heirs of some or most of the financial management responsibilities.

DO YOUR HEIRS UNDERSTAND (AND SHARE) YOUR INTENTIONS?

Discussing your goals and values for your legacy—and inviting your heirs to share theirs—can strengthen family bonds and help everyone move forward with a shared purpose. This alignment becomes even more important if you intend to pass down enduring assets, such as a family business, a charitable trust, or a valuable family home. Developing mutually held values can improve the chances of successfully sustaining the legacy you envision.

This material is intended for general informational and educational purposes only. This should not be considered an individualized recommendation or personalized investment advice. The securities, investment products and investment strategies mentioned may not be suitable for everyone. Each investor needs to review an investment strategy for his or her own particular situation before making any investment decisions.



Cheryl Red is a Vice President, Financial Consultant at Charles Schwab with over 25 years of experience helping clients achieve their financial goals. As a Certified Financial Planner™, she specializes in retirement income planning, wealth transfer and tax-wise investment planning. Her goal is to help her clients build their wealth their way, using the many resources available at Charles Schwab. Some content provided here has been compiled from previously published articles authored by various parties at Schwab.

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Christine Such | MSDN Photo

The USPS mailbox at Meadow View Lodge has been missing for months. MSDN investigates why and if it will return.

Missing Meadow View mailbox raises questions

By Christine Such
For My Sun Day News

SUN CITY - People trying to mail letters at Meadow View Lodge have noticed that the familiar blue USPS drop box is gone. It has been missing for several months, and residents like Donna Bodzin are asking what happened.

“There used to be a USPS mailbox in

front of Meadow View Lodge,” Bodzin noted, looking for answers. “It’s been gone a couple of months or so. I was curious about why it disappeared.”

The USPS supervisor at the Huntley post office was contacted, and stated that the box was removed because it was damaged.

The Huntley branch asked the regional district office for a new mailbox, but it has not arrived yet. There is no delivery date so far, but staff are still checking on the request.

This is not the only delay. The USPS mailbox in front of the Village Green Jewel-Osco was also removed because it was damaged, and it is also waiting for a replacement from the district office.

USPS blue mailboxes are made only in America. The USPS uses high-security units from approved U.S. manufacturers.

Because it takes time to get and ship these special mailboxes, residents should not expect them to come back right away.

For now, postal officials want to remind everyone that two USPS mailboxes are still available in Sun City:

- The Fountain View parking lot located near the bocce ball courts
- Wildflower Lake.

mistake

>> In the June 4 edition of My Sun Day News, in the story titled “Del Fossils dig up classic rock,” the wrong phone number was listed at the end of the story. The correct phone number is 847-774-0919. My Sun Day News regrets this error.

Want to find an old story? They’re all kept at

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gardenersforum

Garden party: how to decorate your green space



Kathleen Carr
Columnist

As soon as the ground thawed this spring, I excitedly ran outside and set three metal chickens within a flower bed. After taking great care with the placement and the spacing, I took a few steps back and smiled. These three chickens, set in front of an old chicken house, bring me a tremendous amount of joy.

When we think of our gardens we most likely think of flowers, shrubs and trees. There are many elements to our garden though that are non-living. Garden decor items can be important features of our landscaping. These items of interest, when used appropriately, form an integral part of our outdoor world. They may serve very practical purposes or, like my chickens, may add a bit of whimsy. No matter the reason, these non-plant items are a significant part

of most residential landscapes.

Just as furniture and dishes move with us from home to home, outdoor elements, move with us as well. They may take the form of a child's handprint in concrete, a planter that has sentimental value or a garden plaque that honors a loved one. These keepsake items offer us the opportunity to take comfort in our memories.

Peonies, delphiniums, and other heaving blooming plants benefit from assistance through U supports or cages. Traditional trellises, arbors or the more unique obelisks can offer the support that clematis, wisteria and other climbing plants rely upon. Shephard's hooks add height to our garden beds by offering a way to display beautiful hanging baskets.

