

The Hinsdalean

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Community journalism the way it was meant to be



Who let the dogs in? — Hinsdale's Park and Rec department held its annual Dog Days of Summer last weekend at the Hinsdale Community Pool. With smaller dogs taking the first shift and larger dogs on the second shift, the pools saw plenty of activity for the last official event of the season. Titus, a Labrador retriever, was all in on the fun. When he isn't frolicking in the water, Titus serves as a Therapaws therapy dog. Please turn to Page 36 for more pictures. (Jim Slonoff photo)



AdventHealth ready to take on new partner.

Page 5



Hinsdale cook, writer debuts her new column today.

Page 17



Central sports highlighted in preview series finale.

Page 46



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NEWS

Report shows D181 students excelling

By Pamela Lannom
plannom@thehinsdalean.com

At least 50 percent of Community Consolidated Elementary District 181 students show greater academic achievement than their peers in comparable districts, a report shows.

"For the first time, we have all nine of our buildings in the high growth, high achievement quadrant for both reading and math," Tracey Miller, director of assessment, instruction and evaluation, told board members at their Monday meeting. "We're very, very excited about this."

The Similar Schools Insight

Report provided by the Northwest Evaluation Association identifies schools across the country that are comparable to those in District 181 based on the percentage of students who receive free/reduced lunch services, who live in a similar area (rural, suburban or urban) and who took fall 2021 and spring 2022 Measures for Academic Progress tests. Paired students are in the same grade level, have identical fall MAP RIT scores and had a similar number of instructional weeks prior to the assessments.

The 50th percentile represents expected growth. In reading, schools ranged from 53.5 percent growth to 64 percent growth. In

math, the range was 50 percent to 62 percent.

When looking at individual grade levels, all are meeting or exceeding matched growth expectations in reading and six out of seven grade levels are doing so in math.

Most District 181 students are achieving higher than their peers regardless of their initial level of achievement in reading and math, Miller noted.

She will be discussing the data with school principals over the next week or so, she told board members.

"It is great to see this performance," Superintendent Hector Garcia said. "That fact that this is

the first time we've ever seen performance this high in as long as we've taken a look at our Similar Schools Report is really a testament to the collaborative atmosphere that has been established between parents, students, staff and administrators."

The fact that students reached this level of performance after enduring two years of COVID-related challenges is a testament to the work the district is doing, board member Sinead Duffy said.

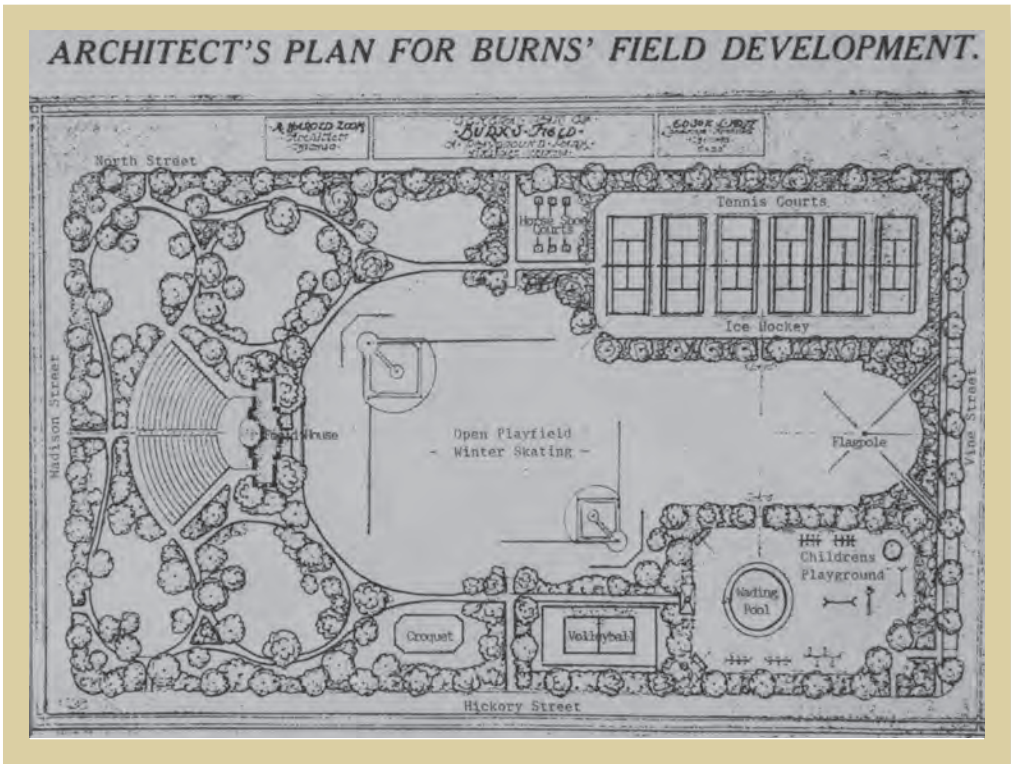
"I think it's the opposite of the newspaper headlines we're seeing across the country," Duffy said. "Congratulations to the district for all the hard work you've done."

Mobile food pantry rolls into Hinsdale



Hinsdale's Seventh-day Adventist Church hosts the Northern Illinois Food Bank's mobile food pantry twice a month. Volunteers from the church and AdventHealth Hinsdale and La Grange hospitals help distribute the food to clients. Kris Veenbaas arranges some fresh lettuce while Bob Forrer and Marcella Salado open up a large bag filled with smaller bags of carrots. (Jim Slonoff photos)

ONCE UPON A TIME



First park — This photo in Sandy Williams’ book, “Images of America — Hinsdale,” is of the plans for Burns Field. “Burns Field, designed by Edson Nott and local architect R. Harold Zook, was built with few changes from this 1932 plan, the first Hinsdale park with recreational facilities. Public Works Administration funds and Works Progress Administration labor were used for its completion with local men hired for the work.”



Happy Birthday!
Izzy Reiff
turns 16 Sept. 20

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Pamela Lannom
Editor, Ext. 104
plannom@thehinsdalean.com

Becky Campbell
Senior designer, Ext. 102
bcampbell@thehinsdalean.com
Ken Knutson
Associate editor, Ext. 103
kknutson@thehinsdalean.com

Jim Slonoff
Publisher, Ext. 105
jslonoff@thehinsdalean.com

Lisa Skrapka
Account executive, Ext. 101
lskrapka@thehinsdalean.com
Tina Wisniowicz
Classified, service, legal account executive, Ext. 100
tinaw@thehinsdalean.com

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The Hinsdalean staff strives to provide an error-free newspaper each week. If a mistake is published, however, we are happy to correct it. Call or email Pamela Lannom to report errors requiring correction or clarification.
Letters to the editor
Our letters policy is published on Page 11.

Obituaries
Obituaries are published free each week in The Hinsdalean. Information may be mailed, faxed or emailed to news@thehinsdalean.com. Obituaries may be edited for style and space.
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AdventHealth announces new affiliation

AdventHealth and the University of Chicago Medicine have signed a definitive agreement to enter into an affiliation that will increase access to a spectrum of services, treatment options and cutting-edge clinical trials for residents in Chicago's western suburbs.

Under the proposed affiliation, UChicago Medicine will acquire a controlling interest in AdventHealth's Great Lakes Region — which includes its four Illinois hospitals in Hinsdale, La Grange, Bolingbrook and Glendale Heights — with AdventHealth retaining the remaining ownership. UChicago Medicine and AdventHealth will each retain their current system-level governance and administrative structures.

"This partnership combines the best of both worlds — academic medical center expertise and high-quality community-based healthcare. It allows us to bring the highest level of academic care to our community. Now, residents can receive 'downtown care' in their backyard," said Adam Maycock, president and CEO of AdventHealth Hinsdale and La Grange. "Our intention is to strengthen our clinical programs while leveraging the best subspecialty care in the nation."

The transaction will enable consumers to seamlessly access primary, specialty and subspecialty medical care across both

organizations.

"Joining UChicago Medicine will allow us to further our mission and enhance our ability to deliver high-quality, whole-person care to more people in the communities served in the greater Chicago area," said Terry Shaw, AdventHealth President/CEO.

AdventHealth will continue to manage the daily operations of our local business operations, Maycock said.

"This was important to us because of our mission and commitment to providing whole person care," he added.

The affiliation plans come on the heels of UChicago Medicine's February announcement to build a \$633 million freestanding comprehensive cancer facility; the August groundbreaking of a 130,000-square-foot multi-specialty ambulatory center in Crown Point, Ind.; and the summer launch of the South Side Healthy Community Organization, a collaboration between UCM and 12 other healthcare organizations dedicated to improving access to quality care and scoped to serve over 400,000 area residents.

"We have been focused on strengthening the ability of UChicago Medicine to deliver outstanding healthcare to the communities that we serve and expanding our points of access through new partnerships and locations across



AdventHealth Hinsdale and UChicago Medicine, if they receive regulatory approval, plan to join forces later this year or early next year. UChicago Medicine plans to acquire a controlling interest in AdventHealth's Great Lakes Region, which includes Hinsdale Hospital. (file photo)

the region," said Dr. Kenneth Polonsky, dean and executive vice president for medical affairs at the University of Chicago. "Following regulatory approval for this affiliation we look forward to working with AdventHealth Great Lakes' leadership, physicians and staff."

Based on the campus of the University of Chicago, UChicago Medicine is an integrated academic health system that includes hospitals, outpatient clinics and physician practices throughout Chicagoland, the suburbs and Northwest Indiana. The health

system offers a full range of specialty care services for adults and children through more than 40 institutes and centers, including an NCI-designated Comprehensive Cancer Center.

AdventHealth, headquartered in Florida, operates 51 hospital campuses in nine states with more than 80,000 team members, 2,400 employed physicians and almost 18,000 medical staff providers across the organization.

"Partnering with a premier, locally based academic medical institution will allow us to combine the best of community-based care with aca-

dem capabilities to expand subspecialty care and develop more high-quality, multidisciplinary services," said Thor Thordarson, president/CEO of AdventHealth Great Lakes Region.

"This affiliation will produce an expansive and diverse physician network, with over 3,500 providers, to deliver better-integrated, better-coordinated and more-comprehensive care for patients."

The proposed transaction requires regulatory approvals. The parties are working toward a formal closing date at the end of 2022 or in early 2023.

D86 board takes first look at its 2022-23 budget

By Ken Knutson

kknutson@thehinsdalean.com

Hinsdale High School District 86 is on solid ground financially at present board members were told last week, but the path ahead is less clear.

At the district's Sept. 8 committee of the whole meeting, Chief Financial Officer Josh Stevenson gave updated numbers for the 2022-23 spending plan (excluding capital projects) of \$129.3 million, with \$129.4 in projected revenue, and a forecasted surplus of just under \$200,000.

Although revenues are projected to dip slightly from FY 2022, corporate replacement tax proceeds are estimated to increase \$54,000 to \$3.44 million. The taxes are paid out to local taxing bodies by the state.

"We had a more conservative number in the tentative budget, but based on the projection we received from the Illinois Department of Revenue and the actual July payment that we received, I think we're in a very good position, benefiting from the high replacement tax and our energy contract being locked in for this year," Stevenson said.

He said the budget reflects the lingering impact of the pandemic, when the cancellation of activities and travel greatly reduced expenditures. It's yet unclear how lasting those adjustments will be.

"This year we'll obviously keep an eye on those line items and see whether they truly do normalize back to pre-pandemic, or if there's been a permanent shift in some of the utilization in these areas," Stephenson told board members. "And these areas could potentially be areas that we can look at for reallocations of funds for the next year's budget."

He was also pleased to report that health insurance costs seem to be holding steady.

"Potentially we could have a flat renewal, which would be pretty great in an environment where everything else seems to be escalating very quickly," he said. "(Insurance costs) have been tracking well below target."

Going forward, however, Stephenson anticipates increases, notably in the area of transportation. That expense is forecast to grow from \$4.8 million last year to \$5.1 million this year.

"The concern I think I have with transportation going into next year is I think we'll continue to see

some upward pressure on the wages and guaranteed hours for drivers," he said. "I imagine that we could see another large increase. There's not a lot of control we have in this area."

The capital equipment line item will rise from a little under \$1.3 million in 2021-22 to just over \$3 million this year due to the purchase of new equipment and classroom furniture. But that increase will be offset by a drop in funds needed for the nearly complete Transition Center renovation and for contracted services related to referendum projects.

Speaking later as part of his five-year financial forecasting report, Stephenson said expenses are expected to increase down the road.

"And if you couple that with, if replacement tax normalizes and drops \$1 million or \$1.5 million, that could put us in a position where there's a significant squeeze with decreasing revenues and increasing expenditures, and you're forced to make some more difficult decisions in order to balance the budget," he said.

The board will hold a public hearing on the budget at its Sept. 22 meeting before taking action on its adoption.

NEXT WEEK

Hinsdale High School District 86 Board

6 p.m. Thursday, Sept. 22
Hinsdale Central High School, 55th and Grant streets
<https://d86.hinsdale86.org>

Hinsdale Village Board

7 p.m. Tuesday, Sept. 20
Memorial Building, 19 E. Chicago Ave.
<https://www.villageofhinsdale.org>

On the draft agenda: changes to village parking ordinances, Historic Overlay District, holiday lighting and decorating contract, IGA with Tollway for stormwater detention

Hinsdale Zoning Board of Appeals

6:30 p.m. Wednesday, Sept. 21
Memorial Building, 19 E. Chicago Ave.

On the draft agenda: public hearing on 714 S. Madison St.

MEETING ROUNDUP

Community Consolidated Elementary District 181

Among other business at their meeting Monday, board members:

- voted unanimously to join the Lincoln Way Area Affiliation of Participating School District Cooperative to help control insurance costs for the 2023 calendar year. Despite an initial \$300,000 cost to join and a \$200,000 set aside to run out current claims and an increase in premiums, the move will save the district \$100,000.

- learned district enrollment this year is 3,608, down from 3,671 last year. Enrollment has been on a slight decline since 2013, when the district educated 4,012 students. The smallest grade level is kindergarten, with 281 students, and the largest is eighth grade, with 452 students.

- listened to a report about the district's five summer programs. Seventy-one staff members taught 66 courses to 945 students.

Metra disrupted by possible work stoppage

A potential work stoppage by freight railroad workers beginning tomorrow, Sept. 16, has already led to curtailed Metra service tonight on the BNSF line.

According to Metra, BNSF Railway, which operates the line, has canceled tonight's inbound trains 1296, 1298, 1300 and 1302 (leaving Aurora) and tonight's outbound trains 1289, 1291 1293 and 1295 (departing Chicago).

If the work stoppage occurs, there will be no service Friday on the BNSF, Union Pacific North, Union Pacific Northwest and Union Pacific West lines. In its statement, Metra said negotiations between the unions and freight railroads are ongoing and company officials hope a settlement will be reached before the strike deadline.

For updates on the situation, visit <https://metra.com>.

Slight drop in number of new COVID cases

The DuPage County Health Department reported 37 new cases of COVID-19 in Hinsdale over the past week, bringing the total number of cases in the DuPage County portion of Hinsdale to 4,160, compared to 4,123 last week. The Cook County Health Department no longer reports on cases specific to Hinsdale.

The number of cases per

100,000 population in DuPage was 16.7 on Sept. 14, compared to 24.2 on Sept. 6. The community level remains at medium.

District 181 reported five positive cases from Sept. 7-12, including three students, one teacher and one staff member.

District 86 reported six positive cases at Hinsdale Central as of Sept. 9.

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Caucus hopes to reboot, maybe for 2023

Community invited to October meeting to learn about group, possibly volunteer to serve

By Pamela Lannom
plannom@thehinsdalean.com

After sitting out the past two election cycles, the Hinsdale Caucus is hoping to gear up for future village, school and library board elections.

The caucus, which has been identifying, interviewing and endorsing candidates for local offices since 1934, was sidelined in 2019 due to a shortage of volunteers and in 2021 due to COVID-19.

"During the pandemic and the last few years, we basically haven't run the caucus," said Nadine Gilbert, the group's recording secretary. "We haven't been able to interview candidates. We haven't been able to put together enough delegates."

She and other executive board members hope to change that. They have a planned a meeting for 7 to 8:30 p.m. Wednesday, Oct. 12, at the Hinsdale Public

Library, 20 E. Maple St. All interested residents are invited to attend.

