

The Hinsdalean

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Community journalism the way it was meant to be



Bravo, bravo! — Lucy Parry was on hand Friday afternoon to watch her brothers sing in the Oak School multicultural holiday assembly. After the Oak School Chorus sang to the assembled students and their families, each grade also had a chance to sing a song to celebrate the event. To see a video of the closing number, visit our Facebook page at <https://www.facebook.com/thehinsdalean>. Please turn to Page 7 for more pictures. (Jim Slonoff photo)



Prestigious scholarship offered to Central grad.

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Young actors bring story of favorite ogre to life.

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Trainers play important role in HC athletics.

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Ruffles Asst.	2⁶⁹	8.5-9.5 oz.
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Butternut Italian, Whole Wheat or Whole Grain White	1⁵⁹	20 oz.
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Tortilla Chips		

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Cara Cara	1⁹⁹	3 for
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Winter might not halt construction on parking deck

By Pamela Lannom
plannom@thehinsdalean.com

A mild winter has allowed crews to continue to work this month on the village-owned parking deck near Hinsdale Middle School.

"The parking deck is going very well," said Brad Bloom, assistant village manager. "I'm really pleased with how it's coming together. The precast looks good."

Precast concrete delivery began the week of Dec. 9, and all 215 pieces have been assembled.

"It was something to watch," Bloom said. "The majority of the structure is up. Now it's just the smaller parts — adding the electrical, adding the plumbing, the camera system. A lot of caulking needs to be done. A lot of the finish work has yet to be completed."

The schedule had called for a break in construction at about this time, but the weather has not been an issue.

"We had planned to stop for a period of time during the winter months. That is currently being re-evaluated," Bloom said.

Southbound Garfield Avenue has been closed from First to Third streets since Monday for installation of a water drain line. The road should reopen Friday, Jan. 17, as scheduled, Bloom said.

The village's owner's rep, HR Green, has been overseeing the day-to-day construction. Bloom said he's at the site two to three times a week as well.

"We have a regular established meeting over there at the construction trailer once a week, and then I'll stop by from time to time to take a look at the project."

The village and Community Consolidated Elementary District 181 are sharing the cost of the \$9.9 million deck, with the village paying about \$7.7 million and the school district contributing \$1.3 million. Another \$900,000 will be generated through a special service area tax on downtown property owners. Bloom said there have been no surprises and costs have been in line with the budget.

No students or parents have reported conflicts or incidents with the construction traffic, according to a report that was part of Monday's District 181 Board meeting packet.

The ground level of the deck will be used by Hinsdale Middle School staff. Village officials are still discussing how to allocate the 189 spaces on the lower level.

"We're still determining how exactly those are going to be used to most efficiently take advantage of our parking supply," Bloom said.

The process for making that decision and whether input will be sought from residents, business owners and the Hinsdale Chamber of Commerce has not been determined, either, he said.

Informal feedback has been favorable, Bloom indicated.

"I've heard a lot of positive comments in the community about how it looks and how it fits into the slope of the land at the school — and a lot of people excited about the additional parking that's coming," he said.

That's the sentiment in District 181 as well.

"The progress during the last few weeks has been amazing," said Mike Duggan, facilities director. "My understanding is that it is on schedule and we are excited about its completion this spring and being able to utilize it for the next school year."

Little Miss Ann concert packs the place



The Hinsdale Public Library provided the perfect place for entertainment Sunday afternoon to brighten a cloudy day. "Little Miss Ann" — who is actually Ann Torrabla — had the full house of children and their moms and dads singing and dancing to her music. Stephanie Freda and her daughter, Grace, work on their dance moves. Emma McMonagle jumps to the beat and Aisling Gray and her daughter, Beth, get into the swing of things. The event was cosponsored by the Hinsdale Community Preschool. (Jim Slonoff photos)

ONCE UPON A TIME



What's old is new again — Friday afternoon in the central business district hasn't changed much in the past 100 years for Hinsdale students. Back in 1920, it was students from HTHS (Hinsdale Township High School) and today it's the students from HMS (Hinsdale Middle School) who flock to the downtown when the weather cooperates. Do you have a Hinsdale photo that is at least 25 years old? We'd love to share it with our readers. Stop by our office at 7 W. First St. or email it to jslonoff@thehinsdalean.com. (Hinsdale Historical Society photo)



Happy Birthday!

To whom?

Email your child's name and birthday (including year) to news@thehinsdalean.com for a chance to have a birthday greeting appear here.

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Corrections

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.

Photo reprint policy

Photographs that appear in The Hinsdalean may be purchased on our Web site at thehinsdalean.com. Occasionally additional photographs that have not been published in the paper may be published on the site; these also will be available for purchase.

Advertising policy

We reserve the right to edit and/or refuse all advertising submitted to The Hinsdalean.

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Baker will not return to D86 next year

Board votes not to extend contract for assistant superintendent amidst science controversy

By Pamela Lannom
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Carol Baker, who has served as assistant superintendent for academics/chief academic officer in District 86 since Aug. 1, 2018, will be out of a job on June 30.

The Hinsdale High School District 86 Board voted unanimously last week not to renew her contract, for reasons other than a reduction in staff, board President Nancy Pollak said in her report after the Jan. 9 vote.

"It's a personnel matter," Pollak said. "We are not at liberty to provide any information additionally above and beyond what is included in the resolution."

"Our decision regarding Dr. Baker will not alter or impact the curriculum alignment efforts that have and will continue to be led by our teachers, department chairs, principals and assistant principals for curriculum and instruction. This includes the development and implementation of our new science sequences," she added, noting

that an update on that work will be presented at the Thursday, Jan. 23, board meeting.

Baker and other district officials have come under fire recently for a plan to create a new science sequence at Hinsdale Central that would enroll freshmen in a physics course, followed by chemistry sophomore year and biology junior year. A version of the plan, often referred to as "physics first," is in place at Hinsdale South, and it was scheduled to be introduced at Hinsdale Central this fall. In December, Superintendent Tammy Prentiss announced the rollout would be slowed at Central, pointing to the administrative team's "ineffective job" of communicating about the topic.

One of the critics of the plan, Linda Burke of Hinsdale, said letting Baker go does nothing to address the substance of the problem.

"We have a problem science curriculum and it's not a communication problem," she said during public comment. "And the ritual sacrifice of one



Baker

administrator will not make physics in the universe for all in any way OK, nor will it ever be accepted by this highly educated and STEM-conscious community."

Yvonne Mayer of Burr Ridge requested board members "do the job they were elected to do" and start a search for two new administrators — one to replace Baker and one to replace Superintendent Tammy Prentiss. She suggested Prentiss doesn't have the experience to lead the district and questioned why the superintendent never followed up on a board request for more information on a multi-strand science sequence discussed at a Jan. 7, 2019, meeting.

"It's not too late to do the right thing," Mayer told board members. "The only question is, will you?"

Other speakers did not agree with the decision to let Baker go.

Alan Hruby of Burr Ridge said a few minor adjustments could turn the proposed PCB sequence into a model for other districts. He praised Baker for

identifying inequities in the curriculums at the two high schools.

"Make no mistake. That is what is at the root of the complaint against her tonight — the prosecution of a whistleblower," he said. "You should not be meeting tonight to discuss Dr. Baker's termination. You should be meeting to discuss how large of a bonus to award her."

Adolph Galinski, father of three with one at South, said objectors have overlooked the benefit of offering AP Physics CM in the new science sequence, which would be recognized by engineering schools.

"Dr. Baker worked to uncover and fix curriculum problems like this in District 86. Not renewing her contract is a huge mistake," Galinski said.

Michele Berg of Willowbrook wondered how the board plans to advance the curriculum alignment process without a key administrator.

"You're essentially firing the president in the middle of the war," she said. "That's the only analogy I have to compare it to right now."

Central pool group nearly hits funding level

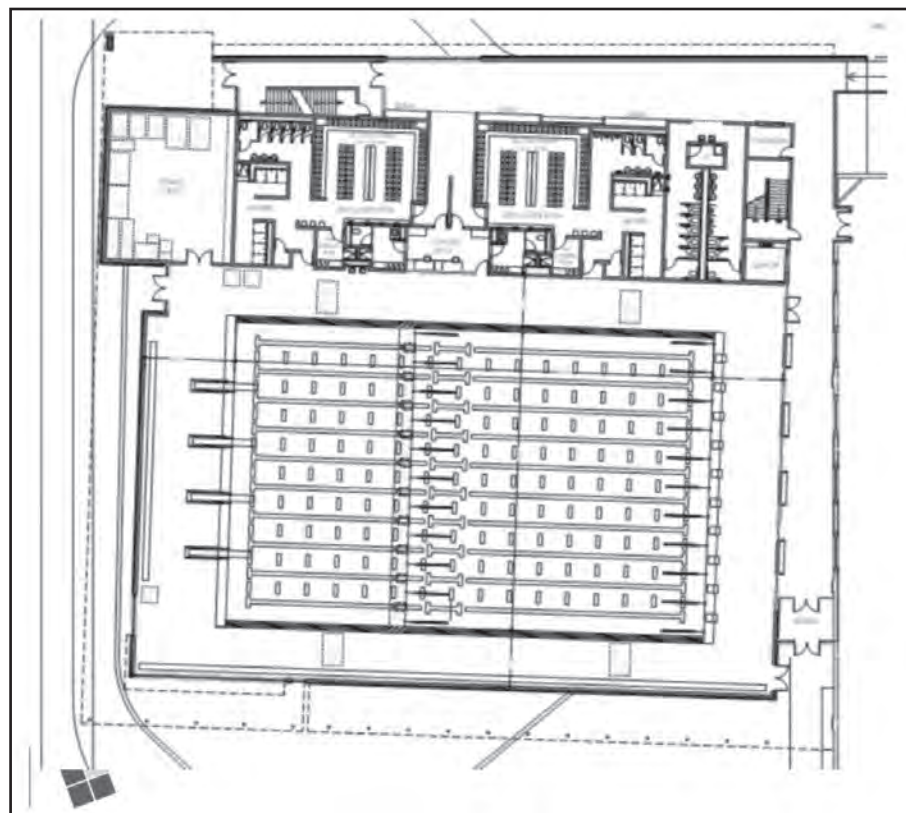
By Ken Knutson
kknutson@thehinsdalean.com

The effort to channel support for a 10-lane pool at Hinsdale Central into funding for the project has nearly reached its goal, according to leaders of the campaign.

A group of Central alums and district residents have been working over the last several months to raise \$1.6 million to cover the cost difference between building an eight-lane and a 10-lane facility at Central. A 10-lane pool was approved by the Hinsdale High School District 86 Board in September as part of the \$139 million referendum for school improvements residents approved last spring.

Its projected cost, however, is \$3.5 million more than that of the six-lane pool originally planned under the referendum. Board members decided a larger pool would better serve the long-term needs of Central students, both during and after school, while providing more opportunities for community members to use it.

The fundraising group then stepped up to help bridge the gap, with the board's blessing. The offer came with a pledge from one donor to match the first \$750,000 raised. A Dec. 31 post on the group's Facebook page indicated that the finish line is in sight.



To help defray the cost of a new 10-lane pool facility at Hinsdale Central as part of \$139 million in improvement projects across District 86, a group of Central alums and residents have endeavored to privately raise \$1.6 million. They report that their goal has nearly been reached. (image provided)

"We ended the year at just under \$1.5 million raised and need just over \$125,000 to reach our fund-

raising goal of \$1.6 million. All donations were raised in just a few months through word of mouth, a

few ads and lots of dedication from our swimming and diving community around the globe," it reads. A subsequent post Jan. 5 simply states "Wearethisclosetoreachingourgoal."

The committee hopes to name the pool The Don Watson Aquatic Center after the man who coached boys swimming at Central from 1965-78 and led 12 consecutive teams to state titles. He also developed 167 high school All-Americans and four Olympic swimmers. Watson passed away in November 2017 at age 87.