Wildlife, such as birds, benefit from the supplemental food, water and shelter that homeowners provide. Bird feeders, birdhouses and bird baths all offer what nature sometimes fails to provide. Almost as important, these elements have the

potential to offer us hours of joy through bird watching.

Incorporating a water feature into a garden adds the important elements of movement and sound. Water features are available in a multitude of sizes and types. From table top water bowls to free standing multi-tier fountains to in ground ponds, the choices are varied but the results similar. They help to create a calming atmosphere leading to stress reduction. The sounds of flowing water can also boost focus and concentration. The maintenance of a water feature is always a consideration as they can become unsightly and a haven for mosquitos if not maintained properly.

Much like adding a water element can have health benefits, a well-chosen and well placed windchime may also lead to improved well-being. Wooden wind chimes are thought to enhance growth and promote a healthier energy. Ceramic wind chimes promote creativity. Aluminum and brass windchimes promote a positive energy.

When choosing and placing a windchime, please be conscious of any neighbors and do not create what they might consider noise pollution.

Hardscaping elements such as flat rocks, called outcropping, introduce strong horizontal lines and visual interest within planting beds. Well positioned larger granite boulders may also help to improve the character of a garden. These elements are generally used for aesthetic purposes but may also provide some slope stabilization or erosion control. Other types of rocks frequently found in gardens are stones that have been gathered during vacations. These are visual reminders of time spend with family and friends.

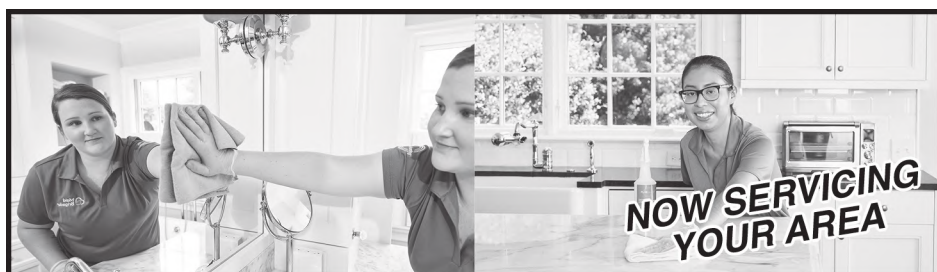
Garden decor items such as small statues, garden stakes, and metal sculptures add color and interest. They also offer the homeowner a chance to show a bit of their personality. These whimsical elements offer a bit of levity. A bit of frivolity can help to lift our spirits as well as the spirits of those that visit our

gardens.

Planters when filled with colorful flowers and set within planting beds have the ability to both attract and distract. Planters can be used to guide the attention of a passerby to an area, such as a planting bed, and away from the homeowners who might be sitting on the patio. Planting containers are available in a variety of colors, styles and sizes.

As the saying goes, sometimes less is more. Will my flock of three chickens grow? Probably not. Well placed, appropriate spaced, high quality and unique garden décor items add interest, beauty and joy to our outdoor living spaces.

• Kathleen Carr is the owner of The Growing Scene, Inc., a landscaping company. She can be reached by calling 815-923-7322 or emailing her at Kathleen@thegrowingscene.com. Have a gardening question? Please contact her. She may address it in an upcoming column.



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Christine Such | MSDN Photo

From wellness checks to educational programs, the Northwestern Wellness Center Staff brings years of experience to their myriad services. (L to R) Phlebotomist Gennesia Crowley, Nurse Practitioner Matilda Lutaj, Patient Services Representative Elena Makris, and RN Lori Marcantonio comprise the NW Wellness Center team.

Northwestern clinic within Sun City provides hyperlocal health support

By Christine Such
For My Sun Day News

Sun City Huntley residents have access to quality healthcare through the Northwestern Medicine Wellness Center. This facility, right in the community, offers premier medical expertise and is a trusted asset for residents' well-being. Upon arrival, residents are welcomed by a cohesive medical team ready to address every-

thing from preventive wellness to acute concerns. The Wellness Center's daily team includes: Elena Makris, patient services representative; Lori Marcantonio, RN, clinical support; Gennesia Crowley, expert in phlebotomy; and Matilda Lutaj, nurse practitioner, overseeing primary treatments.