"At the meeting, we hope to get people from the community so we can explain the value of the caucus and we can find officers and people willing to serve on the caucus," Gilbert said.

The next school, village and library board elections are in April 2023. Caucus volunteers — called delegates — typically work the fall before the election to identify potential candidates, interview them and decide on a slate of individuals to run for a particular board.

Susan Blumberg-Kason, who studied political science in college and public administration in graduate school, said she got involved in part to learn more about local government. She found serving as a library board delegate rewarding.

"It was run really well. It was fair," she said. "We brought dessert and we were kind of com-

peting for who could bake the best and it was really fun."

Because the caucus is non-partisan, Blumberg-Kason said the divisiveness common in many political conversations simply was not present in caucus meetings.

"Not everyone agreed, but we were able to work together," she said.

Blumberg-Kason appreciated when Karen Keefe, the library's executive director, came to talk about the responsibilities of the library board and the qualities needed in a board member. She ended up running for a seat on the library board herself after serving on the caucus.

"It gave me the idea to run, and I don't think I ever would have done that if I had not been on the caucus," she said.

Mridu Garg was not considering a run for the Community Consolidated Elementary District 181 Board until she was contacted by the caucus' Paul

O'Flaherty. She had just lost her husband two years earlier and had plenty on her plate as a single mom. When she said no, he asked her to think about it.

"I reconsidered because I had been asking people to run myself," she said, adding that few were interested.

Her mom and sister and they encouraged her to run. Despite some anxiety about the interview, she decided to go through the process. She met with a group of about 12 delegates on the D181 nominating committee.

"At the interview I felt that they asked a lot of good questions. They asked about current issues, which showed they wanted people who were following what was going on in the district," she said.

Garg was elected in 2013 and finished her four-year term on the board as its president.

She believes the caucus vetting process results in stronger

candidates who are more likely to experience success serving as a board member.

"It's easy for people to complain," Garg said. "Be engaged. Be involved. Attend meetings and be part of it."

Gilbert said it would be ideal if the caucus could endorse candidates for one or more boards for the April election, but that might not be possible. Candidates for the April 4 consolidated election must file their petition between Dec. 12-19.

"We would love the caucus to hit the ground running," she said. "In reality, because of the timing of the election, there may not be enough time."

Gilbert said she believes residents who volunteer will be glad they decided to do so. And they might find some unexpected benefits.

"I became more well-versed on issues in the community," she said. "Better than that, I made friends."



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POLICE BEAT

Hinsdale police distributed the following reports Sept. 13.

DUI arrests

• Christina E. Glass, 47, 1304 Old Dominion Road, Naperville, was arrested for driving under the influence of alcohol and improper lighting at 11:34 p.m. Sept. 7 in the 400 block of East 55th Street. She was charged and released to appear in court.

• Javier Sotelo, 49, 1503 S. 58th Ave., Cicero, was arrested for driving under the influence of alcohol and failure to signal when required at 2:04 a.m. Sept. 4 at Ogden Avenue and Interstate 294. He was charged and released to appear in court.

Arrest for assault

Andrew A. Bitautas, 24, 425 S. Garfield Ave., Hinsdale, was arrested for assault and possession of cannabis at 4:48 p.m. Sept. 9 in the 10 block of Chicago Avenue after police were dispatched to a report of a subject creating a disturbance near Burlington Park. He was charged and released to appear in court.

Deceptive practice incident

Someone transferred \$10,000 from the bank account of a resident of the 10 block of Spinning Wheel Road on Sept. 8 after the victim responded to an email in which the suspect claimed to be from computer support services and gained access to victim's computer.

Theft of robot mower

A landscape company's robotic lawn mower valued at \$2,000 was reported missing between Sept. 5 and 7 from a client's yard in the 600 block of South Oak Street.

Vehicle vandalized

Both sides of a vehicle were scratched between 11:30 a.m. and 4:30 p.m. Sept. 8 while it was parked in the AdventHealth Hinsdale Hospital parking garage, 120 N. Oak St.

Car chase from Chicago results in three arrests

Hinsdale police arrested three suspects in the Chicago shooting of a 12-year-old boy Tuesday night after a car chase through several suburbs.

At the Chicago Police Department's media briefing Wednesday morning, Chief of Detectives Brendan Deenihan reported that the boy was walking home from a west side store with his uncle just after 10:30 p.m. when he was shot in the head.

A vehicle spotted by Chicago police near the scene of the shooting fled but was followed by a police helicopter. Assistance was requested from suburban law enforcement as the vehicle exited the Stevenson Expressway and traveled westbound on 47th Street. Hinsdale police set up spikes on 47th Street over I-294, which the vehicle struck before briefly stopping at First Street and County Line Road.

But the vehicle then contin-

ued south on County Line Road with officers in pursuit, turning east on Plainfield Road before eventually stopping at East Avenue in La Grange, where officers boxed it in. Three individuals were arrested, according to Hinsdale Police Chief Brian King.

"We took the subjects into custody, transported them to the Hinsdale police department and turned them over to Chicago," King said.

Deenihan reported that the boy was in "extremely critical condition" as of Wednesday morning. He said the suspects are gang members but that the boy's uncle, who has a concealed carry license and returned fire in the incident, is not gang-affiliated.

Deenihan thanked Hinsdale police for their response to the incident.

"They did a remarkable job to stop this vehicle," he said. "This is extremely tragic."

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■ And while Wanless himself will be working the event rather than walking or running, members of his family will lace up their shoes for the annual trek through the streets of Hinsdale.

Career change gives Rotarian time to give back

A sermon delivered in church one Sunday stuck with Mark Wanless for years. The message was about the importance of volunteering one's time, when and if that time becomes available. As the father of four saw his children begin to make their way through high school and on to college, he found himself with time to give to his community through his involvement in the Rotary Club of Hinsdale.

"Rotary is an organization I've always been intrigued with," said Wanless, a resident of Western Springs who joined the local branch of the worldwide organization soon after taking over the Edward Jones Hinsdale office in 2020. It wasn't long before Wanless wasn't just a member of the group, but chair of its biggest fundraising event, the Rotary Run Charity Classic.

Now in its 28th year, the Rotary Run Charity Classic attracts hundreds of runners, from first-timers to seasoned athletes, to the streets of Hinsdale each October. (See Page 32 for registration information.) The event, which starts and ends at The Community House, includes 3K and 5K walks; 3K, 5K and 10K runs; as well as

the Mutt Strut.

"It's basically a 3K walk with your dog," Wanless said.

This year's event also includes the return of the mascot race, a short dash involving the costumed characters from all nine Community Consolidated Elementary District 181 schools. Oak School's Hootie will defend its reign as race champion when the mascot race steps off at 9:45 a.m.

Traditionally held on the first Sunday of October, Wanless said the Rotary Run serves as a fun family outing for some, while others use the event as a warmup for the Chicago marathon, which takes place the following weekend.

Proceeds from the Rotary Run Charity Classic support several local organizations and programs, including the District 181 Foundation, the Hinsdale Hospital Foundation, the Hansen Center therapeutic riding program, and The Community House, where Rotary members meet each Friday. Money raised through the run also supports the year-round work of Rotary Club, including its scholarship program, bikes for military kids, its men-



MARK WANLESS

FINANCIAL ADVISER AT EDWARD JONES, HINSDALE • PLAYED FOOTBALL IN COLLEGE • EARNED HIS MBA FROM UNIVERSITY OF ILLINOIS IN 2001 • TRAVELED TO GREECE WITH HIS FAMILY THIS SUMMER

toring program at Anne M. Jeans School, and Operation Pollination, a local effort to increase the world's monarch butterfly population.

"Money is shared across a multitude of organizations and projects," Wanless said.

After a career in sales that required frequent travel around the country, Wanless began a second career in 2017 — one that allowed him

to spend more time at home with his wife and children.

"I always had a true interest in investing and in economics," he said. Having finally reached a place where he has time to give, Wanless spends his days helping other families to reach their financial goals, whatever they might be.

And while Wanless himself will be working the event rather than walking or run-

ning, members of his family will lace up their shoes for the annual trek through the streets of Hinsdale.

Wanless said he feels "blessed and fortunate" to have the time and the opportunity to give back to the community as a Rotarian.

"It's rewarding to be involved," he said.

— story by Sandy Illian Bosch, photo by Jim Slonoff

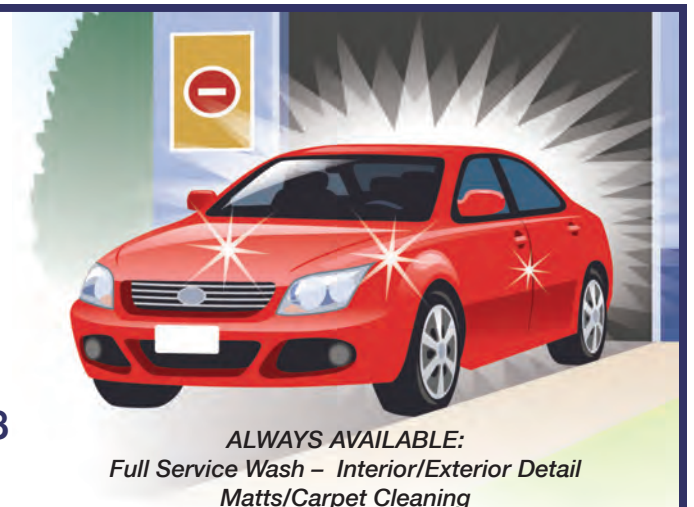
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OPINION

EDITORIAL

‘Future agenda items’ affecting future in D86

The Hinsdale High School District 86 Board needs a special meeting with a single agenda item — to address future agenda items.

At last count, the board had more than a dozen items on a list of potential future meeting topics. The “list” is actually an excel spreadsheet that identifies which board member requested the item and when, the date of the meeting at which it is set to be discussed and relevant details.

Three board members’ names — Peggy James, Debbie Levinthal and Jeff Waters — are the only ones that appear in the “requester” column. These are the same three board members who typically are the “3” in the board’s 4-3 votes.

The list of potential future agenda items covers a variety of topics, from the rising cost of legal bills to the role of the board president. Some requests seem legitimate; others less so.

The fact of the matter is the board can’t discuss every aspect of running a school district in two meetings a month, no matter how long those meetings last. The board’s job is to set policy and direction. It’s the job of district administrators to make sure those policies and directives are

carried out.

Does that mean the board should just rubber stamp administrators’ recommendations? Absolutely not. Many issues do warrant discussion before a decision is made. But when three board members have compiled a list of 15 different topics they want to deliberate, it becomes tough to figure out what’s really an issue and what’s not. Some requests seem quite alarmist.

Take the request to review the district’s website updates. Questions about why the phrase “Tradition of excellence” was removed from the home page seem to insinuate the administration is trying to dismantle that tradition. A more likely explanation is that the absence is a result of the many much-needed revisions made to update and streamline the page.

And then there is the request to add “the public” to the top of the district’s organizational chart. This is ridiculous. The public participates in elections, not governance. The seven board members are elected to represent the interests of their constituents. Those constituents hold no actual authority in district governance and

should not be listed on the chart.

Scrutiny over the communication director’s inclusion in all email correspondence sent to the “boe” address also has conspiratorial undertones. Communication being forwarded to the communication director does not seem that out of line to us.

Another request about public records preservation invites inquiry as to whether or not some public records were inappropriately destroyed. If they were, that’s a serious charge that requires investigation. If not, the request seems to be yet another attempt to cast suspicion on administrators.

Then there are topics that aren’t even on the list — like the disparity in committee assignments raised at last month’s meeting — that we think should be addressed.

The bottom line: the lack of trust — whether between board members and administrators or board members and each other — is creating some real problems in District 86. The time wasted discussing future discussions is just one of them.

COMMENTARY

Stating the obvious one way I can try to relax

“Right now, it’s like this.”

I was introduced to this phrase earlier this week while listening to one of the Teacher Talks on the Ten Percent Happier app.

“Duh,” you might be saying to yourself. “Of course right now it’s like this. How else would it be?”

Or it might have reminded you of another phrase often used to characterize current circumstances: “This too shall pass.”

So how is it for you right now?

My right now is Wednesday afternoon, with deadline looming and my anxiety rising over too many things that still must be done before we go to press (like finishing this column!).

This is typical for a Wednesday afternoon, I hate to say. I start off every deadline day with the intention to remain calm. I usually am able to do so until about noon or 1 p.m. Then I feel my shoulders rising and my muscles tightening, along with a mild state of panic setting in. Later, when the paper

is done, I beat myself up for letting deadline day get to me, once again.

But now I wonder, after listening to Jay Michaelson share this phrase, which he learned from U.S.-born Thai monk Ajahn Sumedho, if I’ve been approaching Wednesdays all wrong. Maybe what I should be saying to myself is, “Right now, it’s like this.”

I can see myself using this phrase in a host of situations.

Say Ainsley comes home from school highly distraught over an incident with a classmate.

“Right now, I have a 13-year-old daughter with strong, unpredictable emotions.”

Or I get into an argument about parenting with her father.

“Right now, Dan and I disagree on how to approach this particular challenge.”



Pamela Lannom

Or someone asks me to fill a volunteer post I’m not sure I’m ready to take on.

“Right now, I’m conflicted about my desire to serve.”

And then what do I do?

Just sit with these feelings. I don’t have to push them away. I can stop judging the situation or spinning off into

a long narrative about the many ways in which I am either A) a victim or B) inadequate.

I can just recognize, as Michaelson notes, the wisdom of what happens to be my favorite song by my favorite band — “You can’t always get what you want.”

Michaelson said repeating this phrase doesn’t mean the situation is OK or you are OK with the situation, but there is a deep level of acceptance inherent in these words. It’s accepting that, as

much as I sometimes hate to hear this phrase, “it is what it is.”

Of course people rarely say the above when things are going really great. Michaelson reminds us that both phrases apply to life’s sweeter experiences as well. It’s easy to let these go by unnoticed. Instead, I could pause and think, “Right now, things are really great.”

The phrase has the potential to help us relax.

“Just dropping the effort to grab onto what’s happening or reject what’s happening feels good,” Michaelson notes. “It’s not quite a hammock on the beach in Bermuda, but it is a little vacation nonetheless.”

So right now, I’m going to practice following Michaelson’s recommendations. I could use a little vacation from deadlines.

— Pamela Lannom is editor of *The Hinsdalean*. Readers can email her at plannom@thehinsdalean.com.

■ This is typical for a Wednesday afternoon, I hate to say. I start off every deadline day with the intention to remain calm. I usually am able to do so until about noon or 1 p.m. Then I feel my shoulders rising and my muscles tightening, along with a mild state of panic setting in.

GUEST COMMENTARY

Ode to a man I did not know

I didn't know Craig Kruse.

Craig passed away on Sept. 9 from brain cancer. He was 50 years old, six years younger than me. He left behind a wife and three children, many family members and an untold number of friends.



Kevin Cook

around him and unabashedly tapped into it. He pushed them to be better because he knew hard-learned lessons in sweat equity, determination and self-confidence would pay off in life far beyond high school. Without exception, Craig was

Until recently, what I knew of Craig came from previous news articles and his obituary. A resident of Clarendon Hills, he served as a trainer and strength and conditioning coach at Hinsdale Central High School. His myriad personal and professional accomplishments were impressive. His passion for coaching, football and tough personal workouts imbued his spirit. He was brave and resilient in the face of his disease.

I don't know what inspired me to learn more about him. A stranger drawn to the story of another stranger. What brought him joy? Why did he love coaching? Who inspired him? Perhaps it was the deeply sad reality of his death. A man far too young to leave us, with everything still ahead of him, with so much more to be done.

So, I spoke to a few people who knew him well and asked, deep down, what would they want people to know about Craig. I learned Craig truly believed that every student athlete could achieve a higher standard. He embodied an unwavering black and white philosophy about the benefits of showing up, every day, and putting in hard work. He saw the potential in the young men and women

true to who he was. And that part of his DNA was palpable to those around him.

As children, or young adults, many of us benefited from the wisdom, guidance and toughness of someone like Craig. A coach, teacher, mentor, rabbi, priest, counselor, friend. Even the smallest pearl of wisdom changed us. We remember these people even now. We can see their faces. They made a difference. They shaped us. In some cases, the power of people like Craig may not have been revealed to us until much later in life, when the kind word, push for better, or tough love from years ago becomes overwhelmingly prescient now.