Last week, former Central swim coach and fundraising committee member Carol Bobo said the group is "less than six figures from the goal" and expressed gratitude for the response from the community.

"The community has been wonderful, whether they were swimmers or divers or had kids at school," she said. "They've been very supportive and helping making sure that we're continuing on with all those activities and traditions."

Donors can make checks payable to the Hinsdale Central Foundation and mail them to the foundation at P.O. Box 296, Clarendon Hills, IL 60514 or use Venmo with @HCHS-Foundation as the donation address. In the event the pool is not built, all funds will be returned to donors.

"Every little bit helps," Bobo remarked.

NEXT WEEK

Hinsdale High School District 86 Board

6 p.m. Thursday, Jan. 23
Hinsdale Central High School
55th and Grant streets

MEETING ROUNDUP

Community Consolidated Elementary Dist. 181 Board

Among other business Monday, board members:

- voted 6-0 to approve advanced and accelerated math criteria, ELA/ACE criteria and the math trajectory to guide placement decisions in grades three to eight for fall 2020.

Parents soon will be able to review slides with a voiceover explanation detailing the criteria for each grade and level, said Kathy Robinson, assistant superintendent of learning.

The district is adding more bridge classes to make sure students who are moving into accelerated levels have learned all the required standards for previous grade levels.

Administrators also are working on an appeals process for parents who believe their child has been placed inappropriately.

- approved the 2020-21 school calendar, which has the first student attendance day on Aug. 24. Winter break is set for Dec. 21-Jan. 1 and spring break is March 29 to April 2, with the final day of school tentatively set for June 2. The calendar is included in BoardDocs for the Jan. 13 meeting.

- agreed to spend \$7,150 a year for GoGuardian, a one-to-one classroom management tool that will allow teachers to limit students' activities on their Chromebooks while they are in class

- approved the purchase of CLEAR residency verification software, which will cost about \$10,000 a year. The software will be used to verify the residency of new students and for an annual "batch verification" of current students.

- agreed to place 33 policies on public display. One policy is new, three have substantive changes and the rest have minor revisions. The policies will be brought back to the board for a second read and approval at a later date.

- approved a new waste and recycling agreement with Advanced Disposal Services Solid Midwest, the district's current provider. The new agreement saves the district an average of 32 percent a year for a combined savings of about \$68,500 over the three years.

- accepted gifts and contributions, including about \$14,000 from the Casten Foundation for the Leap School teacher exchange program, \$5,000 to \$6,000 worth of workout equipment for Clarendon Hills Middle School from that school's PTO and \$2,000 for entrance rugs and scraper mats for Oak School from the PTO.

- listened to a presentation from Dana Bergthold, executive director of special education, and staff about Program Success and Foundations.

"I've had a chance to be in your classroom and you're doing amazing work there," Superintendent Hector Garcia said of the Foundations class.

Correction

The Jan. 9 editorial erroneously stated the four residents who were cut off during public comment at a December meeting of the Hinsdale High School District 86 Board had hinted they might file a complaint with the Illinois Attorney General.

The sentence should have read as follows: The four residents silenced at the meeting could decide to file a complaint against the district for violating their rights of free speech.



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REGISTRATION OPENS JANUARY 21 AT D181.ORG/PREK

Village resident admits to embezzling millions

By Ken Knutson

kknutson@thehinsdalean.com

A Hinsdale resident has admitted to misappropriating more than \$65 million from individuals and financial institutions, according to a plea agreement filed Jan. 10 with District Judge Andrea Wood and provided by the United States Attorney's Office for the Northern District of Illinois.

Sultan Issa, 46, pled guilty to wire fraud affecting a financial institution for perpetrating a scheme from 2010-17 "to defraud clients and financial institutions, and to obtain money and

property from those clients and financial institutions by means of materially false and fraudulent pretenses, representations and promises," reads the agreement.

Issa embezzled the majority of the funds in his capacity as certified public accountant and chief financial officer of a group of partnerships, corporations and trusts owned by a Chicago-area family. He forged a family member's name on documents enabling him to transfer assets to accounts in his name, which then served as the basis for financial institutions to loan him money.

"Issa used the proceeds of the scheme to purchase and secure fraudulent loans relating to at least 25 residential properties in Illinois, Montana, Michigan, and Cabo San Lucas, Mexico; two private aircraft; four motor yachts; approximately 60 firearms; and assorted watches, jewelry and memorabilia," the agreement states. "Issa deceived financial institutions and fraudulently caused them to provide him and entities under his ownership and control loan funds and extensions of credit totaling tens of millions of dollars."

Issa also solicited individual inves-

tors, promising to invest their funds but instead using them to benefit himself and his business entities, including the now defunct Global Luxury Imports, an auto dealership he owned in Burr Ridge. He used more than \$15 million in the fraudulently obtained funds on the dealership, including purchasing the showroom and the cars, and covering employee salaries.

The offense carries a maximum sentence of 30 years in prison and a maximum fine of \$1 million or twice the gross gain or gross loss resulting from the offense, whichever is greater.

Sentencing is scheduled for May 21.

State's attorney charges Hinsdale man with abuse

A Hinsdale man has been charged with sexually abusing a 13-year-old boy he met through the internet, the DuPage County State's Attorney's Office announced Friday.

Mark Sadlowski, 26, 532 W. North St., was charged with one count of aggravated criminal sexual abuse, a class 2 felony, for allegedly sexually abusing the boy Nov. 1, 2019, after meeting through an online dating site.

An arrest warrant was issued for Sadlowski Jan. 8, and he was taken into custody the following day. Circuit Judge Liam Brennan set his bond at \$150,000 on Jan. 9.

"It is alleged that this defendant arranged to meet his victim via an online dating application and once they were alone, sexually abused him," DuPage County State's Attorney Robert Berlin stated in a press release. "These allegations are extremely disturbing and will be met with the full force of the law."

Berlin thanked the Burr Ridge Police Department and the DuPage County Children's Center for helping with the case.

Sادلowski's arraignment is scheduled for Jan. 27 before Judge Brennan.

Urban murder trial begins, her son is the first to testify for prosecution

By Susan Sarkauskas

of the Daily Herald

During the opening day of Dominic Sanders' trial on charges he killed a Hinsdale woman in a 2017 home invasion, prosecutors and the defense agreed Wednesday on just two things: the defendant was in Hinsdale that day and he took two family-heirloom rings from the home.

Sanders, 32, of University Park, faces charges of first-degree murder, home invasion, armed robbery and residential burglary stemming from the May 4, 2017, slaying of 50-year-old Andrea Urban. The charges allege Sanders stabbed Urban to death during a daytime break-in of her residence.

In his opening statement Wednesday, Assistant DuPage

County State's Attorney Bernie Murray spelled out the evidence against Sanders, including witnesses who reported seeing a man in dark clothing and a reflective vest walking around the area that day, surveillance videos showing that man, a car seen in the area that was traced to Sanders and evidence Sanders pawned rings stolen from Urban.

Experts will testify that blood found on the laces of the shoes Sanders was wearing when he was arrested, 20 days after the crime, matches that of Urban, he added.

"The tranquility of that day was shattered by this man," Murray said of Sanders.

But Assistant Public Defender Teresa Rioux told jurors the front door to Urban's home was open when Sanders arrived, and

he took the rings off a half-wall to the left of the entrance.

"You were chosen as jurors because you know things are not always as they appear to be," she said.

Urban's son, Alexander Kuznetsov, was the first to testify.

He described finding his mother's body on the kitchen floor when he arrived home from classes at Hinsdale Central High School.

At first he thought someone had spilled red paint on the floor, he testified. After searching the house to make sure his little sister was not there, he called police.

— This article was reprinted with permission from the Daily Herald. Sarkauskas can be reached at ssarkauskas@dailyherald.com.



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POLICE BEAT

Hinsdale police distributed the following reports Jan. 14.

DUI arrests

- John L. Sullivan, 54, 18 E. Eighth St., Hinsdale, was arrested for driving under the influence of alcohol, driving with a blood-alcohol content higher than .08 and squealing or screeching tires at 7:53 p.m. Jan. 8 in the 10 block of East First Street. Police were called for a report of an intoxicated subject causing a disturbance at Nabuki and observed the suspect accelerate quickly and heard tires squealing while he left the parking lot. He was charged and released to appear in court.

- Lauren Mackenzie Harpst, 24, 300 Claymoor St., Suite 2E, Hinsdale, was arrested for driving under the influence of alcohol, driving with a blood-alcohol content higher than .08 and failure to reduce speed to avoid an accident at 12:26 a.m. Jan. 11 in the 5700 block of South Elm Street. Her car had struck a light pole on private property. She was charged and released to appear in court.

Drivers cited for license violations

- Yaritza Ortega Villa, 22, 309 N. First St., Maywood, was arrested for driving with a suspended license, improper lane use and operating an uninsured motor vehicle at 1:30 p.m. Jan. 7 at Ogden Avenue and Interstate 294. She was charged and released to appear in court.

- Jonathan Ocotoxtle, 27, 220C Linn Court, North Aurora, was arrested for driving with a suspended license and speeding at 2:55 p.m. Jan. 7 in the 400 block of West Hinsdale Avenue. He was charged and released to appear in court.

- Joshua M. Virella, 32, 810 S. Jackson St., Hinsdale, was arrested for driving with a suspended license, speeding and driving an uninsured motor vehicle at 8:31 p.m. Jan. 8 in the 700 block of West 55th Street. He was charged and released to appear in court.

- Rosetta Henry, 23, 1118 E. 82nd St., Apt 1A, Chicago, was arrested for driving without a valid license and speeding at 9:14 p.m. Jan. 9 at Monroe and 55th streets. She was charged and released to appear in court.

- Kevin K. Jakovec, 26, 8745 45th St., Lyons, was arrested for driving with a suspended license, speeding and having an uninsured motor vehicle at 11:24 p.m. Jan. 9 in the 100 block of East Chicago Avenue. He was charged and released to appear in court.

- Cynthia L. Padilla, 30, 2152 W. 19th St., Chicago, was arrested for driving with a suspended license and speeding at 2:08 p.m. Jan. 12 at Ogden Avenue and York Road. She was charged and released to appear in court.

- Maurice M. Forest, 30, 6360 S. King Drive, 3A, Chicago, was arrested for driving with a suspended license and disobeying a stop sign at 2:41 a.m. Jan. 14 and Oak Street and The Lane. He was charged and released to appear in court.

Cars burglarized

- Someone entered an unlocked vehicle parked in the 600 block of North Lincoln Street and rummaged through the interior between 2 and 2:42 a.m. Jan. 13. Nothing was reported missing.

- Police observed three suspicious vehicles parked on the street in the 300 block of North Grant Street at 2:42 a.m. Jan. 13. The vehicles fled, and when police returned to the area, they discovered three unlocked vehicles in the victim's driveway. Loose change had been taken from one.

Pawned watch a fake

A known suspect pawned a watch for \$1,500 at Sterling and Knight Jewelry and Pawn, 244 E. Ogden Ave., at 12:33 p.m. Dec. 19. When the victim took the watch to have it authenticated, it was discovered to be a high-end clone with actual Omega parts in the outer casing and inner mechanisms that were fake. The fraud was reported Jan. 13.

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60 SECONDS

Aspiring filmmaker hopes to flourish in China's scene

Living in southern California the last several years for college, and now for work, has left Hinsdale's Gabrielle Roberts ill-equipped for winter visits to her hometown.

"Definitely my blood has thinned out. I come home just in my sweatshirt from L.A. and immediately my parents have to give me a giant puffy jacket," Roberts joked.

Later this year, she'll be adjusting to an entirely new culture when she heads to Tsinghua University in Beijing for a year-long fellowship as a Schwarzman Scholar. Roberts was one of 145 selected from among more than 4,000 applicants for the August-to-July program, through which they pursue master's degree in global affairs while also gaining experience in their particular fields of interest.