Makris said, "Healthcare is more than treating people; it's about dignity, empathy, and connection. From the moment

a resident walks into the office, I strive to make them feel welcomed, comfortable, and cared for through a friendly smile and compassionate interaction."

The staff advises residents to check directly with their insurance providers to confirm their specific plan coverage before scheduling services.

"We can process lab services ordered by your physician," said Crowley. "Orders can be faxed directly to us, and they are also

accessible through Northwestern's Health Chart. We also work with other providers, including Advocate, to get the patient's health care history."

The center supplies essential health and recovery programs right here in Sun City, making it simple and convenient to take care of yourself. The center offers comprehensive laboratory services, which include routine testing, blood draws, and specimen collection. Additionally, the facility features dedicated outpatient rehabilitation programs that supply tailored physical, occupational, and speech therapy to support patient recovery.

The Northwestern Medicine Wellness Clinic nurse practitioner is dedicated to enhancing the health and well-being of residents within the Del Webb community.

Lutaj said, "I provide a comprehensive range of healthcare services, including acute sick visits, chronic disease management, ordering laboratory and diagnostic tests, prescribing medication for a variety of health conditions, vaccinations, advanced care planning, and many other services. We also offer a variety of free educational programs. True wellness relies on active education and accessible preventive care. Our Northwestern Medicine clinician lectures and support groups give residents practical medical knowledge. We encourage everyone to attend these on-site events, get blood pressure checks, and join community health screenings."

The wellness team has years of specialized experience in senior care, cancer support, and surgical recovery, ensuring safe, knowledgeable, and compassionate care.

Marcantonio said, "It's important for residents to know their health information and needs. There are no stupid

questions. It is important that residents know that we offer screenings, presentations to the community, and help with resources that the wellness center offers throughout the entire week."

Residents have positive feedback for the clinic.

Joyce Zito, Sun City resident, said, "I am so thankful to have access to the Wellness Center located in the Prairie Lodge. Elena is the receptionist I see most often when I stop in to make an appointment. She is warm, welcoming, and very helpful in answering any questions I might have. She is very knowledgeable with the scheduling system and always fits me in when I need my quarterly lab tests done. It is so convenient to have my lab tests done at our very own Prairie Lodge. I always look forward to seeing Gennesia; she is so energetic and bubbly, and remembers me when I come in."

Barbara Lio, a Sun City resident, recovered from pneumonia thanks to prompt, thorough care by nurse practitioner Matilda.

Lio said, "Her steady and comforting manner made a difficult situation much easier to handle. I felt heard, respected, and sincerely cared for throughout my time in her care. That level of attention and empathy should never be taken for granted. I am truly grateful for the care I received and would highly recommend Matilda to anyone seeking medical expertise."

Marcantonio, who has a wealth of experience said, "The center is a vital hub for health screenings, lab services, and specialized care. We are open Monday through Friday, 8 a.m. to 4:30 p.m. (closed for lunch 12:30 to 1 p.m.). Don't be afraid to come in. We are here to help you live your best life in Sun City."

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money matters



Deborah Haglund
Columnist

According to the US Bureau of Labor Statistics (“BLS”), the national 12-month inflation rate at the end of both January and February was 2.4%. The 12-month rate at the end of March was 3.3%. At the end of April, it was 3.8%. At the end of May, it was 4.2%.

In Huntley, our limited sample of prices for regular gas and 10 Walmart store brand food items in mid-July showed an increase of 9.33% since January 15. Many items stayed the same price over this six-month period. The exceptions once again were:

- Eggs, down 34.01% to \$1.47
- Milk, up 17.62% to \$3.18
- Ground beef, up 12.26% to \$7.34
- Onions, up 4% to \$1.00 and
- Gas, up 34.02% for the year, now \$4.38

Nationally, prices for things other than gas and food are also up. According to the recently released BLS report for May:

- Clothing prices are 4.8% more expensive than a year ago.
- Airline fares are nearly 27% higher than a year ago.
- Electricity prices are up 5.9% in the past year.

iheardthisquote...