For those who knew him, if he made your life better, tell him "Thank you." And pay it forward, because I bet that's what he'd want. For people like me who didn't know Craig, but fondly remember many people like him, tell them "Thank you," too. If they are alive, you have a golden opportunity to tell them in person. Or write them a note. When we do this, we honor them all. Especially Craig Kruse.

— Kevin Cook of Hinsdale is a contributing columnist. Readers can email him at news@thehinsdalean.com.

LETTERS TO THE EDITOR

D181 board member encourages others to seek office

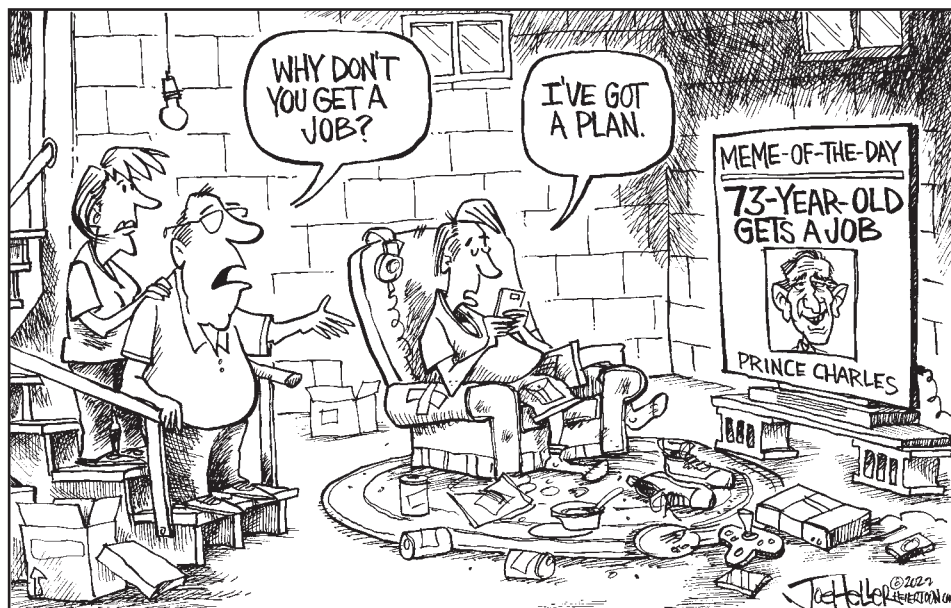
Beginning next Tuesday, Sept. 20, residents interested in running for the D181 Board of Education may begin circulating signature petitions for the consolidated election to be held April 4, 2023. Candidates can file their signature petitions and other candidate documents beginning Dec. 12.

The board plays an important governance role for D181, promoting academic excellence for our 3,600-plus students, maintaining our status as an employer of choice for educators and supporting staff, and investing D181 taxpayer funds responsibly.

Serving on the D181 Board has been a rewarding experience and I am

proud of what we've accomplished together, often in the face of significant adversity. Indeed, the greatest threat to D181's continued success is, in my opinion, politicians and other policy-makers substituting their judgment for our board's regarding when and where children are allowed to learn and what they are required to learn.

If you share my belief that our local school board is in the best position to understand and take action to further the interests of our students, employees and community, then I look forward to signing your petition. — **Bill Cotter, Hinsdale, D181 board member**



LETTERS POLICY

Requirements

- 250 words or fewer
- include writer's name, address and daytime phone number

- documentation must be provided for numbers, statistics and other facts mentioned in the letter
- no form letters

Submission

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- fax to (630) 323-4220
- mail to The Hinsdalean,

Letters to the editor, 7 W. First St., Hinsdale IL 60521

Questions?

Call (630) 323-4422

OBITUARIES

Craig Laurence Kruse

Craig Laurence Kruse, 50, of Clarendon Hills passed away peacefully surrounded by his family on Sept. 9, 2022.

The son of Ron and Roxanna Kruse, he was born in Belleville in 1972. He was raised in Herscher, where he discovered his passion for athletics. This included him helping secure a runner up state championship title in football during the 1988-89 season at Herscher High School and competing in shot put at state his senior year.

He continued his athletic career at Augustana College in Rock Island. There, he was a four-year starter on the football team and placed fifth at Outdoor Nationals in the shot put his senior year.

None of this compared to his true victory, meeting the love of his life, Kristen, during his freshman year. The two celebrated 26 years of marriage in June and built a wonderful family that Craig was extremely proud of.

Craig also excelled in academics, graduating as an Academic All-American from Augustana, and then obtaining a master's in kinesiology from Eastern Illinois University before gaining his master's in physical therapy with highest honors from Emory University. He was a passionate physical therapist for 24 years. Through his work he positively impacted so many lives by helping others heal and making the recovery process fun along the way.

However, Craig's true passion was coaching. He spent much of his children's youth coaching them, and was a huge part of the Hinsdale Falcons football and wrestling feeder programs. Craig had such an impact on youth sports that the field at Brook Park was recently renamed Craig Kruse Field, a humbling and well-deserved honor. Craig pulled the best out of his players and the coaches around him



Kruse

because he truly believed in people and in their potential.

As his children grew, he became the strength and conditioning coach at Hinsdale Central, where he helped athletes from all teams each and every day. Craig eventually began coaching both football and girls throwing (shot put and discus) at the high school. He thoroughly enjoyed being such an integral part of so many athletes' lives. He will be remembered by the Red Devil community for his care, compassion and work ethic.

His life ended far too soon due to stage four glioblastoma brain cancer. Craig lived for 14 months after his diagnosis and lived well. He continued to work, coach and travel for most of the last year of his life. He will be remembered by the phrase he coined, "Boots On" because he did not want to stop living before he died. He decided to continue to live every day and die with his boots on.

He is survived by his wife, Kristen; his children, Cassie, Ron and Zach; his parents, Ron and Roxanna; his sister Carrie; his nieces, Claire and Addie; and his nephew, Ian.

Craig was preceded in death by his paternal grandparents, Laverne and Alice Kruse; his maternal grandparents, Earl and Yvone Thompson; and his brother, Gregory Paul Kruse.

A visitation will be held from 2 to 9 p.m. Wednesday, Sept. 14, at Adolf Funeral Home, 7000 S Madison St., Willowbrook.

Family and friends will meet for a funeral service at 10:30 a.m. Thursday, Sept. 15, at Gloria Dei Church, 4501 Main St, Downers Grove.

In lieu of flowers, please consider donating to the Craig Kruse Memorial Fund.

Brian Powell Funeral Directors of Hinsdale handled the arrangements.

Gwendolyn M. Stoldt

Gwendolyn M. Stoldt, 95, a lifelong resident of Hinsdale, died Aug. 14, 2022, at Oak Trace in Downers Grove.

She is survived by her brother, Jack (Evelyn) Rodesiler; her children, Phillip (Karen) Goers and Mary (William) Myers; her step-children, Mark (Cathy) Stoldt and David Stoldt; her grandchildren, Christian (Nicole) Goers, Sarah (Kyle) Johnson, Kimberly (Matthew) Boyer and Jenna Myers; her step-grandchildren, Conner (Elena) Stoldt, Emerson Stoldt and Camerin Stoldt; her seven great-grandchildren; and many nieces and nephews.



Stoldt

A memorial service will be held at 11 a.m. Saturday, Sept. 17, at Union Church of Hinsdale, 137 S. Garfield Ave. The service will be livestreamed at <https://youtu.be/T7hjAONMlzw>.

Burial will be private at Naperville Cemetery.

In lieu of flowers, donations may be made in Gwen's name to a favorite charity, or to Union Church of Hinsdale, 137 S. Garfield Ave. Hinsdale, IL 60521, or <https://hinsdale.church>.

Her full obituary ran in the Aug. 18 edition and is available online at <https://www.thehinsdalean.com>.


Obituaries continue on Page 16



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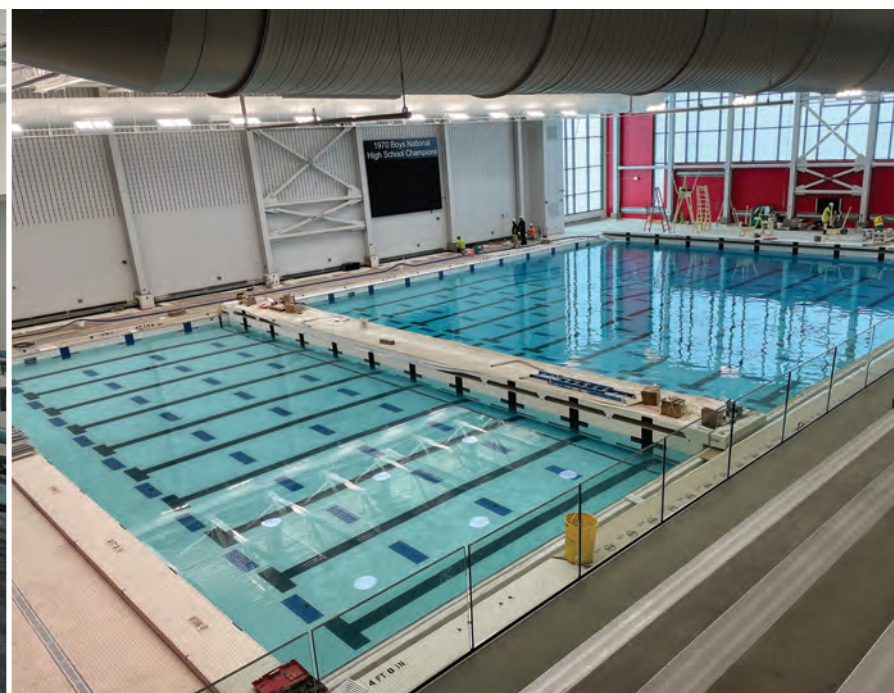
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On behalf of the Hinsdale Central students and staff, I say thank you for what is a true testament to the Red Devil spirit. The generosity of our Hinsdale community has enabled our building to step into the modern age of an educational institution.

-Principal William Walsh



ASK AN EXPERT

DEBRA DUDEK, GENEALOGIST

What should people know about genealogy research?

Genealogy specialist Debra Dudek was enlisted to help a woman find where her late father was buried.

"There had been a divorce and she didn't know what happened to him," related Dudek, head of adult and teen services for Bolingbrook's Fountaindale Public Library District.

A project she thought would take a matter of weeks stretched into a couple of years, with the woman eventually learning she had seven half-siblings.

"That was a case that ended up being one of the more rewarding cases I worked," she said.

Dudek will share helpful tools of the trade in her program *Beyond Ancestry* at 7 p.m. Tuesday, Sept. 20, at the Hinsdale Public Library (see Page 24 for details).

Even before online websites offered easy access to local, state and federal records, resources like military pensions, land bounty applications and military service files provided win-

dows into the past, Dudek explained.

"Beyond Ancestry is really great for anybody who has either begun conducting genealogy research or is interested in expanding on some fundamental skills," she said. "It's designed to give people a lot of options and show how to find some of the underused resources."

The well-known site *ancestry.com* is a good jumping off point but not an "all-you-can-eat buffet" for everyone, Dudek remarked, "depending on your ethnic background or your religious affiliation or how your family moved across the country or from a different country."

And then there's the issue of verification. "There's a lot of information that doesn't have a receipt," she said, citing erroneous postings she came across when researching her own lineage.

As her grandmother's research assistant in the pre-Internet era, Dudek was largely in charge of corresponding with far-flung relatives to gather historical information on the family which eventually became a volume known as "The Book."

Years later while a graduate student in Scotland, she took a class on genealogical research that reignited her interest — and led her

to her Scottish kin.

"I got to meet a group of relatives who never knew my grandmother but knew of her through my great-grandmother's letters," she said.

Dudek relishes guiding others in responding to, in her words, "the invisible call to the past."

"I want to make sure that everyone that feels that call receives a really solid foundation so they can find answers and find closure," she said.

Free online archives like Google Books, the Library of Congress and the National Archives are easy on the budget. Others sites might carry a subscription fee.

"We do want to make sure that people aren't busting the bank," she said, "What information can we use to propel this research forward?"

Participants in *Beyond Ancestry* will learn how to fill out a family group sheet, a pedigree chart and a research checklist. So whether preparing for a family reunion or simply keen on leaving a gift for posterity, people can get a more meaningful handle on their heritage.

"They gain a deeper understanding of where they've come from, where they are and where they're going."

— by Ken Knutson



Librarian and genealogy specialist Debra Dudek will present *Beyond Ancestry* next week at Hinsdale Public Library to help amateur genealogical researchers identify important resources and make sure no ancestral stone is left unturned. (photo provided)

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WALK-INS WELCOME!

OBITUARIES

Louis Franklin Umsted Jr.

Louis Franklin Umsted Jr., 93, of Savannah, Ga., formerly of Hinsdale, died peacefully on Sept. 12, 2022.

Lou was born in 1928 in Philadelphia, the son of Louis and Alyce Rutherford Umsted. He was educated in Philadelphia and moved to Seattle, graduating from the University of Washington with a degree in business. He participated and lettered in several sports and was president of his fraternity, Alpha Delta Phi.

In 1951, Lou reported to Pensacola, Fla., to earn his Navy wings. He flew a Cougar fighter jet as a member of the Pacemaker fighter squadron on the USS Boxer aircraft carrier during the Korean conflict. Lou met and married Peggy Hatmaker in Palo Alto, Calif. in 1955. In 1967 the couple settled in Hinsdale, where they lived for 30 years.

Lou worked for Chicago-based National Can and enjoyed a 30-year career, retiring as executive vice president of sales and a board member. Lou and Peggy retired to The Landings in Savannah and The Marshes on Skidaway Island.

Lou joined several boards after retirement, including Barry-Wehmiller and King-Bruwaert House. He had a strong Christian



Umsted

faith and loved the Lord. He enjoyed tennis and golf at the Hinsdale Golf Club and The Landings. He had a passion for woodworking and built many family heirlooms, along with hundreds of bluebird houses that are placed throughout the golf courses of The

Landings.

The impact and legacy that Lou created for the Umsted family will be cherished and honored for many generations. Lou always laughed and was a happy man with a happy family.

He was preceded in death by his wife of 67 years, Peggy.

He is survived by his children, Nancy (Gene) Sullivan, Eric (Margaret) Umsted and Jennifer Umsted McKinley; his grandchildren, Ashley (Brad) Stollberg, Kevin Umsted, Stephen (Katie) McKinley, Patrick (Emily) Sullivan, William Sullivan, Cara (Aaron) Foster, Megan McKinley, JT (Allie) Sandstedt and Ali (Brent) Phillip; and his great-grandchildren, James, Ben and Madeline Stollberg, Annie Sullivan, Eloise Foster, Ezekiel Phillip and Ava McKinley.

Interment is private at Bronswood Cemetery in Oak Brook. Sullivan Funeral Home of Hinsdale handled the arrangements.

Donna L. Watkins

Donna L. Watkins, 74, died unexpectedly Sept. 5, 2022, near her home in southern Indiana.

The daughter of Frank W. and Ada B. (Ennes) Watkins was born in 1948. She graduated from Indiana University and taught Latin and English in Wabash, Ind., before coming to Hinsdale Central High school.

At Central she taught Latin and etymology and became world languages department chair. She was a legend in the annual Illinois High School Association Latin Tournament, with a student of hers winning first in state in each of 14 years. In the annual Latin Examination sponsored by the American Classical League, no Latin teacher in Illinois has had more students attain a perfect score — 65 students in all. Donna also coached Scholastic Bowl championship teams that consistently placed first in sectional and conference contests and also winning the state competition. She was honored by the Illinois State Board of Education with



Watkins


its "Those Who Excel" award for individuals who have made significant contributions to the state's public schools. In 2007 Donna Watkins was inducted into the Hinsdale Central Foundation Hall of Fame.

After her successful career in education, Donna retired to her family's large farm. She devoted time to a variety of favorite activities, from reading and quilting to being an officer in the Pike County Bird Hunters Club. Her family had been active in the breeding of championship English setter dogs for many years.

Donna is survived by many first and second cousins of the Watkins and Steelman families.

She was preceded in death by her parents and her sister, Terry Jean Watkins.