For Roberts, that field is film.

"In the next two years, China is going to be the largest box office — in terms of ticket sales — in the film industry," Roberts said. "I knew that for projects it would be really important to be able to reach that audience and have first-

hand knowledge of what speaks to them culturally and be able to market to them in a meaningful way."

Since graduating from USC last spring with degrees in both film production and computer science, Roberts has had a front row seat to the cutting-edge world of virtual production in a job with a startup studio. The technique has been used in Marvel movies and the recent remake of "The Lion King."

"It just gives you a lot of breadth of creativity and cuts costs," she said of the technology.

She aims to bring that knowledge to bear on her overseas assignment.

"I'm hoping to intern with some Chinese visual effects companies," she said. "The more connections you have, especially in the film industry, the better."

Asia is not unfamiliar territory for Roberts, who visited Chennai, India, in 2014 to conduct a camp for Code Your Chances, a non-profit she founded to teach coding to young girls.

"If we encourage (girls) and get them comfortable with STEM-

related fields, when they come across it later in life they're not scared," Roberts said.

She admits to being daunted by the rigorous interview process to earn Schwarzman entry.

"You go in and there are heads of state, military generals, business CEOs, really intimidating people," she said.

The Economist and New York Times became her regular reading materials to bone up on current events in preparation.

"For a while there I was very up to date. I have since sort of taken a news break," Roberts quipped.

She received a course of Mandarin lessons as a Christmas gift to help ease her upcoming transition. But she hopes to find a common language through her preferred medium.

"It's definitely an interesting time to be going to China with everything that's going on," she said. "Being able to reach them with these stories and narratives, I think, can only help create a better and more understanding world."

—story by Ken Knutson,
photo by Jim Slonoff



GABRIELLE ROBERTS

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OPINION

EDITORIAL

Hold the sweat, tears, just give blood this month

There's a reason why January is designated National Blood Donor Month.

During the weeks of Christmas and New Year's, about 500 fewer blood drives were hosted by volunteer sponsor groups than required to meet patient needs, according to the American Red Cross. Groups postpone blood drives during the winter holidays to avoid conflicts with travel and other seasonal activities.

Life-threatening events and emergency medical procedures, however, never take a holiday.

"Declines in donations can affect patient care. That's why the Red Cross is encouraging eligible donors to make an appointment to give now and help those sidelined by illness and trauma," Paul Sullivan, senior vice president of Red Cross Biomedical Services, stated in a press release last week.

Every two seconds someone in the U.S. needs blood, the organization reports, and about 4.5 million Americans would die each year without blood transfusions. Cancer patients, burn victims, people suffering from sickle cell and other

diseases and those undergoing surgery are all potential recipients.

The good news: Each year an estimated 6.8 million people in the U.S. donate, yielding 13.6 million whole blood and red blood cells.

The challenging news: Only 7 percent of people in the U.S. have type O negative blood, which gave be given to patients of all blood types. So it's always in great demand and often in short supply. Type AB positive plasma can also be transfused to patients of all blood types, but just 3 percent of Americans are AB positive, so, again, it's at a premium.

The fact is many have no idea what blood type they are, and donating is a great way to find out. It is neither difficult nor painful (assuming one has survived a tiny needle prick at some point). You are eligible if you are 1) in good physical health and feeling well on donation day, 2) at least 18 years old (16 or 17 with signed consent form), 3) and weigh 110 pounds to donate whole blood (requirements vary slightly for platelet and other types of donations).

The Red Cross' next donation in the area is from 9 a.m. to 3 p.m. Tuesday, Feb. 4, at Loyola University Center for Fitness, 2160 S. First Ave., Maywood. Visit <https://www.redcrossblood.org> or call (800) 733-2767 to make an appointment. Speed up the process by pre-submitting health history information in advance and completing an online RapidPass on the day of the donation.

For closer options, Westmont is home to two blood donation centers open year-round: Versiti at 6317 Fairview Ave. and LifeSource at 1133 Fairview Ave. Visit their websites, <https://www.versiti.org> and <https://www.donateblood.lifesource.org>, respectively, for more information.

Then, try to drink plenty of caffeine-free beverages in the days leading up to the donation and remember to eat a healthy meal (low in fat and high in iron) at least two hours before. The entire process from registration to post-donation refreshments takes about an hour. And it just might be one of the most consequential hours you spend.

COMMENTARY

Former associate editor pens new parenting book

Readers of Scary Mommy and the Today Show parenting blogs know Christie Cuthbert as a contributor. Texans know her as a writer for San Antonio Woman Magazine and Alamo City Moms.

Hinsdaleans remember her as a former neighbor, fellow parishioner, Juniors member — and associate editor of The Hinsdalean.

Now she's also the author of a new book, "Mom! I Farted in Church," which she officially released at a launch party Jan. 9. I caught up with her over the phone Tuesday to talk about the new book and how she has enjoyed living in San Antonio since 2017.

"Any time you move somewhere you don't know a soul, that first year is tough," she said.

In the fall of 2018 she sought the help of a therapist to try to manage her anxiety — and her busy life as the mom of four — a little better.

"In the process, I kind of just learned that I needed to find more humor in situations and not take myself so seriously and not become so embarrassed when

they do things," she said.

"They" are her four boys — John, 9, and the triplets, Teddy, Tommy and Nate, who are 6.

She didn't have to wait long for the opportunity to act on that advice.

"We had this day in church when Tommy farted pretty loudly in church," she said. He proceeded to announce it to his mom — and everyone else in hearing distance. Normally Christie would have been mortified, but she had an epiphany.

"It was just this light bulb went on," she said.

Instead of chastising her young son, she played along.

"I think God heard it, and he's probably laughing with us," she told him.

That story became the framework for her book, in which she encourages moms to spend less time worrying and more time laughing and enjoying mother-



Pamela Lannom

hood. Life, of course, continues to test that approach. She was the guest on a live TV show Tuesday morning, just hours before I talked with her. The boys accompanied her, and remaining calm was not on Teddy's agenda.

"He reminded me of the wind-up monkey with a cymbal," she said.

"He was a maniac as I was trying to discuss the book."

Christie said her next project will be to create children's books so other kids can laugh at her sons' shenanigans.

"The boys are super excited about that," she said. "They've given me all the feedback in the world about how I should do the next set of books."

Christie said she's enjoyed the laid-back vibe of San Antonio — and the chance to hear live music and eat outdoors year-round.

She misses walking everywhere in Hinsdale ("You have to drive an

hour to get anywhere in Texas"), living on a block with a million kids, her friends and neighbors and brisket tacos at Fuller House.

She also misses the kindness and generosity so many people here showed her after the triplets were born.

"I could never have gotten through those first years without the friends I had in town supporting me along the way," she said. "The outreach and love in that community is unique."

Publicizing the book has been hectic, but fun. And there's nothing more rewarding than hearing from a reader whom you have touched.

"The best part has been when I go do guest speaking with the book and I have moms come up and say, 'This is life changing. I really needed your words today.'"

Congratulations, Christie. We're all proud of you!

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

■ That story became the framework for her book, in which she encourages moms to spend less time worrying and more time laughing and enjoying motherhood. Life, of course, continues to test that approach.

OPINION

GUEST COMMENTARY

'Life-changing magic' of library

When I moved my household from Washington, D.C. into storage, I got rid of about 100 books. Some were obvious choices, like the global trade textbook that was required



Beth Smits

moved with me. It wasn't until I had unpacked and shelved them in Hinsdale that I truly felt back home.

That said, my own library is not my only source of book joy anymore.

I have rediscovered the Hinsdale Public Library. After years of living abroad in the pre-Amazon period, where access to English-language books was limited, I went straight to the library to get my card after receiving my new Illinois driver's license.

Now when I come across an intriguing recommendation, I paste the title into the library's online catalog search and put it on hold (or even download it into my Kindle right away). I am having so much fun accessing all of these books — and also giving them back for others to enjoy. My own library is still growing, but more carefully, because now I have the library to help keep me tidy.

— Beth Smits of Hinsdale is a contributing columnist. Readers can email her at news@thehinsdalean.com.

This left more 800 books that survived this exercise, which no doubt was inspired by "The Life-Changing Magic of Tidying Up," which also

CARTOONS



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- 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
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OBITUARIES

Curlie Ann Engdahl

Curlie Ann Engdahl, nee Flowers, 94, of Elmhurst, formerly of Villa Park, passed away peacefully Dec. 25, 2019.

She was born in 1925 in Paris, Tenn., to Mary D. (Fryer) and Walter Crawford Flowers.

Following training in Nashville, she moved to San Bernardino, Calif., to work in an aircraft factory. On a blind date in 1944 she met Lt. Robert E. Engdahl of Chicago. They married May 23, 1945, just before he left for Guam. Following the war, they lived in Chicago. Next was a relocation to Neenah, Wis., in 1949, where their three children were born. In 1960 they moved to Villa Park.

Curlie's passion was in making a home for her family and supporting their interests. She was a steadfast member of the Methodist Church in Paris, Neenah and Elmhurst. She taught Sunday school and was active in the UMW.

Curlie was also very active in the Elmhurst Memorial Hospital Guild. She loved family visits, gardening, bike riding on the Prairie Path, traveling and camping in the north woods. In 1983 she and Bob embarked on a voyage around the world on their 38-foot sailing yacht, which they completed on their 50th wedding anniversary.

Curlie and Bob lived at Monarch Landing in

Naperville prior to moving to Park Place of Elmhurst in 2012. In her final years, she was in the company of life-enriching caregivers and a supportive community.

Curlie will long be remembered for her engaging smile and gracious manner.

She is survived by her three children, Cynthia Engdahl (Tony Sekera) of Hinsdale, Donald (Ruth) Engdahl and Susan (Donald) Hornbostel; her grandchildren, Matthew Hornbostel and Eric Engdahl; her sister-in-law, Adrienne (Richard) Berna; and many nieces and nephews.

Curlie was preceded in death by her husband, Robert, in 2015; her sister, Mary Belle Norwood; and her brothers, William Robert Flowers and Walter Crawford Flowers Jr.

A celebration of life service will be held at First United Methodist Church of Elmhurst, 32 S. York Road, on Saturday, Jan. 25, with visitation at 2 p.m., the service at 3 p.m. and a reception at 4 p.m.

Interment is private.

In lieu of flowers, memorials may be made to the First United Methodist Church of Elmhurst, 232 S. York Road, Elmhurst, IL 60126.

Steuerle Funeral Home in Villa Park handled the arrangements.

Thomas Charles Halm

Thomas Charles Halm, a 41-year resident of Hinsdale, passed away peacefully at his home on Dec. 31, 2019. He was 78.

Born in 1941 to Philip and Frances Halm, Thomas was raised in Summit and Brookfield. After graduating from Lyons Township High School in 1959, he joined the U.S. Marine Corps. Once a Marine, always a Marine. Upon discharge, he was employed by Oak Park Federal Savings and Loan, and in 1967 joined Standard Federal Savings and Loan, retiring as senior vice president of lending in 1996.

In 1967 Thomas married the love of his life, Sandra. They settled in Brookfield and were blessed with their daughter, Kathleen. In 1978, they moved to Hinsdale.

Thomas loved to travel and he showed his wife, daughter and granddaughter the world. In 2017 he and Sandra renewed their vows in Cork, Ireland, in celebration of their 50th wedding anniversary. Golfing



Halm

and fishing were his passion. He was a past member of the La Grange Country Club, and though his love of golf was not shared by his granddaughter, his love of fishing was. They spent many a beautiful day together on Franklin Lake in Minocqua, Wis.

He will be remembered for his unwavering generosity and honor.

Tom was preceded in death by his siblings, Ronald and Timothy.