By **TR Kerth**
Columnist

All men should strive to learn before they die what they are running from, and to, and why.

- James Thurber

Don't cry because it's over, smile because it happened.

- Dr. Seuss

Life is like a landscape. You live in the midst of it but can describe it only from the vantage point of distance.

-Charles Lindbergh

• **HANG YOUR HAT**

solely in Sun City, I believe it is reasonable to expect that those same guidelines be adhered to. We certainly need to have opportunities for healthy, respectful communication. All too often though, what I see in the Political Place column are letters that not only state political views and opinions but go on to include their personal and sarcastic assessment of someone else's character, and as in my case, by someone I don't know.

I know I'm not alone in believing the Political Place column has no place in My Sun Day News.

Russell Duller

Sun City resident

Please continue the political place column. In these days of restrictions on freedom of the media we need to hear all voices

bearing many points of view and a variety of perspectives. Those are foundational principles of the nation. I strongly agree with reader Judy Haggenjos: Mr. Duller can choose not to read any letters. If we lose voices in the media, we lose yet another piece of democracy!

Dan Brown

Sun City resident

I agree with Ms. Judy Haggenjos in the June 4 edition of My Sun Day News. Both Ms. Rebecca Ogan and Ms. Diana Hogue are “burying their head in the sand.”

Please continue the Political Place Column

Ronald Ghilardi

Sun City resident

I've been reading about the controversy regarding “Polit-

ical Place.” To be honest, I have mixed feelings about it. I have written some letters myself and I'm under no delusion that I've changed anyone's opinion. I also find it disconcerting to read some opposing viewpoints.

On the other hand, it is enlightening to see different opinions, especially if they are well reasoned and documented. I also think it is important to inform people of issues of which they may be unaware of, such as the administration's cuts to cancer research just as new discoveries offer greater hope (reported by VOX).

Ultimately the choice of continuing “political place” lies with the editors and I can see reasons for either decision.

Richard J Quigley

Sun City resident



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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

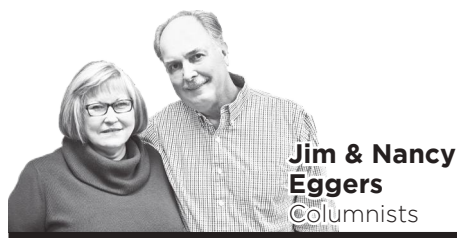
Weekly Live Music

- 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



Crazy for coupons

Jim and Nancy do not disclose the fact that they will review a restaurant before they attend, ensuring their reviews are unbiased and uninfluenced by their position with My Sun Day News.

Nancy is crazy for coupons. Everybody knows that if you buy something you don't need but you have a coupon for it, you're saving money. She has saved us so much money over the years, we should be filthy rich! Nancy found in our mailbox the weekly sales flyers and in it was an envelope which contained a coupon for a local restaurant. We did hear good things about it, so we couldn't afford not to go. We grabbed our coupon and with dollar signs in our eyeballs, we hurried off to The Annex Restaurant and Lounge in Lake in the Hills.

We remembered the restaurant location when it was the Blue Cow and quite frankly judging by the outside, we were not expecting all that much. When we walked in however, our jaws dropped. The décor was absolutely beautiful. It could be 1:00 in the afternoon and you could swear you were eating dinner at a nice romantic restaurant. It blew our minds.

While we were looking at the menu, the waitress brought over five slices of toasted Italian bread with olive oil on top. This is definitely out of the ordinary and addicting. When we polished them off, the waitress offered us more. We didn't want to hurt her feelings, so we said that would be nice and polished off every crumb.

Back to our coupon. We could have a free appetizer, 50% off of our second entrée, or a free dessert. We decided on having a free appetizer which was Crispy Calamari (one-half pound) for \$16. This was Rhode Island calamari with lemon herb aioli for dipping. We noticed in addition to the calamari there were pieces of onion and banana peppers also lightly breaded and fried. These little gems gave the calamari a little heat and tang from the pickled banana peppers. This was an excellent choice for an appetizer.