A small graveside service will be held at a later date. Memorials may be sent to the Linda E. White Hospice House, 611 Harriet St., Evansville, IN 47710; or a charity involved in cancer research.



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Many paths lead to health and wellness

Participants in special week share their insights on approaches to feeling your best

By Pamela Lannom
plannom@thehinsdalean.com

Many different things might come to mind when people hear the phrase “health and wellness” — as evidenced by the variety of participants in Hinsdale’s Health and Wellness Week next week.

For Rogers Behavioral Health, any discussion of well-being needs to include mental health. The good news is the virtual options that arose during the pandemic have made treatment more accessible for some, according to Krystyna Olejnyk, outreach representative.

“I think people are more willing to look into mental health treatment than before because there is broader availability,” she said.

Brandon DeJong, clinical director of Rogers sites in Hinsdale and Skokie, said he would like that trend to continue.

“My hope is that mental health can be more destigmatized,” he said, noting that education is an important component. “I really see us as not only an organization that is there to help treat folks with good, empirically supported treatments, but also a place that can serve as an education resource for people who are looking to learn a little more about (a mental health issue) and understand how it develops and how we can best treat it so they can get a little relief at the end of the day.”

Rogers Behavioral Health is best known for its anxiety treatments, DeJong said, but staff also treat people with mood disorders, depression and chemical dependency. Free assessments are available for those who think they might need help.

“If you or a loved one is or know somebody who is suffering, they can educate themselves,” DeJong said. “They can reach out to professionals who are there to help.”

Many times people who are struggling with mental health issues feel isolated and alone and believe the problems they face are unique.

“There are people out there who understand them, that understand what they are going through,” DeJong said.

Olejnyk will be at the Hinsdale Farmers Market Monday morning to kick off the week (see Page 22 for details), answering questions and



Katya Sidelnik of Inner Jasmine Yoga and Wellness is one of many providers participating in Hinsdale’s second annual Health and Wellness Week next week, sponsored by AdventHealth Hinsdale, the village and the Hinsdale Chamber of Commerce. (Jim Slonoff photo)

sharing information.

“If anybody is seeking any type of help, even if I can’t provide it directly, I can always help or lead you in the right direction,” she said.

She emphasized that mental health is health.

“That’s something that isn’t always seen that way,” she said. “Hopefully one day everybody does.”

Keeping the body moving

While yoga focuses on breathing and physical movement, its benefits aren’t limited to improved flexibility and strength.

Katya Sidelnik, owner of Inner Jasmine Yoga and Wellness in Hinsdale, said practicing yoga has changed how she sees the world.

“It has really taught me this way of living through compassion and being able to understand different people’s points of view, perspectives, thoughts and feelings and being able to respect everyone for who they are, where they’re at, without any desire for change or fixing, but just being.”

Sidelnik finds her clients are interested in yoga for a variety of reasons.

“People coming in right now are looking for a combination of everything,” she said. “They are looking for a reset in their lifestyle — how they move, how they breathe, how they eat, how they think — to try to make their lives better during their day to day, not just (while they are) here.”

The physical movement in yoga

is focused on moving energy in the body and releasing stress, she said. Just two minutes of diaphragmatic breathing allows the vagus nerve, the main nerve in the parasympathetic nervous system, to reset. The nerve helps the body rest, digest and calm down.

While yoga can be practiced at home, Sidelnik said working with an instructor is useful.

“To receive the most optimal benefits of yoga, it would be important to have access to an instructor that can create a home program and work with a person in devising that goal,” she said.

“I have some clients that come three times a week because they are working on very specific things, and I have some that are once a month and I give them the next thing they are working on.”

Sidelnik is in the process of earning credentials from Memorial Sloan Kettering in New York for a new program for individuals who have been diagnosed with cancer and for caregivers.

She appreciates the meaning of the phrase “lifestyle yoga”

“I truly try to live with faith, hope and love,” she said.

Choosing the right fuel

With endless recommendations on the Internet of the latest and greatest superfood to eat or diet to follow, people are making nutrition more

complicated than it needs to be.

That’s the opinion of Kathy Napleton, owner of Nourished in Hinsdale, which offers wellness workshops, nutrition coaching classes and detox kits.

“What we find is that most of these avenues that people take are simply not sustainable in the long term,” Napleton said. “What we try to do is get back to the basics. We want to teach you about balance and how the body requires a balance and a variety of nutrients in order to maintain health long-term.”

Generic recommendations on what to eat or not eat fail to take into account a person’s unique health factors and lifestyle behaviors.

“When we go on these fad diets or these one-size-fits-all diets in America, we’re really affecting our health,” she said.

A focus on eating right to lose weight also sets people up to practice good nutrition in the short run, to lose 10 pounds for a wedding or vacation, rather than making diet and lifestyle adjustments that will be permanent.

That doesn’t mean people can’t ever have a piece of cake or glass of wine.

“There is no problem having some indulgences. We’re human,” Napleton said.

People should practice eating healthy 80 percent of time.

“Most Americans are practicing the 20/80 instead of the 80/20,” she noted, as reflected in the high rates of cancer, heart disease and obesity in America.

A paradigm shift does seem to be underway, Napleton observed, which is good news.

“We must make a shift, especially for the next generations, and teach them what this beautiful human body actually needs in order for it to thrive,” she said.

And that is a lot of vegetables (in all colors of the rainbow), some fruit and some healthy animal protein. Napleton also recommends periodic cleansing and detoxing to clean out the liver and kidney.

She points to the simple advice of Michael Pollen of the University of California at Berkeley, which boils down to the following: “Eat real food, mostly plants, not too much,” she said. “That’s it in a nutshell.”



The DuPage County Forest Preserve District is taking orders online for native trees and shrubs, with plant pickups set for Sept. 23-24. See Page 22 for details. (photo provided)

ARTFULLY DONE

■ Light Through the Trees

Sept. 28
Morton Arboretum
4100 Route 53, Lisle
<https://www.mortonarb.org>
(630) 719-2468

Join photographer and environmental scientist Peter Vagt for a photographic journey across 20 years of his color photography in a new book celebrating The Morton Arboretum, "Light Through the Trees: Photographs of The Morton Arboretum." Hear stories behind the photographs, examine why the arboretum became his creative muse and a source of serenity, and explore the creative process of capturing meaning through nature photography. Copies of the book will be available for purchase; a Q&A session and book signing will follow the program. Time: 6:30 to 8 p.m. Cost: \$17. RR, MD

■ **Alebriges: Creatures of a Dream World**
Through Oct. 31

Cantigny Park
1S151 Winfield Road,
Wheaton
<https://www.cantigny.org>
(630) 668-5161

Explore beautiful, vibrant Mexican folk art throughout the grounds of Cantigny Park at this outdoor art exhibit, featuring dozens of mythical animals masterfully crafted by artists in a traditional Mexican art style. Hours: 8 a.m. to 5 p.m. Admission: Free with \$5 parking, \$10 on weekends.

CENTRAL TIME

■ Hall of Fame Induction Ceremony and Dinner

Sept. 22
Ruth Lake Country Club
6200 S. Madison St.,
Hinsdale
<https://hinsdalecentralfoundation.org>

The Hinsdale Central Foundation will hold its annual event to induct Douglas Newby, Kerstin Ronning Regnery, David Stone and Jeff Tolbert. Time: 6

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Tales from the Table: Why I cook

Great cooking feeds the soul. There is nothing like hearing the sizzle of a skillet, watching a biscuit rise, smelling the spicy aroma of gingerbread or tasting a spoonful of buttery mashed potatoes.

As I learned from my mother, cooking is all about love. One of life's great-



Amy McCauley
Tales from the table

est luxuries is sharing a meal that is so good that you want to linger at the table with the people you love — laughing and sharing stories. I believe in the power of a home-cooked meal and its unique ability to bring people together. There are certain conversations that only happen while you are prepping food in the kitchen or flipping steaks on the grill. I am at my happiest when I am cooking and spending time with my family and friends in the kitchen.

I fell in love with cooking when I was young. I cooked my first meal at 7 when my mom was out of town. Alone in the kitchen with my mother's "Joy of Cooking," I made vegetable soup and from then on, a spark was lit. More than 30 years later I am still cooking and writing about food because I am always hungry to taste and create something new.

However, what I appreciate most about cooking is the sense of community that it creates. Those who truly love to eat and cook tend to be generous with their stories, time and recipes.

So come, pull up a chair and join me for one of my family's favorites, Parmesan crusted chicken piccata. This crispy twist on a classic has a delicious nutty Parmesan flavor and a brown butter wine sauce that will have your family lingering and wanting more.

Ingredients

- 4 thinly sliced chicken breast cutlets
- 1 ½ cups all-purpose flour, divided
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ½ cup finely freshly grated Parmesan cheese
- 2 eggs
- ½ cup milk
- 4 tablespoons olive oil, divided
- 4 tablespoons butter, divided

Lemon Wine Sauce

- 1 cup chardonnay
- ¼ cup lemon juice
- 3 tablespoons butter
- 2 tablespoons capers
- ¼ cup of flat leaf parsley, finely chopped
- lemon slices for garnish

Directions

Preheat the oven to 350 degrees. Line a sheet pan with a wire rack or parchment paper.

Then prepare the breading in three separate bowls. In one mix together 1 cup of flour and the salt and pepper. In a second whisk together the eggs and milk. Then in the last combine the Parmesan cheese and the remaining ½ cup of flour.

Next dredge the chicken in the flour. Then dip it in the egg mixture holding the chicken breast up to let the excess drip off. Finally, pat the chicken in the Parmesan flour making sure it is well coated.

Meanwhile, prepare a large skillet by melting 2 tablespoons of butter and olive oil on medium heat. Add the chicken in two batches and

Parmesan crusted chicken piccata



cook on medium heat for about 2 to 3 minutes on each side until your chicken is golden brown. Before making the second batch, add another 2 tablespoons of butter and olive oil to your pan.

Place the pan-fried chicken on the baking sheet and bake it for 5 to 7 minutes while making the sauce.

Add the wine to the skillet to deglaze it. Let the wine reduce by half. Add the lemon juice. Then turn

the heat to medium low. Whisk in the butter and then stir in the capers.

To serve the chicken, spoon a generous amount of the wine sauce onto each piece of chicken, sprinkle with parsley and serve with a side of pasta. Serves four.

— Amy McCauley of Hinsdale is the paper's food columnist. Readers can email her at news@thehinsdalean.com.



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PULSE

Continued from Page 18

p.m. Tickets: \$125.

■ Pancake breakfast

Sept. 24
Hinsdale Central High School
55th and Grant streets

The Hinsdale Central High School Foundation and the Rotary Club of Hinsdale are sponsoring this HCHS Homecoming pancake breakfast in the student cafeteria. Time: 7 a.m. doors open, 11 a.m. service ends. Cost: \$10 adults, \$5 students, free for kids 5 and younger.

FOR A CAUSE

■ Blood drive

Sept. 16
Westmont Centre
1 S. Cass Ave.
<https://www.RepMazzochi.com>
(630) 852-8633

State Rep. Deanne Mazzochi (R-47, Elmhurst) will host a community blood drive in light of ongoing shortages. Donors must be at least 17 years old and weigh at least 110 pounds and are encouraged to eat within two hours before donating and drink plenty of nonalcoholic liquids. Walk-ins are welcome, but appointments are preferred. Use the contact information above. Hours: 10 a.m. to 4 p.m.

■ Strays & Scoops Cat Cafe

Sept. 17
Tuthill Family Pet Rescue and Resource Center
21 Salt Creek Lane, Hinsdale
<https://www.hinsdalehumanesociety.org>

Enjoy an ice cream social-themed cat cafe fundraiser to help with the care of the Hinsdale Humane Society's resident cats. Ice cream is provided by Tate's Old Fashioned Ice Cream Shop in La Grange. Raffle tickets will be available for purchase for \$1 each at the event. Time: 1 to 2 p.m. or 2:30 to 3:30 p.m. Cost: \$20.

■ Karting for Cancer

Sept. 17
Autobahn Country Club
3795 Centerpoint Way, Joliet
<https://www.hfoundation.org>

Join The H Foundation for its second annual competitive fundraising event to make a

difference in the fight against cancer on a half-mile karting track over two hours of racing. Only 15 teams of five to seven members will have the opportunity to compete in this professional-grade, high-performance racing experience. Teams have a minimum fundraising goal of \$750 in addition to the registration fee. Time: 2 p.m. Cost: \$750 registration per team. RR

■ Food drive

Sept. 22
Hinsdale Central High School
5500 Grant St.

The Hinsdale Central boys and girls golf teams are sponsoring a food drive to benefit HCS Family Services. All non-perishable food items are welcome, but diapers and personal care items are particularly needed. Drop off donations in front of the gymnasium entrance on Grant. Time: 3:15 to 4:30 p.m.

■ Candor Golf Fundraiser

Sept. 26
Ruth Lake Country Club
6200 S. Madison St., Hinsdale
(630) 325-1900
<https://www.candorhealed.org>

This casual and fun event features 18 holes of golf, lunch and a gourmet dinner, a silent auction and prize packages. Proceeds support health education for kids in Hinsdale and the Chicago area. Spaces are limited. Time: 11 a.m. warm-up and lunch, 12:30 p.m. shotgun start, 5 p.m. cocktails, dinner and silent auction. Cost: \$500, \$2,000 four foursome, \$125 for dinner only. RR

GREAT OUTDOORS

■ Fishing: Rivers

Sept. 17
Fullersburg Woods
3609 Spring Road, Oak Brook
<https://www.dupageforest.org>
(630) 933-7248

Discover techniques for fishing in rivers and streams at this intermediate clinic for ages 12 and up. Those under 18 must be with an adult. Time: 9 to 11 a.m. Cost: \$5. RR

■ Autumn Equinox Hike

Sept. 22
Little Red Schoolhouse

Nature Center
9800 Willow Springs Road, Willow Springs
<https://www.fpdcc.com>
(708) 839-6897

Celebrate the start of fall with a guided hike to celebrate the equinox. The program is for ages 9 and older. Time: 6:30 p.m. RR

■ Campfire Stories

Sept. 23
Little Red Schoolhouse Nature Center
9800 Willow Springs Road, Willow Springs
<https://www.fpdcc.com>
(708) 839-6897

Enjoy a fun, interactive evening of storytelling by the fire with campfire treats. Bring a mug and enjoy a warm beverage. Time: 6:30 p.m. RR

■ A Story From the Land

Tuesdays to Saturdays through Sept. 30
Mayslake Peabody Estate
1717 W. 31st St., Oak Brook
<https://www.dupageforest.org>
(630) 206-9566

From prehistoric times to the present, the land has provided food, shelter, joy, inspiration and purpose. Hear highlights from this amazing story — and find your place in it. The program is for ages 18 and up. Time: 12:30 to 1:30 p.m. weekdays, 1:30 to 2:30 p.m. Saturdays. Cost: \$5. RR

■ 'Winnie the Pooh'

Weekends Oct. 1-30
Morton Arboretum
4100 Route 53, Lisle
<https://www.mortonarb.org>

The October Walking Play will feature a family friendly adaptation of the first book in the famous series by A.A. Milne. Meet Christopher Robin, Pooh and his forest companions in the arboretum's version of the 100 Acre Wood as they find friendship, mischief and honey. The play is performed by professional local actors, runs about 90 minutes long and will not exceed two miles in hiking distance. Times: 4 to 5:30 p.m. Tickets: \$25, \$15 for children. RR, MD

GREEN THUMB

■ Suburban Garden Club

Sept. 19
Indian Head Park Administrative Building

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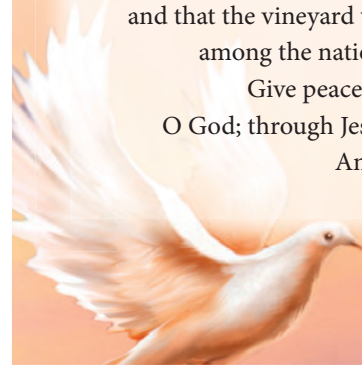
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Prayer for peace in our country

Lord God, heavenly Father,
You are the very God of peace. Abate the pride,
check the malice and confound the devices
of all who are not lovers of peace.
Arise and, with Your good right hand, help all
the oppressed and miserable of the earth.
Grant grace, that the dissensions
and bitterness that now prevail
may finally be put aside; and set thereon
the seal of permanence and of blessing,
that Your Word may have free course everywhere
and that the vineyard which You have planted
among the nations may flourish.