He is survived by his beloved wife of 52 years, Sandra, nee Yunk; his daughter, Kathleen (Todd) Simmons; and his granddaughter, Eleanor Halm Simmons.

A funeral Mass was said Jan. 6 at St. John of the Cross in Western Springs.

Memorials may be made online to St. Jude's Children's Research Hospital at <https://www.stjudget.org> or My Smile Train at <https://www.smiletrain.org>.

Lisa Kovach

Lisa Kovach, 63, of Hinsdale passed away unexpectedly Jan. 9, 2020, at Amita Adventist Medical Center Hinsdale.

She was born in 1957 in Chicago to Wayne and Nadene Vondruska

Lisa will be dearly missed by her friends and her coworkers at Mariano's.

She was preceded in death by her husband, Richard Kovach; and her mother, Nadene.



Kovach

A graveside prayer service was held Jan. 14, at Queen of Heaven Cemetery Interment Chapel in Hillside.

In lieu of flowers, memorials may be made to Adventist St. Thomas Hospice, P.O. Box 130, Hinsdale, IL 60522-0130.

Brian Powell Funeral Directors of Hinsdale handled the arrangements.

John Edward Molloy

John Edward Molloy, 73, a 21-year Hinsdale resident, died Jan. 10, 2020.

John died the way he lived: he wrote his own rules, he pushed passed authority and paved his own way, and if you said he couldn't do it, he would make sure he could.

Ladies' man, successful business outlaw, snappy dresser and social bon vivant, John told his last inappropriate joke at the hospital (sorry, the joke cannot be reprinted here) the day he died.

Up until the end, John would defy his doctor's orders by creating his own culinary-restricted meal program revolving around late-night binges of cookies and caramel corn or sneaking out of his bed in the intensive care unit to grab a piece of pie. Defiance with a strong dose of shenanigans are what drove John to success and forever touched his family members'

hearts with love and laughter.

Of all the people John touched, his proudest achievements in life were the love of his two daughters, Leigh and Erin, and his grandchildren, Caitlin and Ryan.

He is survived by his children, Erin (Matthew) Vahl and Leigh Molloy; his grandchildren, Caitlin and Ryan Vahl; his siblings, Dennis (Mary Lou), Mary Jean Fink, the late Eugene (the late Grace), Peggy, and Michael (Brenda Borri); and many nieces and nephews.

Visitation is at 3 today, Jan 16, at Sullivan Funeral Home, 60 S. Grant St., Hinsdale. A prayer service will follow at 6:30 p.m. at the funeral home along with an open mic to share stories of John.

Immediately following, John wanted all to go to York Tavern and raise a glass or two to toast his well-lived life.

Obituaries continue on Page 16



Brian Powell, Sr.
Brian Powell, Jr.

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ASK AN EXPERT

DAN THOMPSON, ECOLOGIST

What danger do coyotes present to people and pets?

Even if you haven't seen one, chances are there are coyotes living in your neighborhood.

Dan Thompson, ecologist with the DuPage County Forest Preserve District, said he believes a majority of the Chicago area's coyote population lives not in protected places like the forest preserve, but in suburban and urban areas.

"Just because you've never seen them doesn't mean they aren't there," he said.

Coyote sightings and even encounters are not uncommon, but Thompson said he's not convinced the coyote population is getting larger. Rather, the animals' natural habitat is getting smaller. With fewer wooded areas to call home, coyotes are forced out into neighborhoods and even urban areas to look for shelter and food. Unfortunately, family pets are too often the chosen snack.

Thompson said it's a sad reality that an animal left outside is vulnerable to a coyote attack.

"You cannot leave your dog outside alone," said Thompson, who includes cats on the list of animals that should be kept indoors. When walking a dog outside, always use a leash.

Feisty pups might be in even greater danger. Thompson said little dogs who bark ferociously at a coyote are inviting a fight — a fight they inevitably will lose. Even larger dogs are at risk.

"This is an animal that survives for a living," Thompson said. If hungry enough, a coyote might try his luck with a larger animal. At best, the dog owner will be left with a hefty vet bill, Thompson said.

If you spot a coyote near your home, it's probably looking for food. But Thompson urges homeowners not to provide the visitor with a snack. With the exception of a bird feeder, feeding wildlife is always a bad idea, Thompson said. Feeding animals brings them out of their own habitat and into ours, where they become more and more comfortable with every meal.

"It changes their behaviors," he said.

Thompson said a recent incident in which a child in Chicago's Lincoln Park area was reportedly

bitten by a coyote is a rarity. In fact, local experts have said that, if true, the bite might be the first ever reported in Illinois.

Coyotes have a natural fear of humans and attacks on humans are nearly unheard of. However, if you find yourself face to face with a coyote, Thompson suggests looking the animal in the eye and standing your ground. Make yourself large and loud. Never turn and run.

"That's an invitation to chase," Thompson said.

If you are concerned with an animal in your neighborhood, Thompson suggests contacting animal control. But he said getting rid of coyotes isn't the solution. Coyotes help to control the populations of small mammals and rodents, and they are an important part of our ecosystem.

"We need to coexist in our environment," Thompson said.

With spring approaching, coyote sightings might further increase. Mating season begins in early spring, followed by new puppies in late April or May. That means more mouths to feed, more babies to protect, and even more reasons to keep food and pets inside.

— by Sandy Illian Bosch



People might see coyotes more frequently in winter because there's less vegetation (and fewer places to hide), snow makes them easier to spot and they have to spend more time foraging for food, according to Dan Thompson, ecologist with the DuPage County Forest Preserve District. (photo provided)

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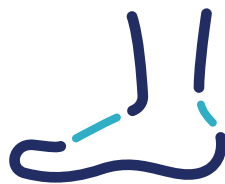


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Betty Stange

Betty Joyce Stange, nee Katz, a longtime Hinsdale resident, passed away Jan. 1, 2020, surrounded by her family.

Betty, 77, was born in Oak Park to the Robert and Janet Katz and raised in LaGrange Park. She attended Forest Road School and graduated from Lyons Township High School in 1960. She went on to graduate from Southern Illinois University, where she was a member of Alpha Gamma Delta sorority. She taught at LaGrange Highlands Elementary School.

On July 18, 1965, Betty married Arthur Stange and enjoyed working alongside him at Stange's Pharmacy in Western Springs, overseeing retail sales. She had a passion for antiques and was fascinated by paperweights. Betty was creative, artistic and skilled at creating unique gifts and crafts. She delighted in being able to share her knowledge of art and history, first as a school picture lady and, later, to her grandchildren. Betty was an avid Cubs fan and enjoyed nature, roses and watching beautiful, colorful sunsets over the lake and gulf.



Stange

Throughout her life, and especially in her fight with metastatic cancer, she carried her love for God in her daily life. Her role as wife, mother and grandmother meant the most to her and is where she drew her strength and left her legacy. Her heart was full of love and compassion. She is most cherished, beloved and will be deeply missed.

Betty is survived by her husband of 54 years, Arthur; her children, Mark (Jeff), Marcie (Kirk) Purcell, Erik (Arletta) and Andrew (Tyler); her grandchildren, Logan, Jorie, Eden, Griffin and Marin Purcell, Matthew, Braiden and Mikayla Stange, and Elenore Stange-Wallace; and her brother, Donald (Karen) Katz.

A memorial service will be held at 10:30 a.m. Monday, Jan. 27, at Christ Church of Oak Brook, 501 Oak Brook Road. Interment will be private at Bronswood Cemetery in Oak Brook.

In lieu of flowers, donations can be made online to Christ Church of Oak Brook at <https://www.christchurch.us>, American Cancer Society at <https://www.cancer.org>, or to a charity of one's choice.



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following residents and
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Pat Ableidinger, Oct. 2
Jeffrey Aldridge, Nov. 15
Ruth Anderson, April 20
Kathleen Antosh, May 21
Helen Avril, Nov. 9
Dr. John Ballin, Dec. 11
Warren Barr, Sept. 3
Tony Bartkus, Sept. 10
Sid Bartos, Oct. 25
Patricia Brandin, Jan. 13
Jim Beaumont, Sept. 1
David Bertermann, Sept. 21
Mary Rose Blaskovich, Dec. 7
Dorothy Briscoe, Aug. 30
James Brooks, Oct. 22
Theodore Cachey, Feb. 7
Jerrie Callantine, April 1
Teresa Calderara, Jan. 11
Bill Carlson, Aug. 14
Paul Carlson, Sept. 25
Amelia Cesarini, May 16
John Cielenski, Aug. 22
Jim Cirone, Nov. 15
Scott Clark, May 10
Ed Condon, Dec. 12, 2018
Martha Conroy, Oct. 7
Dan Corcoran, Nov. 19, 2018
Chuck Cunningham, Jan. 15
Jim Cushing, Dec. 18
Lisa Deering, Oct. 2
Bee Duquette, Jan. 3
Carol Dwyer, Dec. 5
Barbara Eubeler, Aug. 28
Gerry Fahey, March 12

George Forbes, Aug. 10
Charles Gambill, Jan. 16
Anthony Garbis, Dec. 4
Joan Grandy, Jan. 21
Dr. Jim Hannigan, March 23
Anna Hanson, Jan. 7
Bernard Hester, Feb. 15
Patrick Heylin, Sept. 8
John Hogan, Feb. 3
George Hogrewe, Sept. 1
Dave Hood, Oct. 8
Charles Janda, Sept. 27
Jackie Jefferson, Dec. 1
Karen Kindt, Dec. 18
Christine Kneebone, May 19
Donald Kula, Dec. 24
Earl Larson, Oct. 24
Naomi Ledene, Aug. 9
Thomas Londos, Oct. 28
Carole Magnuson, June 22
William McCain, Jan. 23
Mac McCormick, March 6
Bruce McLagan, Aug. 1
Patrick Moran, Sept. 15
Jane Murphy, April 24
Dick Myers, April 17
Jon Neidlinger, Nov. 3
Rosamond Oetking, May 9
Honey O'Hara, Jan. 28
Michael O'Malley, May 10
Sandra Pascente, July 24
Harry Parker, Aug. 28
Bob Peckenpaugh, May 4
Hadley Pihl, May 27
Norbert Purcell, March 11

Evelyn Quatrochi, Feb. 25
Fred Regnery, March 16
Mary Repel, June 14
Chris Revord, Feb. 25
Jack Ryan, Dec. 25
Carol Sawyer, Feb. 4
Carmela Scamardi, Jan. 5
John Schramm, Jan. 3
Billie Schreiber, Feb. 21
Dr. James Schuler, Jan. 20
Sharon Shankland, Dec. 3
John Sherman, April 14
Joyce Siever, June 28
Donna Smith, March 27
Thomas Sorce, Nov. 11
Daniel Spinazola, Dec. 22
Lauren Tandy, Jan. 15
David Traut, Feb. 17
Betty Trescott, Nov. 29
Maria Veronica, Feb. 8
Frank Vrba, Jan. 26
John Walsh, April 13
William Webster Sr., June 26
Ramona Weigus, April 30
Richard Weiler, Dec. 6
Nate Whiteside, Jan. 15
Emma Whitten, June 2
JoAnn Willand, July 30
Thomas Wilson, Dec. 14
Bonnie Wolff, May 10
Lila Wright, Feb. 3
Anna Zelisko, June 1
Lloyd Zickert, Oct. 3
Teddy Ziegweid, Sept. 27

We also remember local friends and family members.