Jim chose their 8-Ounce Cast Iron Filet (\$40). This was served with garlic mashed potatoes and grilled veggies. The steak was cooked to perfection and

melted in your mouth. However, he felt it needed a little seasoning, but you can order a topping of your choice (\$3 up-charge) with six toppings to choose from.

Now for Nancy's selection: the Grilled Jumbo Shrimp (\$28). She asked the waitress if she could have the shrimp deep fried and it wasn't a problem. They do it either way, and since she had a taste for fried shrimp, that's what she went with. This entrée came with feta baked rice and grilled veggies. Being the connoisseur that she is, she changed the Feta rice to their fresh cut fries. Her jaw dropped when the waitress placed her plate in front of her. On it were six of the largest shrimp she had ever seen. The breading was awesome and to her surprise they changed her veggie out to coleslaw. Beneath the shrimp was another surprise. There was a mound of fresh cut shoestring fries that were out of this world. Nancy gave me a French fry to try and that was a BIG mistake. The rest of the meal I was trying to steal them from her plate.

FYI: This restaurant is handicap accessible.

We honestly didn't expect that much from the looks of the outside and the name, but boy were we wrong!!! You can spend as little or as much as you want. They have a full range of entrees from burgers, to salads, to chicken. Try them, you'll want to go back for more.

The price for our coupon extravaganza was \$81 which included the free appetizer. Getting something free, priceless....

He Said / She Said

JIM'S TAKE: I can't say enough. The atmosphere, food, and service were outstanding.

NANCY'S TAKE: Ditto...

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let'sgetreel

Horrors of modern life



Will Moore
Columnist

As we are about to head into some oppressive summer weather, some levity is in order. My wish was that I wanted to review *Scary Movie 6* and another film. However, with scheduling, this isn't going to come to pass here. Maybe next time. Columnists have been editorializing on the bumper summer we are getting. All the songs are about heartbreak and wistful longing. Beloved shows are making their exit. A farewell in late night has rocked the public. And in that view, one really big film event needed to be addressed.

In 2019, a simple photo of an abandoned office space in Oshkosh, Wisconsin made its way onto online forums accompanied by foreboding captions. A few years later, a teen named Kane Parsons created a short film in which a camera operator gets lost in the jaundiced fluorescent glow of this nether realm only to die. Cut to 2026 and Kane (now 20) is the youngest director to hit number one at the box office. Welcome to *Backrooms*.

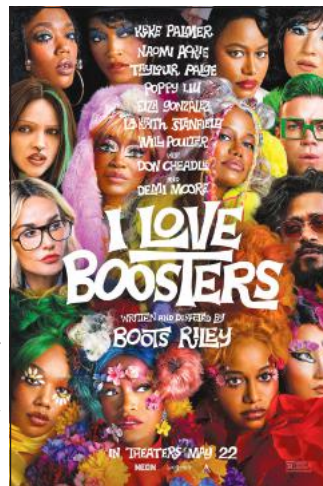
The premise is simple: Clark (Chitwetel Ejofor) owns a furniture store in California. Separated from his wife and in dire straits, he seeks the help of therapist Mary (Renate Reinsve) to deal with his frustrations. One night while sleeping at the store (tells you his financial situation), he investigates power surges and outages in the basement only to literally stumble onto the office labyrinth of mono-yellow wallpaper and warped objects that we learn mimics reality but is just slightly off. Not to give too much away, but as the trailer suggests "the more it remembers, the less it does."

Parsons and writer Will Soodik build on the former's videos, creating a meditation on how trauma affects memory. Each character brings to this space their pain and grievances, much like we all bring to our own workspace. Only here, these offices aren't for jobs. An unsettling feeling comes over you that you have been here before. I recalled, upon watching, many finished basements I played in as a kid but nothing about this felt right as Clark or Mary navigated. You always get the sense something is lurking just out of frame. And God help you if that finds you. Because like all psychological damage, it is never quite leaves you.