Give peace in our time,
O God; through Jesus Christ, our Lord.
Amen.



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Continued from Page 20

201 Acacia Drive

Catherine Bryla from the Sag Moraine Native Plant Community will discuss the role that habitat loss and lack of native plant species has played in pollinator and bird decline, suggest native plant species that work well in suburban landscapes and give tips on simple things to do at home. Time: 7 to 8:30 p.m.

■ Fall Native Tree & Shrub Sale

Online ordering ongoing <https://www.dupageforest.org/fall-tree-shrub-sale>

Find the perfect native tree or shrub for the yard by shopping this online DuPage County Forest Preserve District event. The sale will feature 41 different species of native trees and shrubs all grown locally from seed within 100 miles of DuPage County. Orders can be picked up from 10 a.m. to 6 p.m. Sept. 23 and from 9 a.m. to noon Sept. 24 at St. James Farm, 2S541 Winfield Road, Warrenville. Orders must be made in advance and will be filled on a first-come, first-served basis while supplies last. Proceeds support the forest district's educational programming.

HEALTH & WELLNESS

■ Hot Topics in Prostate Cancer

Sept. 17
<https://www.wellnesshouse.org>
(630) 323-5150

Join top oncologists, surgeons and health care professionals in the Chicago area to learn the latest updates in the research, treatment and side effect management for prostate cancer in this online program. The Updates in Prostate Cancer Treatment and Research Panel will take place from 9 to 11:30 a.m. followed by the Healthy Eating for Prostate Cancer breakout session from 11:30 a.m. to 12:30 p.m. The program is for those affected by cancer. Time: 9 a.m. to 12:30 p.m. RR

■ Health & Wellness Week

Sept. 17-25
<https://www.villageofhinsdale.org/pr>

The second annual event promotes the active pursuit of healthy habits to attain better physical, social and mental well-being. The week will

feature specials at local health and wellness businesses, and vendors will be onsite at the Hinsdale Farmers Market on Sept. 19 starting at 8 a.m. The event is sponsored by the village of Hinsdale, the Hinsdale Chamber of Commerce and AdventHealth Hinsdale.

■ Breaking Up with the Bathroom Scale

Sept. 20
The Community House

415 W Eighth St., Hinsdale
<https://www.thecommunity-house.org>
(630) 323-7500

Join this free health-focused coaching session with Kelly Cox Watkins, wellness coach and life design strategist, to unravel the metrics that derail us from achieving happiness. Watkins will share her own breakthrough relationship with food and overall health transformation to help par-

ticipants design and live their best life. Coffee, tea and water will be provided. Times: 10 a.m. or 7 p.m. RR

■ Healthy Driven Take a Hike! Challenge

Through Oct. 27
<https://www.EEHealth.org/TakeAHike>

The DuPage Forest Preserve District and Edward-Elmhurst Health is holding its eight-week challenge through

which participants will receive hiking tips and insights and have access to special programs. Those who complete and track six hikes will receive a Take a Hike! Blaze Award, which includes a walking stick with a commemorative medallion for first-time participants; past participants get a commemorative pin. Visit the website above for details.

Please turn to Page 26



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To the Electors of the State of Illinois:

The Illinois Constitution establishes a structure of government and laws for the State of Illinois. There are three ways to initiate change to the Illinois Constitution: (1) a constitutional convention may propose changes to any part; (2) the General Assembly may propose changes to any part; or (3) a petition initiative may propose amendments limited to structural and procedural subjects contained in the Legislative Article. The people of Illinois must approve any changes to the Illinois Constitution before they become effective. The purpose of this document is to inform you of proposed changes to the Illinois Constitution and to provide you with a brief explanation and a summary of the arguments in favor of and in opposition to the proposed amendment.

PROPOSED AMENDMENT TO ADD SECTION 25 TO ARTICLE I OF THE ILLINOIS CONSTITUTION

ARTICLE I — BILL OF RIGHTS

SECTION 25. WORKERS' RIGHTS

(a) Employees shall have the fundamental right to organize and to bargain collectively through representatives of their own choosing for the purpose of negotiating wages, hours, and working conditions, and to protect their economic welfare and safety at work. No law shall be passed that interferes with, negates, or diminishes the right of employees to organize and bargain collectively over their wages, hours, and other terms and conditions of employment and workplace safety, including any law or ordinance that prohibits the execution or application of agreements between employers and labor organizations that represent employees requiring membership in an organization as a condition of employment.

(b) The provisions of this Section are controlling over those of Section 6 of Article VII.

EXPLANATION

The proposed amendment, which takes effect upon approval by the voters, adds Section 25 to the Bill of Rights Article of the Illinois Constitution. The new section will guarantee workers the fundamental right to organize and to bargain collectively and to negotiate safety conditions, wages, hours, working conditions, and economic welfare. The amendment prohibits the passage of any new law within the State that restricts or prohibits workers from engaging in collective bargaining with their employer over wages, hours, and other terms and conditions of employment, like safety protocols or training.

Arguments In Favor of the Proposed Amendment

This amendment will protect workers' and others' safety. That includes guaranteeing nurses' right to put patient care ahead of profit and making sure construction workers can speak up when there's a safety issue. It will protect workers from being silenced when they call attention to food safety threats, shoddy construction, and other problems that could harm Illinoisans. This amendment protects firefighters and EMTs who put their lives on the line to protect Illinoisans. It means they get the training and safety equipment they need to do their jobs, and can speak out when they see a problem without fear of retaliation. This amendment will help our economy by putting more money in workers' pockets who join together and get raises. That will mean more money going into our communities and small businesses as people join the middle class with good-paying jobs.

Arguments Against the Proposed Amendment

A fundamental right provided to all citizens under the First Amendment of the United States Constitution is the right to free speech and freedom of association. This amendment prohibits any law or ordinance that allows union workers to choose whether they wish to be a member of the union or not. Under the 2018 United States Supreme Court decision Janus v. Illinois AFSCME, non-union government workers cannot be required to pay union dues as a condition of working in the public sector. Approval of this constitutional amendment will deny that protection to private sector workers. The amendment also states that lawmakers could never "interfere with, negate, or diminish" certain rights. These terms are broad and undefined and leave lawmakers without the ability to clarify through legislation. Our Illinois Constitution provides such protection to public employees. The result of that protection has been to squash efforts by state lawmakers and voters to address Illinois' pension fund deficits.

FORM OF BALLOT

Proposed Amendment to the 1970 Illinois Constitution

Explanation of Amendment

The proposed amendment would add a new section to the Bill of Rights Article of the Illinois Constitution that would guarantee workers the fundamental right to organize and to bargain collectively and to negotiate wages, hours, and working conditions, and to promote their economic welfare and safety at work. The new amendment would also prohibit from being passed any new law that interferes with, negates, or diminishes the right of employees to organize and bargain collectively over their wages, hours, and other terms and conditions of employment and workplace safety. At the general election to be held on November 8, 2022, you will be called upon to decide whether the proposed amendment should become part of the Illinois Constitution.

YES

For the proposed addition of Section 25 to Article I of the Illinois Constitution.

NO

CAPITOL BUILDING SPRINGFIELD, ILLINOIS OFFICE OF THE SECRETARY OF STATE

I, Jesse White, Secretary of the State of Illinois, do hereby certify that the foregoing is a true copy of the Proposed Amendment, the Explanation of the Proposed Amendment, Arguments in Favor of the Amendment and Arguments Against the Amendment and a true copy of the Form of Ballot for this call as the regularly scheduled general election on Tuesday, November 8, 2022, as set forth in compliance with the Illinois Constitutional Amendment Act.

IN WITNESS WHEREOF, I hereunto set my hand and affix the Great Seal of the State of Illinois, Done in the City of Springfield, this sixth day of September, 2022.



Jesse White
Jesse White
Secretary of State

The link below has information about a proposed constitutional amendment that will be considered at the November 8, 2022 general election.

以下连结提供将在2022年11月8日大选中提出拟议的宪法修正案相关信息。

नीचे दिए गए लिंक में प्रस्तावित संवैधानिक संशोधन के बारे में जानकारी है जिस पर 8 नवंबर, 2022 के आम चुनाव में विचार किया जाएगा।

Poniższy link zawiera informacje na temat proponowanej zmiany konstytucyjnej, która zostanie rozpatrzona w wyborach powszechnych w dniu 8 listopada 2022 r.

El siguiente enlace contiene información sobre una propuesta de enmienda constitucional que se considerará en las elecciones generales del 8 de noviembre de 2022.

ذیل میں موجود لنک میں مجوزہ آئینی ترمیم کے متعلق معلومات موجود ہیں جنہیں 8 نومبر 2022 کے عام انتخابات کے موقع پر زیر غور لایا جائے گا۔

<https://www.ilsos.gov/publications/stgovpub.html>

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September 17-25, 2022



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74 W 63rd St
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154 Burlington Ave
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Continued from Page 22

■ Fitness in the Park

Mondays through Oct. 24
Burlington Park
30 E. Chicago Ave.,
Hinsdale
<https://www.hinsdalechamber.com>

The Hinsdale Chamber of Commerce is sponsoring this weekly series in conjunction with the Farmers Market. The series is led by a rotating group of fitness centers. The next session is Sept. 19 with Inner Jasmine. Time: 8 a.m.

HELP WANTED

■ Wellness House volunteers

<https://www.wellnesshouse.org>
(630) 323-5150

Hinsdale-based Wellness House, supporting those on the cancer journey, is looking for volunteers to help at the front desk, at The Courtyard consignment shop in downtown Hinsdale on Saturdays, as cosmetologists/coordinator at the salon, in database support, and as a professional photographer for events.

IT'S ELEMENTARY

■ Madison School Dash & Bash

Sept. 25
Robbins Park
Seventh and Vine streets,
Hinsdale

This 12th annual 3K race event will be followed by a bash at the school adjacent to the park complete with food trucks, a DJ, inflatables, balloon artist and face painters. Time: 9:30 a.m.

JUST FOR KIDS

■ Coaching for Kids Lab

Sept. 20
Downers Grove Park District
4500 Belmont Road
<https://www.villageofhinsdale.org/pr>
(630) 789-7090

Kids ages 6-13 will color slime the gorgeous palette of fall leaves and then scent it like pumpkin pie, marshmallow fireside, maple bacon donuts or caramel apples while learning life lessons about "Stretchy Thinking" and "The Power of Yet" in this drop-off class. Kids keep the slime they create. Time: 6 to 7 p.m. Cost: \$29. RR

■ Get Pampered Spa Divas

Sept. 29
Westmont Community Center
75 E. Richmond St.
<https://www.villageofhinsdale.org/pr>
(630) 789-7090

Girls ages 4-11 are invited to join Glitzy Girlz for a night out in their PJs and get pampered with hairdo fun braids and sparkles. Participants learn skills in a mini pedi and mani session and polish nails and toes with glitter, neon, and pastel polishes. End the evening with some music and fun dancing to some disco lights with props for pictures, and go home with a goodie bag and jewelry glam bag. Time: 6 to 7:15 p.m. Cost: \$33. RR

■ Animal Advocate Academy

<https://www.hinsdalehumanesociety.org>
(630) 323-5630

The Hinsdale Humane Society invites youth to join its new Animal Advocate Academy for exclusive access to programs, special events and more, including Books Barks Meow, Compassionate Kids Corps, Animal Advocates Club as well as summer camp registration perks, \$50 off a birthday party at HHS and three free seasonal events. Cost: \$50 per child, \$10 for each additional child.

LISTEN & LEARN

■ Beyond Ancestry

Sept. 20
Hinsdale Public Library
20 E. Maple St.
<https://www.hinsdalelibrary.info>
(630) 986-1976

This class on genealogy led by Debra Dudek will cover exciting and evolving websites from across the country and parts of Europe to assist in genealogy research. This is a hybrid event that will be presented simultaneously in-person and through Zoom. Time: 7 to 8:15 p.m. RR

NOTEWORTHY

■ Jonas Friddle Trio

Sept. 17
Unitarian Church of Hinsdale
11 W. Maple St.
<http://www.acousticren.com>
(630) 941-7797

The singer, songwriter and old-time banjo player plays tunes with imagery, hones-

Please turn to Page 28



THE KIDSDALEAN



A little bit
of fun for
our younger
readers



HEY KIDS!

Page through
The Hinsdalean to find answers
to this week's questions.
Fill out the form attached
and return. You may copy the
form for siblings. Winners will
be picked from correct
entries received weekly.
No cash value.



Send in your
birthday
and you may
be listed in our
Page 4 greeting.

Who's Havin' a Birthday?

THIS WEEK'S
WINNER

of a Kid's Pizza Kit
from Altamura Pizza is:

KARINA
ZEMBLYS

THIS WEEK'S QUESTIONS:

1. What sport is on our first sports page?
answer: _____
2. Who has the most expensive house for sale?
answer: _____
3. Who writes a column on our first opinion page?
answer: _____
4. How old is the kid in the birthday greeting?
answer: _____
5. Which Central team won a game last week?
answer: _____

Name: _____ Birthday: ____ / ____ / ____

Address: _____

Mail answers to The Kidsdalean - 7 W. First St., Hinsdale, IL 60521 or take a photo
of answers and email to tinaw@thehinsdalean.com

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*MRED, LLC, based on closed sales data, 01/01/2022-09/09/2022.

Continued from Page 26

ty and humor that bear the marks of a musician who has done his time in pub sessions and square dance halls. The in-person concert is part of the Acoustic Renaissance Series and also will be live-streamed (ticket required). Time: 7 p.m. Tickets: \$20.

■ **BoDeans**
Sept. 17

McAninch Arts Center
College of DuPage
425 Fawell Blvd., Glen Ellyn
<https://www.atthemac.org>
(630) 942-4000

Get ready to sing along to chart topping songs like "Closer to Free," "Fadeaway," "Only Love" and "Dreams" with one of the best live acts in the business. Time: 7:30 p.m. Tickets: \$60-\$80.

■ **The Amazing Howard Levy**

Sept. 24
Elmhurst Christian Reformed Church
149 W Brush Hill Road
<https://elmhurstsymphony.org>

The Grammy Award-winning performer and composer who invented a totally brand-new way of playing the harmonica will perform his own Harmonica Concerto. Ted Hatmaker will lead a pre-concert conversation at

5:45 p.m. Time: 7 p.m. Tickets: \$35, \$32 for seniors, \$12 for students.

■ **Tchaikovsky Piano Concerto**
Sept. 24 & 25
McAninch Arts Center
College of DuPage
425 Fawell Blvd., Glen Ellyn
<https://www.atthemac.org>
(630) 942-4000

The New Philharmonic Orchestra will be joined by guest pianist Victor Santiago

Asuncion for Tchaikovsky's Piano Concerto No. 1. The program also includes excerpts from Prokofiev's Opus 64, "Romeo and Juliet Ballet Suites." Times: 7:30 p.m. Sept. 24, 3 p.m. Sept. 25. Tickets: \$53.

ON STAGE

■ **'Brighton Beach Memoirs'**

Please turn to Page 30



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PULSE

Continued from Page 28

Thursdays to Sundays through Sept. 18
Theatre of Western Springs
4384 Hampton Ave.
<https://theatreofwesternsprings.com>
(708) 246-4043

The theater open its 2022-22 season with Neil Simon's masterpiece about baseball, girls and coming-of-age in Depression-era Brooklyn, following teenager Eugene Jerome as he pursues his dreams of becoming a successful comedy writer while dealing with the conflicts of his squabbling family. Times: 8 p.m. Thursdays to Fridays, 2:30 and 8 p.m. Saturdays, 2:30 p.m. Sundays. Tickets: \$25, \$12 for children and students.

■ 'Clybourne Park'

Thursdays to Sundays, through Oct. 9
McAninch Arts Center
College of DuPage
425 Fawell Blvd., Glen Ellyn
<https://www.atthemac.org>
(630) 942-4000

The Buffalo Theatre Ensemble will perform this provocative, satirical exploration of race in America wrapped in a Pulitzer- and Tony-winning play. A post-show discussion will be held Sept. 16. Time: 8 p.m. Thursdays to Saturdays, 3 p.m. Sundays. Tickets: \$42, \$40 for seniors.