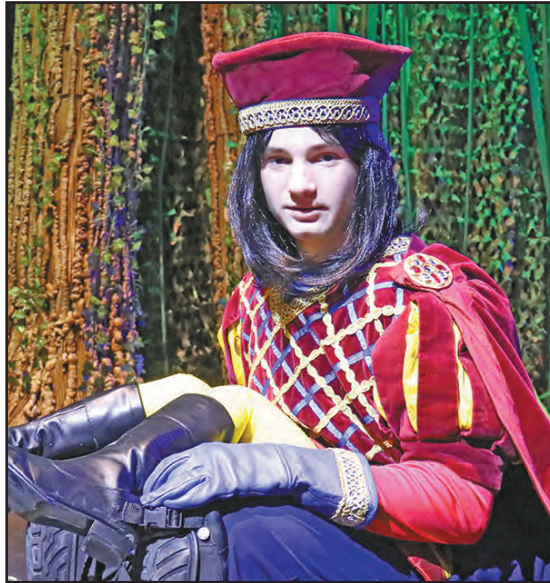
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Joe Balice, July 4
Tom Beckman, Nov. 2
Walter Besecke, Nov. 7
Robert Bottelli, Nov. 1
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Louis Buffardi, Aug. 13
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John Diamond, July 20
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Lois Fornaciari, Nov. 2
Al Frederick, Feb. 20
Irena Galinis, March 21
Margarita Garcia, March 12
Thomas Gartner, June 27
Andrew Goldbranson, July 10

Katharine Gross, May 21
Mildred Halsten, Nov. 5
Dennis Harast, Aug. 27
Richard Heidecke, July 15
Gerda Hoover, Aug. 8
John Janicik, Aug. 8
John Kelly, June 9
John Kern, Jan. 20
Pauline Kluge, Aug. 17
Mark Koschik, Sept. 29
Father Edward Kucera, Sept. 21
Jean LaPlaca, Aug. 18
Raymond Leonchik, Jan. 24
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Jack McClary, May 19
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Thomas McNulty, May 25
Matt Molloy, March 18
Loretta Morency, June 14
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Valerie Waldhier, July 3
Ian Wells, Aug. 1
Theresa Wilkie, Aug. 19



Eleanor Lucht



Sam Romberger



Alegra Waverley

A show fit for an ogre

Stage Door brings 'Shrek the Musical' to Hinsdale

By Ken Knutson

kknutson@thehinsdalean.com

Stage Door Fine Arts' production of "Shrek the Musical" opens at 7:30 p.m. tomorrow at The Community House, with additional shows Saturday and Sunday as well as next week, Thursday through Sunday (see Page 28 for details).

The triple-cast spectacular involves an impressive roster of student performers ranging from those in the early grades to high schoolers. The Hinsdalean talked with three of the cast members hailing from Hinsdale to get their insight on their particular parts in "Shrek" and the acting experience in general.

Name: Eleanor Lucht

Grade: fifth

Role: Young Fiona

What's your character like?

She's hopeful that a prince will come to save her. She loves the storybooks she reads, and she's happy all the time.

What's fun about portraying her?

I like her attitude and her outlook on things. She's living in a bad environment and makes the best of it.

What do you enjoy about acting?

I like how I can pretend to be someone else and get to express it in music and lines. It brings out a whole other side of me.

How many Stage Door productions have you been in?

This is my sixth show.

What's been your favorite show prior to "Shrek?"

"James and the Giant Peach"

because it was my first show and loved the whole experience. I thought the set with a fake giant peach was really cool, and I liked all the dances and the songs.

What production would you like to be in one day?

"Hamilton." I saw it over Thanksgiving break, and I thought it was so cool.

Why should people come check "Shrek" out?

I think the excitement and how all the characters evolve, like showing how young Fiona grows up and how much she changes.

Name: Sam Romberger

Grade: sophomore at Hinsdale Central

Role: Lord Farquaad

What's your character like?

I would describe him as a baby. But he also is very melodramatic. He thinks everything is his, yet it's not. Throughout the show he's crafting a devious plan to become king. When he can't get what he wants, he throws fits.

What's fun about portraying him?

It's not really a role you can mess up. Throughout my own childhood, I've acted like a kid. Now I can just do it on stage for fun. And if I act like more of a baby, that's even better. It's a role where you can just be yourself and come up with your own jokes to throw in, if you want to, to add to the drama.

How many Stage Door productions have you been in?

This is my eighth.

What's been your favorite show prior to "Shrek?"

We did "Mamma Mia" last spring, when I got to play a shirtless Pepper.

Why do you enjoy acting?

I got into theater like seven years ago. I wasn't naturally good at it. I play hockey, and you wouldn't really associate a hockey player with a theater kid. But when I come to (Stage Door) I can have fun because it's another place where I can be myself and do something that I love to do. It's also helped me develop my interest in theater tech, which is what I'm considering doing in college. I really enjoy the lighting aspect and set construction.

How have you matured in the craft?

I've definitely gotten a lot better at reacting on stage and not just doing what's in the script. So it looks like I really believe in the character.

Why should people come check "Shrek" out?

The sets are great, the actors are great, and I think that both adults and little kids can enjoy it.

Name: Alegra Waverley

Grade: junior at Hinsdale Central

Role: Princess Fiona

What's your character like?

I love that she's not afraid to be herself and is very courageous and stands up for herself. There are a lot of movies about princesses not being super-empowered or expressing their true opinions. Fiona is so out there and tells everybody what's on her mind.

What's fun

about portraying her?

She almost inspires me to be more courageous and to accept my thought process and not second-guess myself.

How many Stage Door productions have you been in?

This will be my seventh show. I've been doing shows since I was in sixth grade.

What's been your favorite show prior to "Shrek?"

I would have to say "Newsies." The cast just clicked, the set was phenomenal, and the dancing was so energetic.

What makes "Shrek" unique?

I think it's the cast and the crew, and just the amount of effort that is put into this show. The work ethic, especially of our directors, is absolutely incredible.

Why do you enjoy acting?

Being able to take a step back from our own lives, reach through other characters and communicate a message and bring joy to other people's lives through the power of theater.

What gives you a feeling of gratification?

After the show when we come down in costumes, the little girls are all like, "Oh my gosh, it's Princess Fiona!" That's the most gratifying feeling, knowing that you're potentially a role model to these kids in bringing their favorite princess to life.

Why should people come check "Shrek" out?

To give themselves a very enjoyable break in their lives and come join the magic of Duloc with us!



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Enhancing emotional wellness in the winter

The winter months can bring a variety of experiences and expectations that can leave us feeling at times elevated and at other times exhausted.

While some things are entirely out of our control, such as days getting shorter and weather changing 10 degrees within an hour, there are things we can do to enhance a time of year which, for many, can be draining.

Different people have various remedies for dealing with challenges the winter months can bring to their doorstep. Some of these methods are tried and true, but there is no harm in exploring additional ways to enhance emotional wellness during the winter season.

Keeping active during the winter can make a big difference in our mood and energy levels. Checking out your park district or library is a good place to start to learn about activities you can participate in. Websites such as <https://www.meetup.com> and <https://www.eventbrite.com> offer an abundance of

local events to attend and are simple to navigate.

Exercise, another way to keep active, has also been proven to reduce negative feelings and make you feel better. A number of different options are available for exercise depending on what you are interested in doing and where you live. In Hinsdale, The Community House and the parks and recreation department offer activities such as yoga, ballroom dancing and Zumba.

Volunteering is another activity that helps reduce stress during the winter months. Taking time to give back to your community provides an opportunity to connect with people, find new meaning and purpose and stay mentally healthy. To find opportunities to give back, visiting <https://www.volunteermatch.org> is a good place to start. VolunteerMatch links people to



Anastasiya Andreeva
Redefining Aging

causes they are interested in contributing to regular or one-time opportunities.

Starting a new tradition, or reviving an old one, is one more way people can boost their mood. The holidays can result in people feeling pressured to feel or act a certain way, which can cause additional stress. Starting a new tradition can be as simple as trying a new recipe or sharing an old

favorite with someone you've been meaning to get to know. Building new routines and rituals does not have to start and end in January — it can continue all year long.

For the times you may want to stay in and enjoy a hot beverage under a warm blanket, the following book list offers entertaining titles that include memoir, humor, fiction and self-help.

- "Holidays on Ice" by David Sedaris
- "Einstein's Dreams" by Alan

■ REDEFINING AGING

This is another in an ongoing series that examines issues associated with aging.

Lightman

- "I See You Made an Effort" by Annabelle Gurwitch
- "A Man Called Ove" by Fredrik Backman
- "Don't Sweat the Small Stuff" by Richard Carlson

As an older adult therapist at Pillars Community Health, I share the agency's mission of reaching out for support when activities like exercise and volunteering are not enough to shake the winter blues. The holiday season can mean a lot of different things for people. Taking time to talk to a professional and explore options that work best for you can make a world of difference.

— by Anastasiya Andreeva, MSW,
older adult therapist at Pillars
Community Health.

■ While some things are entirely out of our control, such as days getting shorter and weather changing 10 degrees within an hour, there are things we can do to enhance a time of year which, for many, can be draining.



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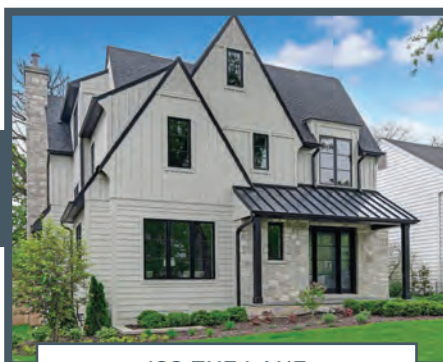
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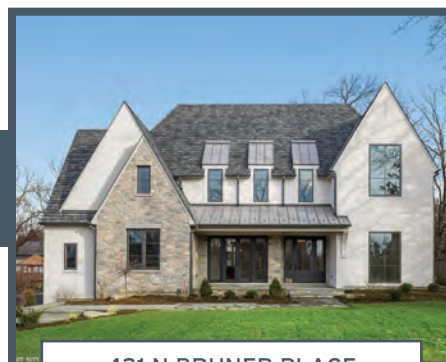
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ARTFULLY DONE

■ Design with Perler

Jan. 20
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<https://www.hinsdalelibrary.info>

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■ Studio Vino: Wine & Paint

Jan. 31
The Community House
415 W. Eighth St., Hinsdale
(630) 323-7500
<https://www.thecommunityhouse.org>

Gather for this wine and paint party in a relaxed atmosphere. The studio, canvas, paints, brushes and stemware will be provided, and an instructor will guide participants through the materials and techniques to create a masterpiece to take home. Time: 7 to 9 p.m. Cost: \$45. RR, MD

FAMILY FUN

■ Archery: Families

Jan. 20
Herrick Lake
3S580 Naperville Rd,
Wheaton
(630) 933-7248
<https://www.dupageforest.org>

Those ages 8 and up can learn safety tips, proper shooting techniques and basic skills. The program is indoors and equipment is provided. Participants should secure long hair and should not wear loose clothing, and must arrive in time for the safety instructions at the start of the program. Those under 18 must be with an adult. Time: 10 to 11:30 a.m. Cost: \$5. RR

■ Cookies and Canvas

Jan. 25
The Community House
415 W. Eighth St., Hinsdale
(630) 323-7500
<https://www.thecommunityhouse.org>

This class, for ages 6 1/2 and up and perfect for kids and parents to take together, offers

an afternoon of paints and sweets. Time: 1 to 2:30 p.m. Cost: \$25. RR, MD

GAME ON

■ Nerf Flag Football

Wednesdays, Feb. 5-March 11
Monroe School
210 N. Madison St., Hinsdale
(630) 789-7090
<https://www.villageofhinsdale.org/pr>

Kids ages 6-8 can tackle the fun with this instructional, noncontact class. Along with the core skills of passing and catching, players will learn the rules, positions on the field, as well as strategies for both offense and defense. Games will be played at the end of each class. Time: 5:30 to 6:20 p.m. Cost: \$58. RR

GREAT OUTDOORS

■ Fitness hike

Jan 26
Country Lane Woods
95th Street east of Willow Springs Road, near Willow Springs

(708) 386-4042
<https://www.fpdcc.com>

This five-mile hike is for those looking to get some exercise outdoors, conducted at a faster pace with little to no stopping or interpretation on unpaved, rolling terrain. Time: 10 a.m.