From something horrific to some light ribbing at capitalism with true rizz, Boots Riley's *I Love Boosters* comes on

the heels of his last film 2018's *Sorry to Bother You*. Where that film was the proof of concept, this is that process coming to fruition. Here Keke Palmer plays Corvette, the leader of a gang of shoplifters snatching high end fashion and selling it cheaper to under-privileged people in the community. She aspires to become a fashion designer, reading up on her favorite, Christie Smith (a deliciously horrible Demi Moore). When she finds out Christie stole an idea from her, Corvette lets out fury as she targets Smith's boutiques. What follows is what I can only describe as an absurdist activist comedy, the likes I haven't seen since the 70s.

Boots has really made the anti-*Devil Wears Prada*. Art is to be revered but the commerce behind it he ruthlessly criticizes, and rightfully so. We get jokes about class, race and retail employee hell. Eliza González and Will Poulter play workers in Christie's shops; the former, an attendant, the latter, a manager. And their scenes left me in stitches as much as it made me think about my own experiences. One slight gag about minimum breaks



that had me howling in the theater at how real the concept felt.

There are too many details to discuss here that I could've written a dissertation. A third act involving teleportation and workers' rights, skin suits and soul-sucking demons; Riley can't stop his freak flag. And we are better for it. But unlike his first feature, he manages to stick the landing with a hopeful message that we have the power to make real change in the world that matters. And that is what we need right now. Let's boost the future, collectively!



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

ONGOING CALLING ALL CHICAGO SPORTS ENTHUSIASTS!!!!!!
The Chi-Town Sports Trivia Group is up and running. Friendly competition - the FIRST FRIDAY of each month, 2 to 3:30 p.m. at the Huntley 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 played at our beautiful Veterans Memorial Field. For registration information, please contact Club President, Chuck Hund at 847-456-0229 or at suncityhuntley-softball@gmail.com.

ONGOING 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.stjohnsuccharmny.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.

JULY 10 BUNCO PARTY
The Women's Circle of First Congregational Church of Huntley, 11628 E. Main St., Huntley is hosting a BUNCO Party in Fellowship Hall on Wednesday, July 15, from 6 to 8:30 p.m. Refreshments and prizes. Call Jeannie, 847-624-4237 for tickets, \$10 each. Deadline is July 10.

AUGUST 15 SUN CITY THEATRE
The Theatre Company of Sun City's fall musical is Rogers and Hammerstein's CINDERELLA! Show dates: November 19-22 AUDITIONS: SATURDAY, August 15 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.

hangyourhat

The views in these letters are the writers' own.
Two letters to this paper thought it best we remove Political Place. The arguments posed: that it has created discord, contains information that should be discussed elsewhere and has driven us apart. My responses: When a printed letter contains false and or misleading information and makes illogic conclusions it is disconcerting for all of us. The reader should use Politifact to verify the claims. If they were misleading, support the other party. As for discussing political information, we have all heard not to discuss politics at family events, with our friends, neighbors and the workplace. So where do we discuss politics? And finally, is it advisable to count on a newspaper

to hold us together? Would together mean we should become subservient to the illegal and unethical practices of our current president? The president's average disapproval numbers (62% on him and 70% on handling inflation) supports discussing politics. Here are some policies that have generated this level of dissatisfaction: The creation of a 1.8 billion fund to reward Trump's supporters including Capitol Hill rioters - His capitalizing on financial dealings netting him billions - Spending billions on ICE. We truly have work to do to turn this government around and discussing solutions in your paper makes sense.

Roger Parlett
Sun City resident

HIDE THE HAT LOCATION:
Familiar with the author Dan Brown? He wrote the wildly famous book *The Da Vinci Code*. Keeping in theme with the enigmas and clues that took protagonist Robert Langdon on his mysterious adventures, take a look at page 12 and see if you can find where the hat is hiding.

Try again next edition!

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Dan Brown
Sun City resident

I agree
Ms. Judy Hagg-
the June 4 edition of My
Sun Day News. Both Ms. Rebec-
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