■ Queen Explosion!!

Sept. 23
Theatre of Western Springs
4384 Hampton Ave.
<https://theatreofwesternsprings.com>
(708) 246-4043

Experience Chicago's top "Queen" tribute act, The Queen Explosion!!, as part of the TWS Performance Series of Fundraisers. Time: 7:30 p.m. Tickets: \$35. MD

■ 'Murder on the Orient Express'

Through Oct. 23
Drury Lane Theatre
100 Drury Lane, Oakbrook Terrace
<https://drurylanetheatre.com>

Please turn to Page 32

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Congratulations
The Faces of Feature of the Month Angela Lavelli Arrieta!



Angela is living in Hinsdale, she has 4 children and a beautiful dog, Sammy. She owns and operates Cafe La Fortuna in Hinsdale.

Please visit the website to meet our nominees and their fun stories, or to nominate someone in your life...

WWW.THEFACESOFTHEHINSDALEAREAIL.COM

Who are you nominating this week?

Scan here to nominate and learn more about The Faces Of



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Continued from Page 30

(630) 530-0111

Enjoy this production of the classic Agatha Christie whodunit. Just after midnight, a snowdrift stopped the Orient Express in its tracks. The next morning, an American tycoon lies dead in his compartment, stabbed, his door locked from the inside. Isolated with a killer in their midst, the passengers rely on famed detective Hercule Poirot to identify the murderer before they strike again. Times: 1:30 p.m. Wednesdays, 1:30 and 8 p.m. Thursdays, 8 p.m. Fridays, 3 and 8 p.m. Saturdays, 2 and 6 p.m. Sundays. Tickets: \$69-\$84, \$5 senior discount for Wednesday and Thursday matinees.

RED DEVIL REUNIONS

■ Class of 1977

Sept. 24
Five Seasons Family Sports Club
6901 S. Madison St., Burr Ridge
kathyjohns77@gmail.com

Join classmates for a cocktail party (cash bar). Time 7 to midnight. Cost: \$20 cash at the door.

■ Class of 1980

Sept. 24
The Community House
415 W. Eighth St., Hinsdale
hinsdale80@mbaaudit.com

Celebrate a 40th reunion delayed by COVID with music, appetizers and a cash bar. Time: 7 to 10:30 p.m. Cost: \$75 before Sept. 15, \$85 after.

■ Class of 1982

Sept. 24
Puttshack
1828 Oakbrook Center, Oak Brook
htch1982@gmail.com

Celebrate the 40th reunion with two hours of an open bar, 90 minutes of buffet and putt putt golf. Cash bar will be open for third hour. Time: 7 to 10 p.m. Cost: \$125.

RUNS & WALKS

■ Fall Color 5K Run and Walk

Oct. 1

Morton Arboretum
4100 Route 53, Lisle
<https://www.mortonarb.org>

This annual run and walk follows east side roads through scenic, rolling terrain surrounded by fall color. The post-race party includes live music and a complimentary beer for participants age 21 and older. On-site participants can choose from a shotgun start or an open start; a virtual 5K is also available. Time: 8 a.m. shotgun start, 9:30 a.m. open start. Cost: \$50, \$45 for virtual race. RR, MD

■ Rotary Run

Oct. 2
Hinsdale's Family Run
The Community House
415 W. Eighth St., Hinsdale
<https://runsignup.com/Race/IL/Hinsdale/RotaryRunCharityClassic>

The 28th annual Rotary Run Charity Classic offers the whole family run/walk race opportunities while raising money for local and international charities. The morning features the Hinsdale Bank & Trust 10K Run, the Rooney

Family 5K Run, the MPS Loria Financial Planners 3K Run, the Jaguar-Land Rover Hinsdale 5K Walk, the DeSitter Flooring 3K Walk, and the Murphy Construction The Mutt Strut for pets and strollers. Participants receive a T-shirt; register by Sept. 21 to guarantee size. Times: 8:30 a.m. to 8:55 a.m. starts. Cost: \$25 per person, \$95 per family through Sept. 25, then \$30/\$10.

SIGN UP NOW

■ Plant Based Cooking from around the World

Thursdays, Sept. 22-Oct. 13
The Community House
415 W. Eighth St., Hinsdale
<https://www.thecommunity-house.org>
(630) 323-7500

Learn new vegan and vegetarian cooking techniques with Deepti Suri, such as preparing veggies with herbs and spices and making spreads with veggies, flatbreads-crepes with flours and beans, and rice dishes such as Pulao and Biryani.

Eat the creations and take the leftovers home for the family. Students will prep, cook and clean up during and after the class. The program is for ages 16 and older. Time: 6:30 to 8:30 p.m. \$390

■ Citizen Police Academy

Wednesdays Sept. 28-Dec. 14
<https://www.villageofhinsdale.org/cpa>
This 11-week program will provide participants a better understanding of law enforcement and the Hinsdale Police Department, covering topics including investigations, forensics, traffic stops, training, specialty teams and critical incidents, as well as the challenges officers face while serving the community. The course will include classroom instruction, interactive discussion and hands-on practical exercises. Applicants must be 18 or older and live or work in Hinsdale. Applications are available at the website above. For more information, email officer Karen Kowal at kkowal@hinsdale.org

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You have been nothing short of amazing through this entire process. Thank you for your knowledge, your patience, your guidance, your availability, your constant communication, your positive attitude, your attention to detail, for keeping us on track and most importantly your time. You have made our dreams come true!

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Pet pic of the week

Tuesday is a black cat who is ready to meet her new family. She would do well with kids 8 years and older. She's a cute 3-year-old who likes to snuggle and tell you all about her day, when you ask. Her adoption fee is \$75. The Hinsdale Humane Society Tuthill Family Pet Rescue & Resource Center is open to the public from noon to 6 p.m. Thursdays and Fridays, 10 a.m. to 4 p.m. Saturdays and Sundays and 1 to 8 p.m. Wednesdays. Interested adopters are encouraged to fill out an online application at <https://www.hinsdalehumanesociety.org> before arriving. Call (630) 323-5630 for more information. (photo provided)



Continued from Page 32

al@villageofhinsdale.org
Time: 6:30 p.m.

■ 'Fiddler on the Roof' at The Lyric Opera

Sept. 28
Depart from The Community House
415 W. Eighth St., Hinsdale
<https://www.thecommunity-house.org>
(630) 323-7500

Experience the full power of the Lyric Opera Orchestra and a production that is both grand in scale and intimate in its power to bring you directly to the heart of the village of Anatevka as Tevye, his wife, Golde, and their five daughters experience the real joys and sorrows that have made this work so enduring. Round-trip motor coach transportation is included. The production is three hours 15 minutes with one intermission. Times: 11:30 a.m. departure, 6:30 p.m. return. Cost: \$120. RR, MD

■ Taste of Egypt Festival

Sept. 17-18
St. Mark Coptic Orthodox Church
15W455 79th St., Burr Ridge
<https://tasteofegyptfestival.com>

Enjoy delicious food like grape leaves, falafel and baklava and fun activities for all ages including camel rides, a petting zoo, inflatables and henna art at this annual fest. Hours: 11 a.m. to 7 p.m. Sept. 17, noon to 5 p.m. Sept. 18.

■ Hinsdale Farmer's Market

Mondays through Oct. 31
Chicago Avenue from Garfield to Washington
<https://www.hinsdalechamber.com>

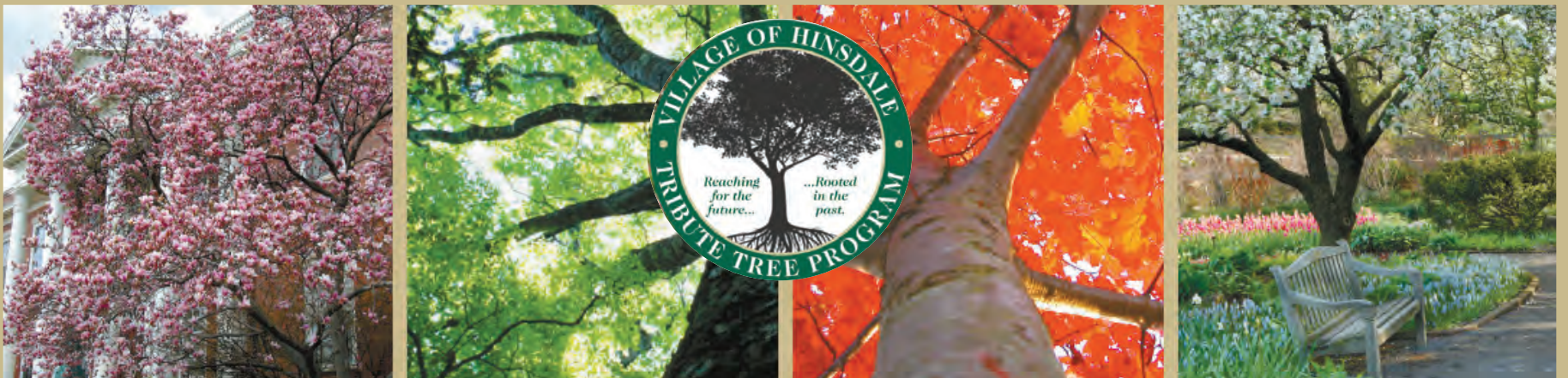
Twenty vendors will display the area's finest homegrown and homemade products. Hours: 7 a.m. to 1 p.m.

Key

RR - registration required

MD - member discount

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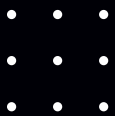
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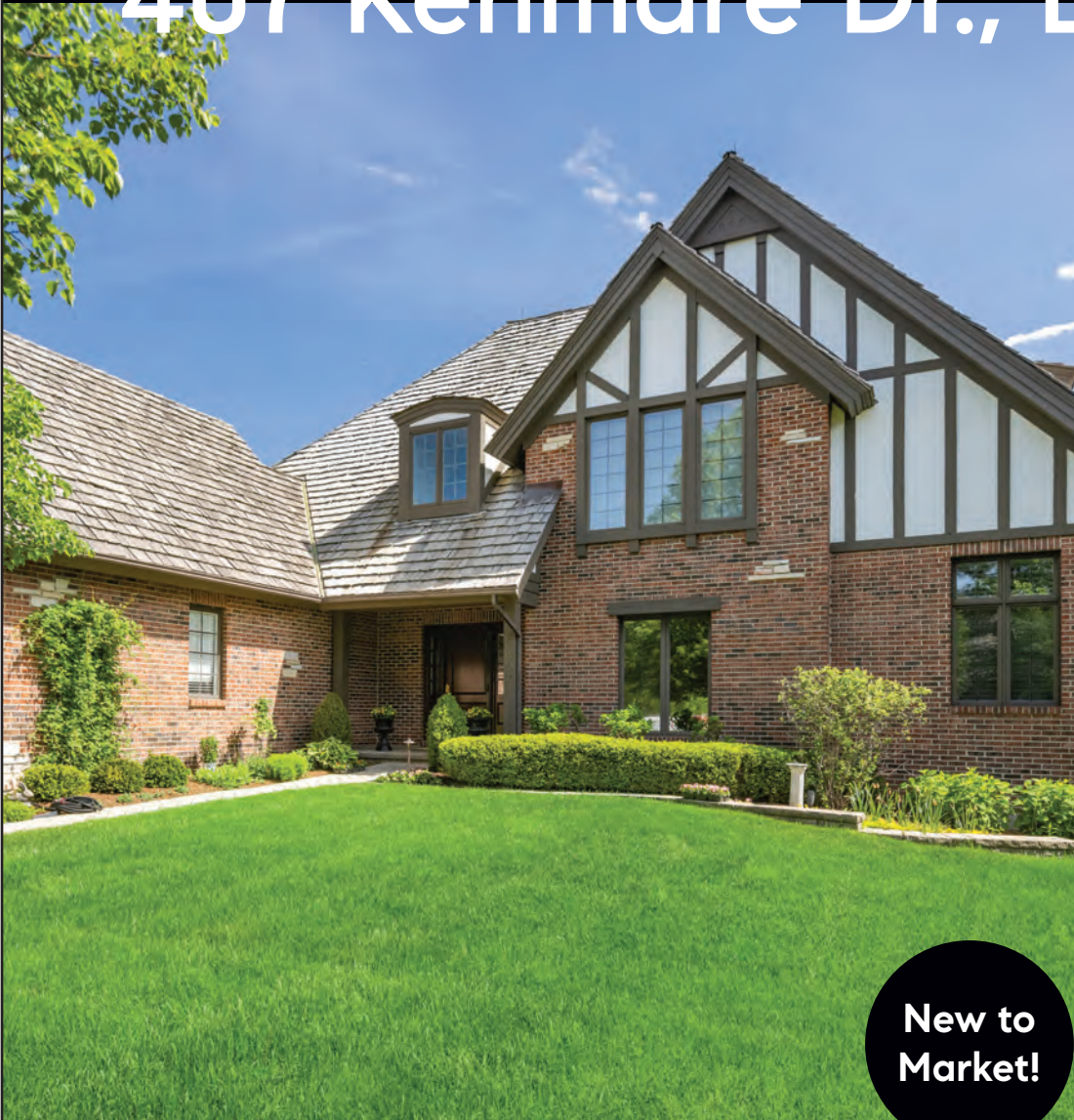
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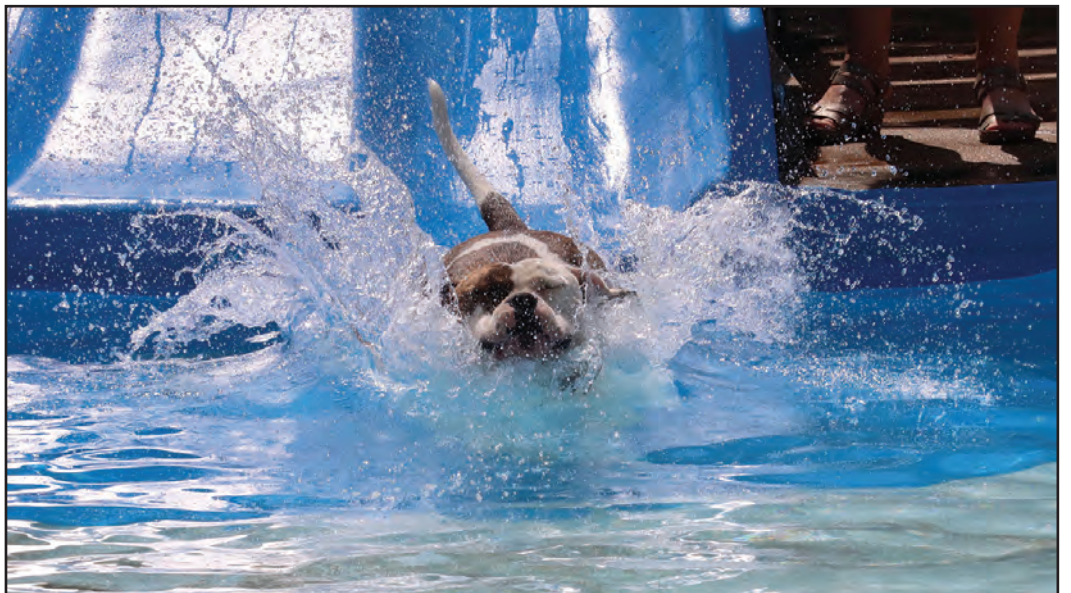


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COMPASS

IN FOCUS

Dogs enjoy their day at the Hinsdale Community Swimming Pool



Mochi, a mini berne-doodle, was one of the dozens of dogs enjoying The Dog Days of Summer at the Hinsdale Community Pool Saturday morning. While most dogs needed just a little coaching to jump in the fun, Kristi Triplett's shih tzu, LuLu, was happier in her arms than the pool. Charlie, an American bulldog, took a few turns on the slide. And after the fun Milo, a mini golden doodle, was happy getting dried off by John Gialoukis. (Jim Slonoff photos)

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So you think you're a *real* Hinsdalean, eh? Tell us where you think this picture was taken and you can win a Fuller's Ultimate Car Wash gift card. Send your answer to: The Hinsdalean, Village Posting Board, 7 West First St., Hinsdale, IL 60521. Winners will be drawn from correct answers received weekly. *Good luck!*