GREEN THUMB

■ Suburban Garden Club

Jan. 20
The Community House
415 W. Eighth St., Hinsdale
Carolyn Ulrich, editor of Chicagoland Gardening Magazine and a former garden columnist and feature writer for the Chicago Sun Times, will discuss England's Greatest Hits. She put together this tour when she became a garden writer, including must-sees such as Sissinghurst, Hidcote, Great Dixter, Barnsley House and Oxford's New College, plus a ruined castle or two. Time: 7:30 to 9 p.m.

HEALTH & WELLNESS

■ Finding Balance as a Caregiver

Jan. 25
Wellness House
131 N. County Line Road,
Hinsdale
(630) 323-5150
<https://www.wellnesshouse.org>

Participants will learn tips for balancing their needs with the one they are caring for, communicating appropriately, setting boundaries and finding time for self-care. The program is intended for caregivers of cancer patients. Time: 11 a.m. to 12:30 p.m. RR

JUST FOR KIDS

■ School's Out Movie Day

Jan. 20
Leave from The Community House
415 W. Eighth St., Hinsdale
(630) 323-7500
<https://www.thecommunityhouse.org>

Kids in kindergarten through eighth grade are invited see the latest children's movie at Hollywood Blvd. in Woodridge.

Please turn to Page 26

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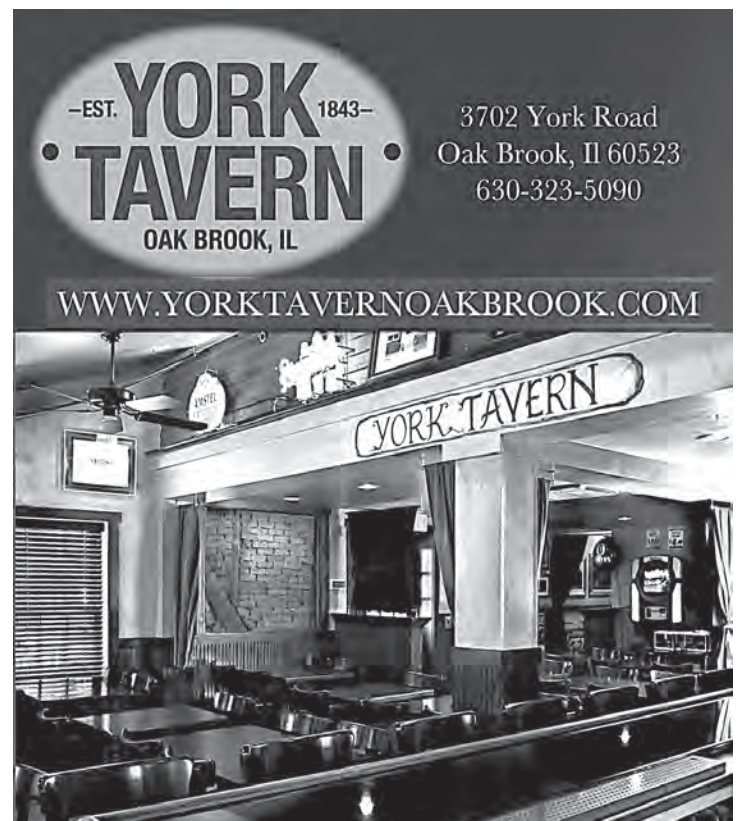


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Continued from Page 24

They will be able to relax in big comfortable chairs with a lunch of pizza, popcorn and drink included. Extended care from 3:30 to 6 p.m. is available for \$29. Time: 7 a.m. to 3:30 p.m. Cost: \$70. RR, MD

■ The Incredible Edible ICEE Experience

Jan. 23
Darien Park District

7301 Fairview Ave.
(630) 789-7097
<https://www.villageofhinsdale.org/pr>

Kids ages 6-12 will create their own ICEE concoction and then slurp it up while learning the history and science of this beloved sweet treat. They'll participate in an ICEE eating contest, then crack open piñata ice balloons stuffed with winter surprises. Time: 5 to 6 p.m. Cost: \$25. RR

■ Budding Naturalists

Jan. 27
Lake View Nature Center
17W063 Hodges Road,
Oakbrook Terrace
(630) 789-7090
<https://www.villageofhinsdale.org/pr>

Kids ages 4-6 will discover more about local nature by learning how to use observation skills and exploration tools like binoculars and magnifiers. Much of the class will take

place outside, weather permitting. Register by Jan. 20. Time: 12:30 to 2:30 p.m. Cost: \$19. RR

LISTEN & LEARN

■ 'Screenagers Next Chapter'

Feb. 5
The Community House
415 W. Eighth St., Hinsdale
<https://www.d181foundation.org>

Filmmaker and physician Dr. Delaney Ruston takes

the conversation around screens and teens to the next level with "Screenagers Next Chapter: Uncovering Skills for Stress Resilience," including interviews with District 86 students. The film examines the science behind teens' emotional challenges, the interplay of social media and, most importantly, what can be done at school and at home to help them build

Please turn to Page 28

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2. Ombre Shading Brows	\$380	\$159
3. Combination Brow Microblading & Ombre Shading	\$550	\$175
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8:30 - 10:30 AM

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Continued from Page 26

crucial skills to navigate stress, anxiety and depression in the digital age. It is recommended for those in sixth grade and older and is part of the Community Speaker Series, co-presented by Hinsdale High School District 86 and Community Consolidated Elementary District 181 in conjunction with the District 181 Foundation and The Community House. Times: 9:30 to 11:30 a.m. or 7 to 9 p.m. RR

NOTEWORTHY

■ Cor Cantiamo

Jan. 26
Christ Church Oak Brook
501 Oak Brook Road
<https://www.christchurch.us/concerts>

This professional 24-voice touring choral ensemble, founded to promote contemporary choral music and foster new composers, will perform a free concert. Time: 3 p.m.

■ St. Olaf Choir

Jan. 30
Wentz Concert Hall
171 E. Chicago Ave.,
Naperville
<https://northcentral.vbotickets.com/events>

For more than a century, the St. Olaf Choir has set the gold standard for choral singing, performing for millions around the world. Comprised of 75 mixed voices, the choir is hailed as the nation's premier a cappella ensemble, renowned for its artistry and beauty of sound. Time: 7:30 p.m. Tickets: \$30, \$10 for students.

■ Jammin' in the Stacks

Jan. 31
Hinsdale Public Library
20 E. Maple St.
(630) 986-1976
<https://www.hinsdalelibrary.info>

In partnership with 90.9 WDCB, the library will host jazz singer Typhanie Monique for a performance. Refreshments and beverages will be provided. The event is sponsored by the Friends of the Hinsdale Public Library.

Time: 7 to 9 p.m.

■ An Evening with Kelly Sill and Jack Mouse

Jan. 31
Madden Theatre
North Central College
171 E. Chicago Ave.,
Naperville
<https://northcentral.vbotickets.com/events>

Jazz bassist Kelly Sill teams up with drummer Jack Mouse, associate professor of music and coordinator of jazz studies at North Central, for this concert, which also features members of the college's highly-esteemed jazz studies program. Time: 8 to 10 p.m. Tickets: \$22, \$17 for seniors and students (plus \$4 online fee).

ON STAGE

■ 'Shrek The Musical'

Jan. 17-26
The Community House
415 W. Eighth St., Hinsdale
(630) 708-7332
<https://www.stagedoorfinearts.com>

Based on the Oscar-winning DreamWorks Animation film,

an ogre becomes as unlikely hero who finds himself on a life-changing journey alongside a wisecracking Donkey and a feisty princess who resists her rescue. Throw in a short-tempered bad guy, a cookie with an attitude and more than a dozen other fairy tale misfits and it makes for an irreverent, fun adventure for the whole family. Times: 7:30 p.m. Fridays & Saturdays; 2 and 6:30 p.m. Sundays

and Saturday, Jan. 25; 7 p.m. Thursday, Jan. 23. Tickets: \$20.

■ 'The Nerd'

Jan. 16-26
Theatre of Western Springs
4384 Hampton Ave.
(708) 246-4043
<https://www.theatreofwesternsprings.com>

Get ready to laugh when a nice guy from Terre Haute hosts the house guest from

Please turn to Page 30



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GLOBAL LUXURY

Continued from Page 28

hell. Times: 8 p.m. Jan. 16-18 & 23-24; 2:30 and 7:30 p.m. Jan. 19, 2:30 p.m. and 8 p.m. Jan. 25, 2:30 p.m. Jan. 26. Tickets: \$22-\$24.

■ 'Jeeves Saves the Day'

Jan. 29-March 1
Mayslake Peabody Mansion
1717 W. 31st St., Oak Brook
(630) 986-8067
<https://www.firstfolio.org>

Jeeves and Bertie are back in this world premiere production as Bertie, once again, finds himself suffering the slings and arrows of misfortune at the hands of his relatives. Caught between the magisterial machinations of his fierce Aunt Agatha and the plaintive pleadings of his cousin Egbert, not to mention the imperious Sir Roderick Glossup — who fully expects his daughter Honoria to save Bertie from his ill-ad-

vised bachelorhood — and it's another priceless predicament that only the redoubtable Jeeves can overcome. Times: 8 p.m. Wednesdays, Fridays & Saturdays and Thursday, Jan. 30; 3 p.m. Thursdays & Sundays; 4 p.m. Saturdays, Feb. 8-29. Tickets: \$34-\$44, \$29-\$39 for seniors and students, \$25 for preview shows Jan. 29-31.

SIGN UP NOW

■ Chinese Readers Theater

Jan. 26
Hinsdale Public Library
20 E. Maple St.
(630) 986-1976
<https://www.hinsdalelibrary.info>

Spend the first half of the program learning and practicing a classic Chinese story and the second half performing — and enjoying snacks. Advance registrants will receive a character and the story ahead of

time; drop-ins are welcome to watch and listen to the show. The January stories are "The Story of the Zodiac" and "The Boy Who Cried Wolf." Register with Patty Lawley at plawley@hinsdalelibrary.info. Time: 2 to 4 p.m.

■ Maple Street Mixer: 80s Night

Jan. 28
Hinsdale Public Library
20 E. Maple St.

Please turn to Page 32

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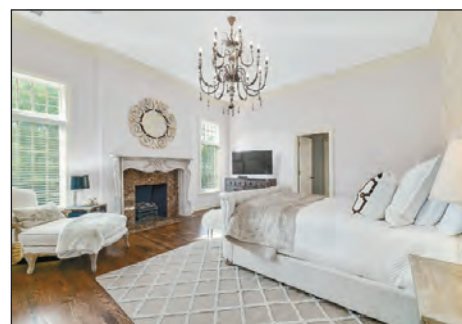
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BAIRD & WARNER HINSDALE

SPORTS

Continued from Page 30

(630) 986-1976

<https://www.hinsdalelibrary.info>

Join this totally tubular evening of '80s fun, games and pop culture. The boom box, stellar snacks and prizes will be provided. Time: 7 to 8:30 p.m.

SPECIAL EVENTS

■ MLK Celebration

Jan. 20

Gary United Methodist Church

224 Main St., Wheaton

(630) 260-0190

<https://www.dupagemlk.org>

"Living the Dream" welcomes people of all races, faith traditions, ethnic backgrounds and economic classes along with leaders from the public sector, education, business and religion to celebrate Dr. Martin Luther King Jr.'s birthday. The keynote speaker will be the Rev. Dr. James Miller, senior pastor of DuPage AME Church in Lisle and co-founder of the DuPage County celebration. Time: 6:30 p.m.

STEPPING BACK

■ The Peabody Family

Jan. 21

Mayslake Peabody Estate

1717 W. 31st St., Oak Brook

(630) 206-9566

<https://www.dupageforest.org>

Hear about the original owners of Mayslake Hall, and see artifacts and photographs for a better understanding of the family's impact. The program is for ages 12 and up; those under 18 must be with an adult. Time: 7 to 8 p.m. Cost: \$5.

TEENS & TWEENS

■ Silhouette Mugs

Jan. 20

Hinsdale Public Library

20 E. Maple St.

(630) 986-1976

<https://www.hinsdalelibrary.info>

Make a mug with a cool silhouette design to take home while enjoying hot chocolate. Time: 2 to 3 p.m. RR

Please turn to Page 34

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— Dan Schaber

136 N. Washington, Hinsdale



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Jeeves Saves the Day

Written by Margaret Raether
Based on Stories by P.G. Wodehouse

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Oak Brook, Illinois

January 29 - March 1
firstfolio.org 630.986.8067



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Pattie Murray 630.469.7000



402 ST MARKS CT, OAK BROOK
Solidly-constructed, brick 5 br, 5.5 ba. Appx .5-acre w/3-car gar. Open plan. \$1,450,000
Elaine Zannis 630.325.7500



NEW LISTING

544 N WASHINGTON ST, HINSDALE
Classic brick 5 br, 3.5 ba Colonial. Tree-filled corner lot. Updated. Fin bsmt. \$1,129,000
Amy Obiala Brown 630.325.7500



NEW LISTING

109 BRIARWOOD LN, OAK BROOK
Briarwood 4 br, 3 ba. Open, airy plan. Contemporary decor and high-end finishes. \$790,000
Tina Porterfield & Anna Fiascone 630.325.7500



NEW LISTING

120 S STONE AVE, LA GRANGE
Close to park, schools, town & train. 4 br, 4 ba. Lovingly maintained, updated. \$774,000
Mary Wilson 630.325.7500



NEW LISTING

1500 EVERGREEN LN, DARIEN
Resort living 5 br, 4 ba. Backing Carriage Greens with scenic views. 3-car gar. \$649,000
Diana Ivas 630.325.7500



NEW LISTING

2017 SOMERSET LN, WHEATON
Stonehedge/Danada West 5 br, 3 ba. Updated & spacious. Almost 3,600 appx sf. \$625,000
Beth Seibert 630.682.8222



NEW LISTING

556 HILLSIDE AVENUE, GLEN ELLYN
Craftsman 5 br, 2.5 ba remodeled to perfection. Lovingly restored. Great loc. \$625,000
Pattie Murray 630.469.7000



NEW LISTING

1402 GLENCOE STREET, WHEATON
Spacious 4 br, 2.5 ba w/many custom features. Skylights, 1st flr ofc. Great loc. \$545,000
Pattie Murray 630.469.7000



NEW PRICE

1010 KEIM TRAIL, SAINT CHARLES
Hunt Club 4 br, 4.3 ba. Priv, pro-landscaped lot. Newer carpet, fresh paint. \$529,000
Pattie Murray 630.469.7000



219 MIDDAGH RD, CLARENDON HILLS
In-town 3 br, 3 ba ranch. Fam rm w/wbfp. Amazing 216' lot. Fin bsmt. 2-car gar. \$499,900
Carrie Kenna 630.325.7500



NEW LISTING

1920 BUCKINGHAM DR, WHEATON
Stonehedge 4 br, 2.5 ba. Updated kitchen. Newer crpt, paint. Newer roof & more. \$469,900
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OPEN FRI/SAT 12-3

19 S MADISON AVE, LA GRANGE
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10S311 HAMPSHIRE LN, WILLOWBROOK
Affordable 5 br, 4 ba. Cul-de-sac across from Argonne Forest Preserve. Updates. \$425,000
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5083 SWITCH GRASS LN, NAPERVILLE
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OPEN SUN 1-3

2S761 PARKVIEW DRIVE, GLEN ELLYN
Arboretum Estates 3 br, 3.5 ba, end-unit townhome. Great space. 2-car garage. \$385,000
J.P. Anderson 630.469.7000



OPEN SUN 2-4

0S010 PLEASANT HILL RD, WHEATON
Great corner lot 3 br, 2 ba. Newer roof, siding, carpet and paint. Fenced yard. \$325,000
Beth Seibert 630.682.8222



NEW LISTING

232 S ELLYN AVE, GLEN ELLYN
Many updates throughout. 3 br, 2 ba. Bright, open liv rm w/hdwd flrs. Great loc. \$299,000
Joseph Champagne 630.682.8222



NEW LISTING

402 S BLANCHARD STREET, WHEATON
Adorable, move-in ready 3 br, 1.5 ba ranch in close-to-town and train area. \$295,000
Pattie Murray 630.469.7000



NEW LISTING

1465 WOODCUTTER LN D, WHEATON
Great 2nd-flr unit in Trees of Wheaton. 2 br, In-unit washer/dryer. 1-car gar. \$135,000
Jennifer Whitney 630.682.8222



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Pet pic of the week

Puppies! We have seven, perfect "P" named puppies: Pickapeppa, Picotee, Pixie, Preacher, Puppeteer, Puscafe and Pushkin. These adorable hound/pointer pups are all ready to find their homes. They are spayed/neutered and have all of their vaccinations. They are adoptable to families with children of all ages. Come meet the "P" puppies and all of the other pets at the Hinsdale Humane Society Tuthill Family Pet Rescue & Resource Center at 21 Salt Creek Lane. The shelter is open from 2 to 8 p.m. Tuesday, noon to 6 p.m. Wednesday through Friday and 10 a.m. to 4 p.m. Saturdays and Sundays. For more information, call (630) 323-5630 or visit hinsdalehumanesociety.org. (photo provided)



Continued from Page 32

■ Entrance Exam Practice Tests Winter

Jan. 25
Hinsdale Public Library
20 E. Maple St.
(630) 986-1976
<https://www.hinsdalelibrary.info>

College and high school entrance exam practice tests secondary school entrance exams for grades seven and eight will be proctored by Nurturing Wisdom Tutoring. A personalized analysis of results will be available within two weeks. Time: 9:30 a.m. to 2:30 p.m. RR.

WEE ONES

■ Nature Tots

Second and fourth Fridays, Jan. 24-May 22
Lake View Nature Center
17W063 Hodges Road,
Oakbrook Terrace
(630) 789-7090
<https://www.villageofhinsdale.org/pr>
Toddlers ages 1 1/2-3, with

an adult, will explore the wonders of nature through "loose parts" play while learning teamwork and sharing skills. There will be outside play each class. Time: 9:30 to 10:30 a.m. Cost: \$10 per class.

WINE & DINE

■ Corks & Forks

Feb. 21
The Lodge
Katherine Legge Memorial Park
5901 S. County Line Road,
Hinsdale
(630) 789-7097
<https://www.villageofhinsdale.org/pr>

Guests at this inaugural event will taste 12 specially chosen unique wines, each paired with a tapas-style course. Tickets are on sale through Feb. 14, available individually or for tables of eight (\$20 surcharge). Time: 6:30 to 9:30 p.m. Tickets: \$64. RR

*Key
RR - registration required
MD - member discount*



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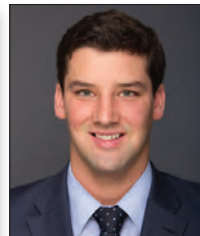
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Email:

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M	O	P	S		S	A	C		P	A	P	A
O	P	E	N		A	G	E		O	N	E	S
S	A	R	I		T	A	R		U	T	A	H
S	H	I	F	T	Y		T	U	N	E		
				F	O	R	E	A	N	D	A	F
A	M	P	L	Y		M	I	A		T	A	I
R	A	R	E		P	E	N		R	E	I	N
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H	I	G	H	A	N	D	L	O	W			
			G	I	R	D		A	D	D	O	N
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H	A	S	P		R	I	G		T	I	M	E
E	C	H	O		A	L	E		A	T	O	P

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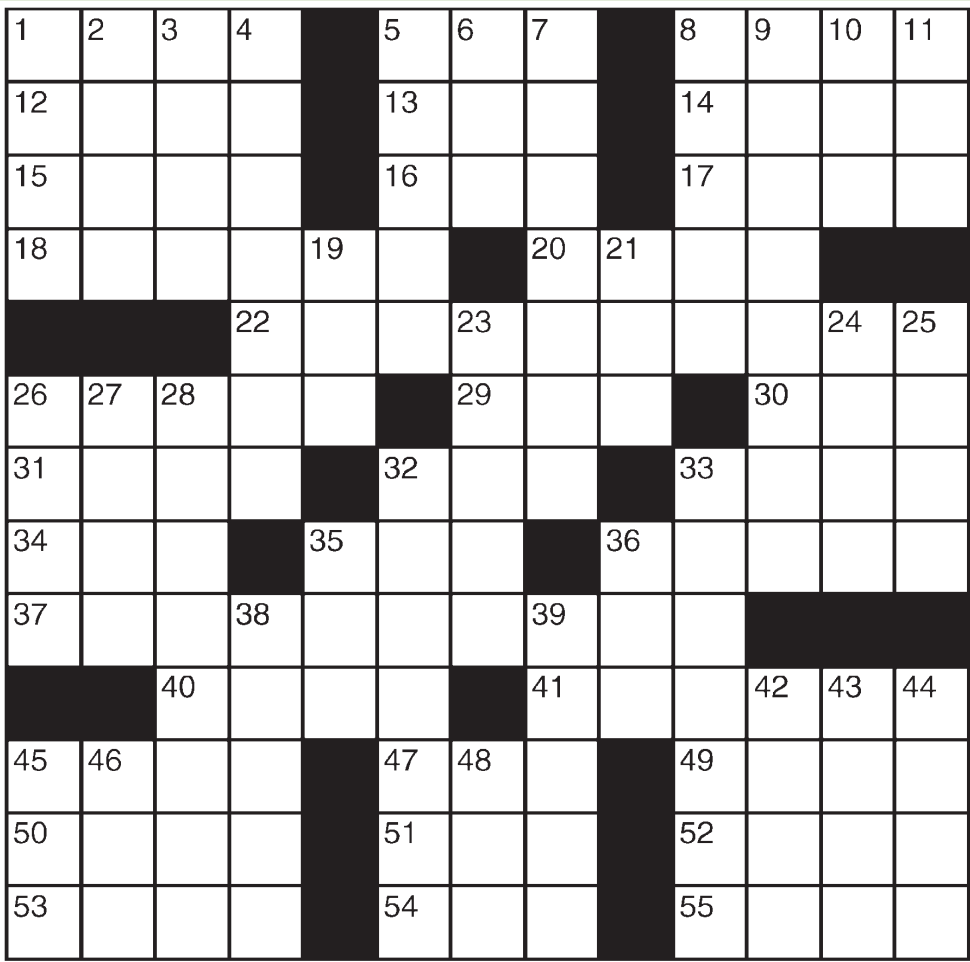
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Page 38 • January 16, 2020 • The Hinsdalean

MIND GAMES

- ACROSS
- 1 CLEANS THE FLOORS
- 5 POUCH
- 8 ONE OF THE THREE BEARS
- 12 ADMITTING CUSTOMERS
- 13 TIME OF YOUR LIFE?
- 14 CHANGE FOR A FIVE
- 15 DRAPED DRESS
- 16 SAILOR
- 17 WESTERN STATE
- 18 DECEPTIVE
- 20 MELODY
- 22 LENGTHWISE, TO 16-ACROSS
- 26 IN SPADES
- 29 ACTRESS FARROW
- 30 MAI - (COCKTAIL)
- 31 EXCEPTIONAL
- 32 CORRAL
- 33 CHECK
- 34 FILM TRICKERY, FOR SHORT
- 35 ONE OF THE BRADY BUNCH
- 36 CARTOONIST TRUDEAU
- 37 EVERYWHERE
- 40 SURROUND
- 41 ATTACHMENTS
- 45 BLUNDER
- 47 ROWING NEED
- 49 HELP IN CRIME
- 50 PADLOCK FASTENER
- 51 OILFIELD STRUCTURE
- 52 FOURTH DIMENSION
- 53 VOCAL COMEBACK
- 54 HEARTY BREW
- 55 SURMOUNTING



- DOWN
- 1 ROLLING STONE'S LACK
- 2 COLORFUL FISH
- 3 GRACEFUL WOMAN
- 4 COLD SYMPTOM
- 5 ATTENDANT OF BACCHUS
- 6 - KHAN
- 7 FOOLPROOF
- 8 100 PENCE
- 9 ENEMY OF AN "ARMY"?
- 10 SHADE OF GREEN
- 11 SHADE OF BLONDE
- 19 PLAYTHING
- 21 ACTRESS MERKEL
- 23 MAKE CORRECTIONS
- 24 EQUITABLE
- 25 WEE
- 26 ST. LOUIS LANDMARK
- 27 CRECHE TRIO
- 28 ANNOYINGLY PROPER
- 32 INTERNET RADIO PROVIDER
- 33 NUMBERS TO BE CRUNCHED
- 35 COOKIE CONTAINER
- 36 DEITY
- 38 BALLERINA IN "FANTASIA"
- 39 GINORMOUS
- 42 LAST WRITE-UP
- 43 "FINDING -"
- 44 FLIGHT COMPONENT
- 45 THAT GIRL
- 46 FOND DU -, WIS.
- 48 HAVE SOMETHING

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

Weekly SUDOKU

by Linda Thistle

4				5		3		
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		3			4			7
3		7		8			5	
	2		4			6		
1					5			2
	6			2			8	
		9			8			5
8			9			2	7	

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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A CUTTING PROBLEM! Can you come up with a word that can be divided into five separate words? Hint: The word we came up with concerns the villain's actions toward the hero in literature.