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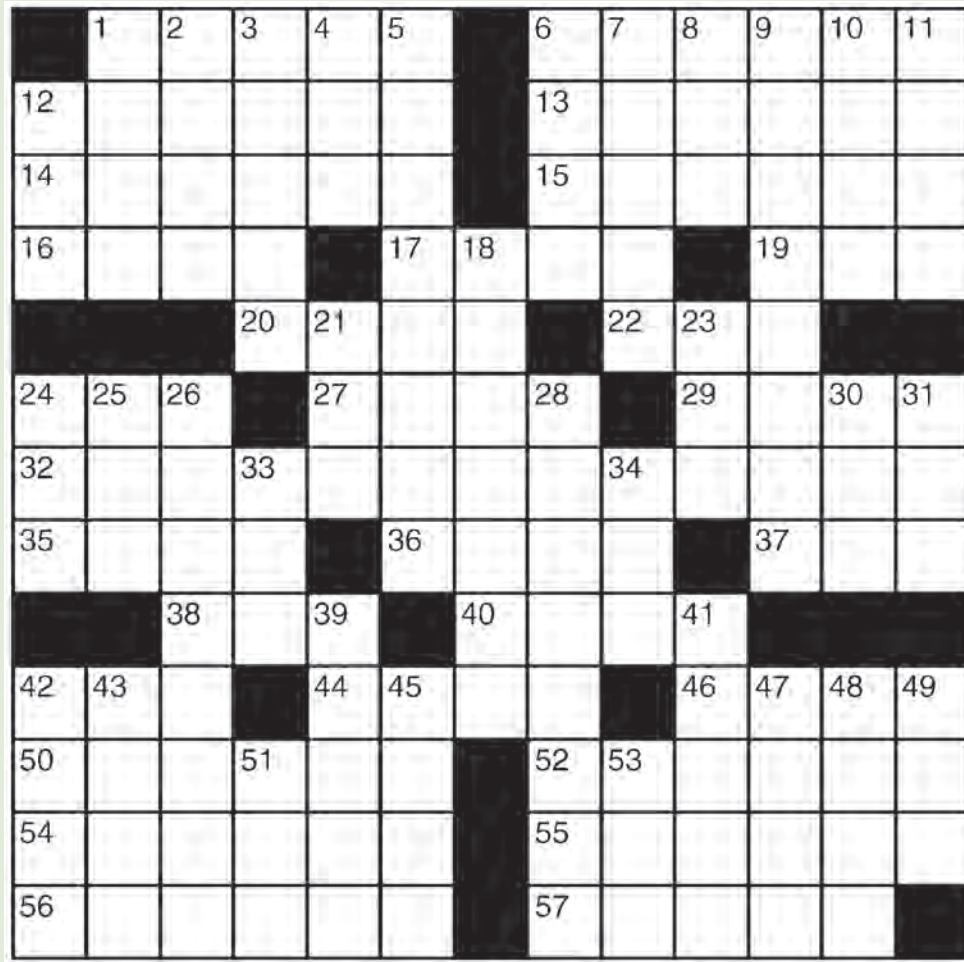
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MIND GAMES

- ACROSS**
- 1 ABACUS COMPONENTS
6 AMERICA'S CUP
CONTENDERS
12 CYCLIST'S NEED
13 OTTOMAN, FOR ONE
14 ILL WILL
15 PERFECTLY
16 TOUSLE
17 EASTERN POTENTATE
19 CONDITIONS
20 GANGES GARMENT
22 CORRODE
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27 SMOOCH
29 UNRIVALED
32 QUICK PICK-ME-UP?
35 INFORMATION
36 CHESHIRE COUNTENANCE
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38 MIDAFTERNOON, IN A WAY
40 "THE THIN MAN" POOCH
42 GREEN MACHINE?
44 WIRE MEASURES
46 AUTHOR URIS
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52 USING THE WEB
54 GIVE THE SAME OLD STORY
55 BROUGHT UP
56 SAILOR'S ASSENT
57 EYELID PROBLEMS

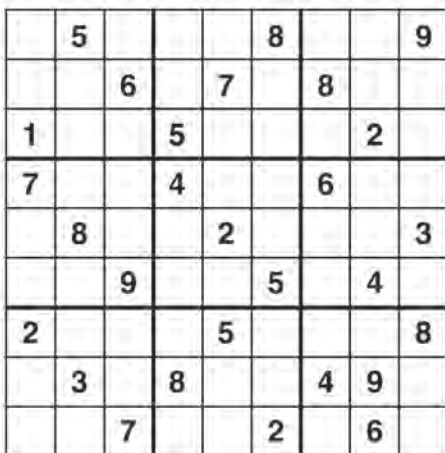


- DOWN**
- 1 SUITOR
2 RIGHT ANGLES
3 OFF
4 CALENDAR ABBR.
5 AT THE WHEEL
6 BIGFOOT'S COUSIN
7 "MOONSTRUCK"
8 SUBJECT
9 BOOKKEEPER (ABBR.)
10 BECOME FRIENDS
11 NOT KOSHER
12 WITNESSES
13 "LET ME THINK ..."
14 STRONG WIND OF SOUTHERN FRANCE
15 WANTED-POSTER ABBR.
16 ALIEN OF TV LORE
17 HELP
18 "CSI" EVIDENCE
19 ROUGH GUESS
20 COLLAGIST'S TOOL
21 "THE MATRIX" ROLE
22 ALWAYS, IN VERSE
23 SKATER BABILONIA
24 CAN. PROV.
25 SUGGEST
26 SOOTHE
27 CITY OF INDIA
28 DEUCE DEFEATER
29 LAND IN THE WATER
30 GREEN ACRES?
31 CHANGE FOR A FIVE
32 HOMER'S NEIGHBOR
33 VAST EXPANSE
34 TRAWLER NEED

ANSWERS TO TODAY'S CROSSWORD CAN BE FOUND IN THE CLASSIFIEDS.

Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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SPELLBINDER

SCORE 10 points for using all the letters in the word below to form two complete words:

RESEARCH

THEN score 2 points each for all words of four letters or more found among the letters.

Try to score at least 50 points.

Possible twosomes: Arch, seer.

S	1	9	5	2	3	6	7	4	8	A
U	2	6	4	7	1	8	5	3	9	N
D	8	3	7	4	5	9	1	6	2	S
O	7	4	2	5	8	1	6	9	3	W
K	3	1	6	9	2	7	4	8	5	E
U	5	8	9	3	6	4	2	1	7	R
	9	2	3	6	4	5	8	7	1	
	4	5	8	1	7	3	6	2	9	
	6	7	1	8	5	2	9	3	4	

HOROSCOPES

September 2022 Horoscopes • Week 3



CAPRICORN

CAPRICORN – Dec 22/Jan 20
Capricorn, though making sudden changes in your life seems like a good idea, it's best to take some time mulling things over before you dive into any new situations.



ARIES

ARIES – Mar 21/Apr 20
Teaching what you know to others is a continuous theme for you this week, Aries. You want to impart wisdom any way that you can and you'll have the opportunity to do so.



CANCER

CANCER – Jun 22/Jul 22
Cancer, a change in routine is necessary. Later you may have been feeling overwhelmed by responsibilities, so take time to figure out what you need to do.



LIBRA

LIBRA – Sept 23/Oct 23
An unexpected financial windfall could come your way this week, Libra. While it could be tempting to spend all this extra money right away, save some for a rainy day.



AQUARIUS

AQUARIUS – Jan 21/Feb 18
Even the best plans can use a little tweaking from time to time. Go with the flow, Aquarius. Enjoy this more laid back approach and consider taking it more often.



TAURUS

TAURUS – Apr 21/May 21
Taurus, you'll finally gain greater control over your thoughts this week when someone close to you helps you see the bigger picture. Now you can focus on important things.



LEO

LEO – Jul 23/Aug 23
A turning point in your love life may come this week, Leo. It may hit you in a most unexpected way. Even a relatively simple gesture may sway your feelings.



SCORPIO

SCORPIO – Oct 24/Nov 22
Your desire for excitement could lead you on a wild goose chase, Scorpio. You may find that it's not excitement you need, just a change of scenery. Book a trip.



PISCES

PISCES – Feb 19/Mar 20
Pisces, a professional change will happen soon. All that hard work you have been putting in is sure to pay off in the weeks ahead.



GEMINI

GEMINI – May 22/Jun 21
Your love life may seem confusing this week, Gemini. It may wax and wane from fevered passion to apathy. Rough patches are not unusual and you need to see this through.



VIRGO

VIRGO – Aug 24/Sept 22
Virgo, your social circle could open up this week and expand your prospects even further. Use the new connections to get out of the house more than ever before.



SAGITTARIUS

SAGITTARIUS – Nov 23/Dec 21
Sagittarius, this week you may find that one day you are calm and collected, and the next you are all riled up. Find a balance between them both to get through the days.



TORCH & GO! Our runner pal may be hot, but first he must get a handle on things. Draw lines from dot to dot.

9U SILVER CRUISES TO WIN

Sunday morning’s downpour was the worst weather for a Falcons game in 14 years, according to the game scribe. A heavy steady downpour and two lightening delays greeted both teams at HCHS. The inclement weather forced Coach Tom Ouimette to cover his good luck salmon pink sweatshirt. However, with all the distractions the Falcons stayed focused on the task at hand and cruised to 20-0 victory over the Park Ridge Falcons.

The Falcons got on the board on the second play of the game as Teddy Ouimette dashed 50 yards thanks to great blocks by Alex Demetis, Harrison Kuzniar and Grant Garber for the first score. After a Billy Jaqua fumble recovery, Ouimette jetted around end, aided by lethal blocks from Keegan McCoskey, Dario Rendina and AJ Siepker for another touchdown. Quarterback Nate Morris sprinted around end and dove for the pylon for PAT and a 13-0 halftime lead.

The Falcon D was as relentless as the rain. Led by Carter Pearson, Cooper Milburn, Jake Stanton, Jasper Maggio, John Dunn, JP Rago, Max Breton and Rocco Mateja, the defense gave the Falcons a short field to start the second half. Morris snuck in behind center Luke Hanson for a touchdown, Will Jones added the PAT for the final points of the game.

The coaches could not have been prouder of the effort of the whole team considering all the obstacles they faced. They look forward to getting better next week.

9U GOLD TEAM RELIES ON ‘D’

The 9U Gold took its undefeated record on the road for the first time this season to face Arlington Heights. The Falcons knew they would have to rely on a strong run game given the forecast called for rain all day. However, the coaching staff didn’t expect it to be a complete monsoon. The rain didn’t let up and neither did the rushing attack of Kellen Brown, Topher Allanson and Nate Thangamani. Brown led off the game with a 50-yard touchdown run, which was quickly followed by a 40-yard touchdown run by Allanson and a 45-yard touchdown run by Thangamani to close out the half. The O-line meanwhile was getting sloppy in the trenches, led by Nico Will, Ivan Burt, Carter Cox, Lukasz Gewont and Miles Perucki. Soren Carlson threw his first pass for a 2-point conversion to Brown to close out the half 20-0.

It wasn’t all offense, as the defense was able to pitch a shutout in the first half. Coach Murphy was quoted as saying “This D has a lot of similarities to the ’85 Bears!” The dominant defense continued into the second half, with strong play up front by Sebastian Christensen, Joey Hillegass, Jacob Zager and Luke Gray. Marcello Salamone was also

seen laying some lumber, while the defensive backs, led by Reid Jacobsen, Carson Malinas, Lucas Zayed and Ben Murphy, prevented any last-ditch effort by Arlington Heights. The D capped off the shut-out with a safety by Marco Oliverio and Christian Kirchev to win 22-0.

10U SILVER SHUTS OUT LEMONT

In a steady downpour Sunday morning, the Hinsdale Falcons continued to show they are a team to be reckoned with.

It started with the opening kickoff when Jackson Rediger sprinted the length of the field to strip and pounce on the loose ball at the Lemont 15. Four plays later, Jaxon Uthe danced around Lemont defenders while breaking a couple defenders’ ankles on his way to the touchdown. Gavin Shuler and Faiz Moosani had critical blocks on the play.

The Falcon offense committed to the run and racked up over 225 yards rushing on the day led by Uthe, Shuler, Leo Yanlowitz, Jonthon Trombley, JJ Natarelli and Brady Madden.

Uthe scored again in the second quarter, breaking away for a 65-yard touchdown powered by huge blocks by Shane Behar, Jackson Rediger, Bennet Zeiku, Alex Vivanco and Rayan Sheihk.

The Falcon defense would not be outdone, pitching their second shutout in as many games. Augie Seraphin, Lucas Herrick, Shane Behar, Nick Carbonara and Ryan Pieczkowski wouldn’t give the offense any chance to advance the ball and held them to only two first downs in the entire contest.

The game was capped off by a beautifully executed sweep reverse run by Lucas Spatera when he took the reverse handoff from Leo Yanklowitz and sprinted 75 yards to the endzone untouched.

The defense finished up the game by sacking the quarterback three times in a row to finish out the game 18-0.

The Falcons next travel to Bloomingdale to face the at 11:30 a.m. Sunday.

11U SILVER DEFEATS TRI CITY

Sunday’s rain brought some early challenges, but the Falcons were fired up after a rousing pregame speech given by Coach Preston Tims concluding with the excellent line, “Embrace the rain, and LOVE IT!” The players took the field barking, literally.

Tri City opened the first possession with a strong rushing attack, but defensive linemen Will Smith and Luke Altemose set the tone, limiting the Chargers to minimal gains. The Falcons started slow offensively, but were able to rally an impressive drive resulting in a 25-yard touchdown rush by quarterback Benjamin Allanson halfway through the second quarter.

Both teams continued to battle

defensively, until early in the third quarter, when Michael “Birthday Boy” Garber took an outside run 8 yards for his first score of the season, further advancing the Falcons’ lead. His teammates promptly met him in the endzone to celebrate the touchdown — and his birthday.

Linebackers Alec Meltzer and Jake Knapp led the defense, combining for 15+ tackles. Garber and Allanson each rushed for over 40 yards and a score. Despite the rain, Allanson also tacked on 100+ yards passing thanks to the help of some shifty receivers adding yards after the catch.

The Falcons had a blast taking on the Chargers and the elements.

After the game, Coach Steve Smith, who recently returned from a trip to Nashville, had a big smile on his face when he was overheard saying, “Where I come from, rain is a good thing.” Just like in that Luke Bryan song.

JV RED REMAINS UNDEFEATED

Led by coaches Ryan Stamer, Paul Hadden, Tom McInerney and Mark Konieczka, the Hinsdale Falcons 11U JV Red Team continued its undefeated season with a 20-0 win against Oswego, leaving the opponents from the southwest with a goose egg on the scoreboard. The team shut out Arlington Heights at home Aug. 28 and beat Bartlett 30-20 on Sept. 4.

The winning streak continued Sunday. An hour-plus rain delay was not enough to stop the Falcons from playing a hard-hitting football game in an unrelenting downpour. Two rookies to watch — Jack Hamman and Prescott Nicholson — played incredible defense, stopping Oswego dead in its tracks and holding the opponent to a 0-0 score going into the half. Notable stand-out plays made the difference needed in the second half. Gavin Hoang scored off of a punt return in the third quarter, followed by the one-two punch of quarterback Asad Memon to wide receiver Jack Omiecinski to land the Falcons in the end zone one more time.

In the fourth quarter, the Falcons continued to impress with running back Jack Judge breaking ankles and scoring on a 20-yard run and Alex Golon catching several tough passes in heavy traffic. Ryan Rogero picked off the ball to continue the momentum created by the incredible block and wrap iron wall created by Nick Hadden, Finn McInerney, Drew Pabst and Elliot Pain.

The team is excited to see the return of injured players Grayson Elder and Luke Stone.

Next game: 2 p.m. Sunday at Tri City

JV BLACK PLAYS STRONG DEFENSE

The Falcons JV Black Team set the tone the first play of the game when running back Mikey Menza took a handoff to the side of the field for a 65-yard touchdown.

The Falcons’ defense pitched a shutout that started with a quick three and out as Glen Ellyn could not find an answer against the stout defense.

On the first play of the next series, Mikey Menza ran the ball 56 yards, but the touchdown was called back on a holding penalty. During the same series, the Falcons’ offense drove the field with the help of wide out Charlie Foster on a jet sweep for a 35-yard gain on third and long. A few plays later Foster’s 5-yard running touchdown was called back on a holding penalty, which eventually led to turnover on downs.

The following series was another three and out from Glen Ellyn.

Hinsdale found the end zone again after 37-yard drive was capped off with an option play when quarterback Caleb Brady pitched to running back Mikey Menza for his second touchdown of the game.

The Falcon defense was in the zone at the start of the second half, when defensive lineman Owen Issa scooped up a Glen Ellyn fumble and rumbled 35 yards for the first defensive touchdown of the season.

Caleb Brady, Hudson Lyons and Brady Hannigan all recorded sacks.

Final Score: Hinsdale 18, Glen Ellyn 0.

The Falcon 12U Black next matchup is at Bloomingdale Saturday.

TOUGH LOSS FOR VARSITY SILVER

The Hinsdale Falcons 13U Silver lost another tough game on Sunday against Downers Grove 22-0.

Despite the pouring rain, the Falcons started strong on their opening drive with a quick first down by quarterback Alex Sclabassi, posting consecutive 4- and 6-yard runs. The Falcons’ offensive line of Liam Allen, Lias Katz, Max Penaloza, James Frankel, Jack Groszek, Liam Gillmore, Alex Mattson and Auden Bunnnow continued to show improvement with its rushing and blocking. Isaiah Shin had a breakout game with four tackles, Alex Tafoya continued his streak with six tackles and Michael Dunford carried the ball for 12 yards.

The Falcons defensive line of Penaloza, Shin, Frankel, Mattson, Evan Zydek, Auden Bunnnow, Francesco Rendina and Jack Sefton kept the Falcons in the game by shutting down the Downers Grove run.

The Falcons travel to Lombard Sunday for a 2 p.m. game.

Varsity Red EARNs REVENGE

On a rainy Sunday afternoon the Varsity Red squad was determined to avenge last season’s losses to the Elmhurst Eagles. And that they did.

Cam Linn would lead the Hinsdale offense running for 40 yards on the opening series and capping off the drive with a 7-yard touchdown. Quarterback Owen

Sunderson would roll right and hit John Breton in the endzone for the 2-point try.

Linn and Sunderson would share duties carrying the ball on the team’s second possession, with Sunderson scampering 28 yards off the right side for the team’s second score of the day. Luke McLaughlin would reel in a pass from a scrambling Sunderson for the 2-point conversion. The Falcons would score again on their third possession with Linn scoring his second touchdown of the day, this one from 10 yards out. A successful PAT would take the score to 23-0.

The second half would be a similar story with a different cast. Henry Milburn and Beau Knapp would run the ball hard behind the blocking of Mutaz Alsharour, Zaher Akbar, Michael Sharples, Luke Zajicek and Tommy Riordan. With Sunderson now relaxing on the bench, Luke McLaughlin would take the snaps and pick up where Sunderson left off. On a 3rd and 1 situation he would sprint up the right side untouched for 40 yards and the final TD of the afternoon. The game would finish 30-8. The Falcons travel to Elk Grove at 7 p.m. Saturday as they look to remain undefeated.

Varsity Gold TAKES THE WIN

After a full day of rain, the skies finally parted and it turned out to be perfect football weather at Moosehead stadium for a rematch of last year’s semifinals between The Gold Division 1 Falcons and the Tri-City Chargers.

On the second play from scrimmage, some fantastic O-line blocking lead to a beautiful zigzagging 25-yard touchdown scamper by Charles Calhoun. The Falcons’ defense contained the well-balanced rushing and passing attack of the Chargers throughout the first half to keep the Chargers scoreless. Colin Palm shadowed and tackled TriCity’s best offensive player on the field all day long. Matthew Tomfohrde, Max Judge and Oliver Clary made key plays in the backfield on the Chargers’ elusive quarterback. Toward the end of the second half, after some beautiful runs by James Skokna, the Falcons ran a well executed fake to Skokna where Charles Calhoun kept the ball and ran untouched into the end zone for a score of 14-0 at the half.

The Chargers came out unfazed by the 14-point deficit and put together a great drive that led to a first and goal at the Falcons’ 9-yard line. The Falcons defense once again stiffened and turned them away at the 1 yard line.

Skokna ripped off a 63-yard touchdown run around the left side following more great downfield blocking by Andrews Zeis, Orestas Bockus and Charlie Miller. Late in the fourth quarter, Calhoun added another 65-yard touchdown run making the final score 28-10 Falcons.

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BY THE QUARTER

1
Hinsdale 0
LT 3

2
Hinsdale 7
LT 0

3
Hinsdale 0
LT 7

4
Hinsdale 0
LT 0

HINSDALE CENTRAL 7 — LT 10



Hinsdale Central's Michael Gallagher and Sean Lynch take down LT quarterback Danny Montesano during Friday night's game in Western Springs. (Jim Slonoff photos)

STATS

	Central	LT
Rushing yards	97	84
Receiving yards	87	83
Total yards	184	167
Touchdowns	1	1
PATs	1	1
Field goals	0	1
Penalties	5	2

OFFENSE



Reece Kolke
3 catches, 38 yards
1 touchdown



Billy Cernugal
88 yards passing
67 yards rushing
1 passing TD

DEFENSE



Joe Boggs
8 tackles
5 assists



Michael Gallagher
5 tackles
2 assists

Reece Kolke nabs a Billy Cernugal pass in the end zone to score a Red Devil touchdown in the second quarter. At the end of the first half it was Hinsdale Central 7, Lyons Township 3.



UP NEXT

Hinsdale South
7 p.m. Friday
@ Dickinson Field
Senior Night
Last year
Central won 49-0

STANDINGS

West Suburban Silver

York	1-0.....	3-0
Glenbard West.....	1-0.....	3-0
LT	1-0.....	3-0
Downers North.....	0-0.....	3-0
OP-RF.....	0-1.....	2-1
Proviso West.....	0-1.....	2-1
Central	0-1.....	1-2

conference/overall

STUDENT ATHLETE PROFILE



Sarah Fischer
Senior
Hinsdale

When did you first start running?

Sixth grade. My parents both ran in college — that was how they met — and my older sister was also a runner on the high school team.

What do you enjoy most about the sport?

I enjoy the team aspect of it and how cross country, even though it is very individualized, you are still working with your teammates and uplifting them and using them to make you better. I like that we're all really close on our team and get along really well.

What keeps you motivated?

Knowing that all the work that goes in, by the end of the season you see results that you would never expect at the start.

What is the best advice you've gotten from a coach?

One of my (swimming) coaches told me that it's OK to be nervous, it's never OK to be scared. To be scared was too much, it wasn't worth it.

What is your goal for the season?

My goal is specifically just to get better. I don't think I did that in the last cross country season, so just to see my times drop, especial-

ly at courses we race a lot, like KLM and Dettweiler (in Peoria).

Will you run track in the spring?

Yes, the 3,200- and 600-meter runs.

What would people be surprised to know about you?

I'm really involved in sewing and I love doing it.

What are your plans for next year?

I would like to run in college. I'm not sure what division yet. I'm still visiting a few places to find out what works for me. I'd like to study engineering.

Why does coach Mark McCabe like having Fischer on the team?

Sarah is an athlete who has embraced our philosophy that consistency and moderation over time is what leads to success in cross country and track. Sarah has been a varsity runner since her freshman year and last spring progressed to competing with the state's top runners. We fully expect she will contend for All-State honors this fall. Sarah has also developed into one of our senior leaders in every way, both on and off the field of play. An excellent role model and a young woman of good character, Sarah is truly a pleasure to have as a part of girls HCXC.

— profile by Pamela Lannom,
photo by Jim Slonoff

RESULTS

Golf, boys

Sept. 9 @ Batavia Invite
V places 1st with 296
Riegger, 1st, 72
Devata, 75
Mulligan, 75
Sept. 8 vs. York
V wins 142-158
Sept. 7 @ LT
V wins 150-163

Golf, girls

Sept. 13 vs. York
V wins 171-189
Owens, 39
Mann, 42
Riegger, 43
Sept. 10 @ Waukegan Invite
V places 3rd with 318 strokes
Sept. 8 vs. Sandburg
V wins 167-195

Soccer, boys

Sept. 13 vs. OP-RF
V wins 3-2
Davies, 2 goals
Peterson, goal

DiTomasso, assist
Gottschalk, assist
Jurgenson, assist
Sept. 10 vs. New Trier
V loses 1-2
Sept. 7 @ Metea Valley
V wins 3-1

Swimming, girls

Sept. 13 @ York
V wins 118-68
200-yard medley relay
Priest, B. Bokos, Paarlberg, V.
Barber, 1st, 1:54.29
Hawk, Bruns, T. Barber, Van Houtte, 3rd, 2:01.34
200-yard freestyle
Kramer, 1st, 2:02.92
R. Bokos, 3rd, 2:04.02
Allegra, 5th, 2:11.39
200-yard IM
Suliga, 2nd, 2:20.29
Matricaria, 5th, 2:31.58
Rocca, 6th, 2:33.36

50-yard freestyle
Lahmann, 1st, 25.4
Priest, 2nd, 26.15
Misiunas, 6th, 27.61
1-meter diving
Martell, 2nd, 202.9
Huber, 3rd, 197.95
Klobach, 5th, 186.65
100-yard butterfly
Schneider, 1st, 57.49
Priest, 3rd, 1:03.16
Gambla, 4th, 1:03.25
100-yard freestyle
Kramer, 1st, 56.18
B. Bokos, 3rd, 56.79
Van Houtte, 5th, 59.2
500-yard freestyle
Suliga, 1st, 5:27.8
Tian, 4th, 5:50.44
Misiunas, 5th, 5:52.34
200-yard freestyle relay
Schneider, Kramer, Ojiako, Paarlberg, 1st, 1:40.3
V. Barber, Lin,

Gambla, Lahmann, 2nd, 1:43.16
100-yard backstroke
Hawk, 1st, 1:02.2
T. Barber, 2nd, 1:04.15
R. Bokos, 4th, 1:06.01
100-yard breast-stroke
B. Bokos, 1st, 1:11.2
V. Barber, 4th, 1:14.33
Bruns, 5th, 1:20.71
400-yard freestyle relay
Schneider, Suliga, Lahmann, Paarlberg, 1st, 3:41.55
Hawk, Gambla, Rocca, Lin, 3rd, 3:56.99
Sept. 10 vs. Naperville North
V wins 112-74
Sept. 9 vs. OP-RF
V wins 133-53

Tennis, girls

Sept. 13 vs. LT

V wins 7-0
Shah, 6-1, 6-0
Panveno, 6-0, 6-1
Nehme, 6-4, 6-3
Gambla/Stover, 6-1, 6-0
Batenic/Virmani, 6-2, 6-0
Hughes/Bajwa, 6-3, 6-0
Brophy/Cameli, 6-0, 6-1
Sarai/Srinivasan, 6-0, 6-2
Sept. 10 @ Red Devil Invite
V places 1st vs. Naperville North
V wins 4-1 vs. Hinsdale South
V wins 5-0 vs. John Burroughs
V wins 5-0
Sept. 8 @ Downers North
V wins 6-1

Volleyball, girls

Sept. 13 @ LT
V wins 19-25, 23-25

Instant replay



Hinsdale Central volleyball players Amber Pelton (back to camera) and Alexa Knapp converge on a served ball as teammates Ava Young (right) and Elizabeth Sessa look on during a home match against conference rival LT Tuesday night. The Red Devils fell to the Lions 19-25, 23-25. (Jim Slonoff photo)

SPORTS

Fall sports are front and Central

Red Devil football, girls swimming and girls volleyball teams power ahead

By Ken Knutson

kknutson@thehinsdalean.com

For the final installment in our preview series of Hinsdale Central's fall sports squads, we put the spotlight on the football, girls swimming and girls volleyball programs.

After finishing runner-up at state last year, the Red Devil swimmers and divers are eying the top prize. The gridiron gang is focused on building upon a stellar 2021 season with a deep run in the 2022 playoffs, while girls volleyball looks ready to move to the next level. Here's what the teams' head coaches have to say.

Football

First game: Aug. 26 @ Naperville Central (V lost 9-24)

Last year: 9-2, lost in second round of state playoffs

Head coach: Brian Griffin
Seasons as head coach: four

No. varsity members: 68
Strengths: I've got a great group of seniors who are committed to getting better and being team-oriented. The kids are really doing a great job working together and making each other better. The guys who had experience have shown that experience and they've stepped up and filled the roles.

Areas for growth: We knew we'd have some youth along the offensive line, and that's a work in progress. We're seeing the newcomers continue to grow in those roles in a productive way. We see the potential that we have, but then you have to put it all together and be more consistent in our execution. We were using two (quarterbacks) but now we're at one QB. We lost two experienced kids to injury this past week, so that's another piece of

adversity to overcome.

Who to watch: Our senior co-captains, Joe Boggs, Billy Cernugel, Kevin Connors and Sean Lynch, have really done a great job of leading and showing their experience as returning starters and bringing the rest of the team along with them.

Goals: To make the playoffs, win the conference championship and win the state championship. Making the playoffs is goal No. 1. Everyone in our conference has gotten better and everybody is good. It's going to be a tough road, and we're playing good teams every week. We need to execute at a high level. I'm really proud of the way the kids keep working hard, and I think we're going to see the fruits of it. We need to have consistency of execution. Right now we do it sometimes and not do it other times, and that's something we need to see improvement on.

Girls swimming

First meet: Aug. 27 Kendall Pickering Invite (V placed 2nd)

Last year: sectional champions, tied for 2nd place at state meet

Head coach: Bob Barber
Seasons as head coach: 23

No. varsity members: 26
Strengths: A major strength of this year's team is having six returning state qualifiers, four of whom were finalists. Our senior class has left quite an impression rewriting the program's record board. We are probably at our best when it comes to sprint freestyle, and our relays also are very strong. We are well balanced among all the events.

Areas for growth: You're always looking to improve, and I'm trying to find a way to push them to their limit



The Hinsdale Central football, girls swimming and girls volleyball programs have their sights set high this season as they vie for conference championships and state trophies. (file photos)

to be as good as possible and provide the younger team members opportunities to show how good they can be.

Who to watch: Senior Kit Schneider was the 2021 state champion in the 50-yard freestyle and was a key player in our second-place finish last year. Senior Carrie Kramer is a returning state finalist in the 200-yard medley relay, the 200-yard IM and the 100-yard breaststroke. Junior Burley Bocos (returning state finalist in the 500-yard freestyle) I would consider as my most versatile swimmer because she's capable of jumping on any of the relays. Senior Olivia Suliga and junior sprint freestyler Kelechi Ojiako will also be key contributors.

Goals: We've taken on a new initiative to do a lot of shoulder exercises before we even started swimming to build strength. We've kind of gotten away from quantity swimming and are focusing on quality swimming, on swimming fast and

staying fast the entire time. The new aquatic center has allowed for more individual time with equipment and training because you're not in a rush to get out of the way for the next group.

Girls volleyball

First game: Aug. 24 vs. Bolingbrook (V won 11-25, 25-14, 25-15)

Last year: lost in regional semifinals

Head coach: Kelly Stapleton

Seasons as head coach: two

No. varsity members: 13
Strengths: We're returning quite a few kids with varsity experience. We have eight seniors, and all eight of them have a role on the court in some way. They girls know that we're a good volleyball team. We don't have one superstar that's better than everyone else that other teams can focus on.

Areas for growth: Just continue to build confidence and a little bit of

resiliency. When one person struggles, other players sometimes have the mentality that they're going to struggle, too. We really need to develop our resiliency in those situations. When we play the top teams, we kind of get in our way in those matches. We need to feel like we belong among the top teams.

Who to watch: Senior Erica Kalman and junior Elizabeth Sessa are our outside hitters and, with sophomore libero Ava Young — who is one of the top recruits in the country — are probably our top three kids. Senior middle India Jones-Shah is back after injury, and senior Kaitlyn Thick is committed to Tulane and is on the right side this year. We have one newcomer, junior middle Grace Scott. She's been doing a nice job.

Goals: The team obviously wants to win state, and definitely get back to sectionals. It's been about 10 years since we've been in a sectional championship match.



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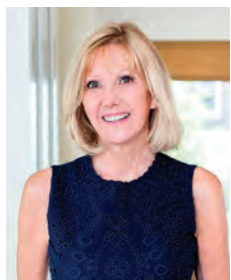
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