The word is ANTAGONISTIC. AN TAG ON IS TIC.

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

HOROSCOPES

January 2020 Horoscopes • Week 4



CAPRICORN

CAPRICORN – Dec 22/Jan 20
Capricorn, just when you thought your reached your quota for good ideas, you have a eureka moment later this week. Take full advantages of all opportunities that arise from it.



ARIES

ARIES – Mar 21/Apr 20
Various opportunities may be coming your way soon, Aries. Some unique business dealings may suddenly provide some options that you never had before.



CANCER

CANCER – Jun 22/Jul 22
Put some domestic plans in motion, Cancer. Devote extra time this week to fun activities with a son, daughter or another family member. Get creative with ideas.



LIBRA

LIBRA – Sept 23/Oct 23
Libra, you are looking for solutions, but you may be focused on short-term fixes instead of looking at the long-term picture. Don't get caught up in the here and now.



AQUARIUS

AQUARIUS – Jan 21/Feb 18
Don't take a "wait and see" attitude pertaining to your career, Aquarius. You need to grab the bull by the horns and make your own breaks. Don't procrastinate.



TAURUS

TAURUS – Apr 21/May 21
Taurus, the time has come to focus on the relationships in your life, especially a romantic one. That means spending more time with a spouse or a significant other.



LEO

LEO – Jul 23/Aug 23
A wonderful breakthrough occurs when you least expect it, Leo. If you have had real estate on the mind, it could be to that end. Enjoy your well-earned success.



SCORPIO

SCORPIO – Oct 24/Nov 22
Everyone can benefit from a rebranding of sorts, Scorpio. Start jotting down ideas of what you want to accomplish and how to put your best foot forward.



PISCES

PISCES – Feb 19/Mar 20
Immerse yourself in a project that taps into the skills that you have long been afraid to develop. Pisces. It's good to push yourself at times.



GEMINI

GEMINI – May 22/Jun 21
Gemini, after many weeks of trying to solve a difficult problem, you have a classically clever move of inspiration. The time for big changes is now.



VIRGO

VIRGO – Aug 24/Sept 22
Brilliant insight needs an outlet, Virgo. You may have just the thing in a plan for a book, craft project, educational experience, or much more.



SAGITTARIUS

SAGITTARIUS – Nov 23/Dec 21
It's time to cut through some brain fog that has been preventing you from moving forward, Sagittarius. Start by removing all outside distractions and getting down to business.

STUDENT ATHLETE PROFILE



Name: Karen Guerra
Year: senior
Hometown: Willowbrook

What do you enjoy about the sport of bowling?

It’s fun. It’s a relaxed game, and I’m not a naturally competitive person. I joined the team as a junior because I was looking to have some light competition and do something fun without it having to be extremely competitive. I also get to be with the other girls on the team and enjoy good companionship.

How has your bowling game improved over the last two seasons?

I think I’ve become more of a consistent player. My scores are more consistent than they used to be and I’ve become more confident in the way I play. I was very nervous when I played in my first match last year. I wasn’t used to doing things like that in front of other people. Now I’m more confident in myself and in going out there and playing with people watching.

How would your teammates describe you?

They’d probably describe me as pretty shy and pretty laid-back. I’m not generally an outgoing person, but I try to be enthusiastic.

What’s a good piece of advice you’ve received?

Coach (Paul) Parpet said to me, “When you’re trying to fix something about your game, you can’t always focus on the

scores that you get.” I need to focus on what I’m trying to fix and not get caught up in the points.

What’s your high game?

147

What are you most looking forward to in 2020?

I’m excited to go to college and have a fresh start and see what the future brings.

What are you planning to study?

I want to do pre-med in college and the go on to medical school to become an orthopedist.

Do you have any siblings?

I have an older brother, Joel. He’s a sophomore in college. We’ve always been really close.

Do you have any other sporting talents?

I really like playing ping-pong.

Any similarities between bowling and ping-pong?

I think they both take a lot of concentration. You can’t get into your head too much if you want to do well.

Why does coach Paul Parpet like having Guerra on the squad?

She has a great attitude and supports her teammates at practices and matches. She is also consistent and comes ready to improve every day.

— profile by Ken Knutson,
photo by Jim Slonoff

RESULTS

Basketball, boys Jan. 11 @ Oswego East V wins 60-58 (OT) Nelson, 14 points, 5 rebounds, 3 assists, 5 steals Isaacson, 13 points, 7 rebounds, assist, 3 blocks Sessa, 13 points, 3 rebounds, 2 assists, 2 steals, block Cain, 8 points Northey, 4 points, 4 rebounds, 3 assists Quast, 4 points, 5 rebounds, 2 assists Borhani, 2 points, 2 rebounds, 2 steals Schiavitti, 2 points, 2 rebounds, 2 assists St. John, rebound, assist, steal Jan. 10 vs. LT V loses 44-52 Isaacson, 11 points, 5 rebounds, assist, 3 blocks Northey, 11 points, 6 rebounds, assist, 2 steals Quast, 6 points, 2 rebounds, steal, assist Nelson, 5 points, 7 assists Schiavitti, 5 points, 6 rebounds, 2 assists, steal Sessa, 3 points, rebound, steal Cain, point St. John, 2 rebounds	Basketball, girls Jan. 11 vs. Glenbard West V loses 41-48 Cernugel, 12 points Butler, 10 points Sarros, 8 points Monyek, 7 points Howe, 4 points Jan. 10 @ LT V loses 42-69 Randle, 12 points Butler, 9 points Howe, 7 points Cernugel, 5 points Conley, 3 points Monyek, 3 points Sarros, 3 points	Bowling, girls Jan. 14 vs. Willowbrook V loses 2,321-2,784 Harvey, 465 Weber, 438 Riehle, 376 Fuller, 364 Venis, 349 Baran, 329	Gymnastics, girls Jan. 11 @ Naperville North Invite V places 8th with 130.925 points All-around Klobach, 10th, 35.025 Austin, 25th, 31.7 Vault Klobach, 22nd (tie), 8.35 French, 24th (tie), 8.3 Austin, 27th (tie), 8.275 Sommers, 39th (tie), 8.05 Uneven bars	Klobach, 3rd (tie), 9.35 French, 18th, 8.55 Widfeldt, 22nd, 8.45 Sommers, 25th (tie), 8.325 Balance beam Klobach, 14th, 8.5 Widfeldt, 42nd, 7.35 Sommers, 46th, 7.125 Austin, 52nd, 6.65 Floor exercise Klobach, 8th (tie), 8.825 Austin, 14th (tie), 8.6 Sommers, 25th (tie), 8.275 Huber, 39th (tie), 7.95 Jan. 8 vs. York V wins 132.75-128.65 Vault Klobach, 1st, 9.4 Sommers, 2nd (tie), 8.9 Austin, 5th, 8.45 French, 6th, 8.4 Uneven bars Klobach, 1st, 9 Sommers, 3rd, 8.5 French, 4th (tie), 8.3 Widfeldt, 6th, 7.65 Balance beam Widfeldt, 1st, 8.3 Klobach, 3rd, 8.1 Austin, 4th, 7.6 Sommers, 9th, 6.5 Floor exercise Klobach, 1st, 9 French, 4th, 8.45 Austin, 7th (tie), 8.1 Widfeldt, 7th (tie), 8.1 All-around Klobach, 1st, 35.5 Austin, 3rd, 31.8 Sommers, 4th, 31	Hockey Jan. 12 @ Benet White V wins 5-2 Jan. 11 @ Lincoln-Way V wins 4-3	Swimming, boys Jan. 10 vs. Glenbard West V wins 130-51 200-yard medley relay Lahmann, Fix, Cochlan, Benington, 1st, 1:40.9 El-dars, Cho, Jin, Ozgen, 2nd, 1:45.15 200-yard freestyle Daw, 2nd, 1:51.39 Ozgen, 4th, 1:59.54 Hamp, 5th, 2:07.23 200-yard IM Cochlan, 1st, 2:03.35 Carter, 2nd, 2:13.17 Song, 3rd, 2:16.29 50-yard freestyle Benington, 1st, 23.02 Feng, 3rd, 24.61 Seppanen, 4th, 26.33 100-yard butterfly Tischke, 1st, 55.12 Jin, 2nd, 58.46 100-yard freestyle Daw, 2nd, 50.85 Ozgen, 3rd, 51.9 Chen, 5th, 58.22 500-yard freestyle Cho, 1st, 5:26.37 Feng, 2nd, 5:38.06 Harris, 3rd, 5:42.01 200-yard freestyle relay Ozgen, Lahmann,	Cochlan, Daw, 1st, 1:31.69 Chen, Song, Carter, Gao, 3rd, 1:40.72 100-yard backstroke El-dars, 1st, 1:01.54 Gao, 3rd, 1:07.26 Schmidt, 6th, 1:22.08 100-yard breaststroke Cho, 1st, 1:04.09 Fix, 2nd, 1:06.81 Rakos, 4th, 1:19.94 400-yard freestyle Benington, Ozgen, Tischke, Jin, 1st, 3:23.17 Feng, Hamp, Song, El-dars, 2nd, 3:42.59 1-meter diving Furlong, 1st, 189 Kassir, 2nd, 156.45 Ortiz, 3rd, 143.2
				Wrestling Jan. 9 vs. Glenbard West V wins 36-29 106 pounds Tavoso, dec. 3-2 113 pounds Brillantes, dec. 9-7 120 pounds Perez, fall 0:45 132 pounds T. Skokna, fall 4:35 138 pounds Song, maj. dec. 16-3 160 pounds Aviles, maj. dec. 14-6 170 pounds Kruse, maj. dec. 10-2 220 pounds Robinson, fall 3:08			

Instant replay



Hinsdale Central swimmer Alex Daw competes in the 200-yard freestyle race while teammate Nolan Lahmann shows his backstroke form in the first leg of the 200-yard medley relay, hoping to set up fellow swimmers Cullen Cochlan, Charlie Fix and Michael Benington in a leading position for the event during a home meet against Glenbard West Jan. 10. The Red Devils defeated the Hilltoppers 130-51. (Jim Slonoff photos)

SPORTS



Head certified athletic trainer Alex Kennedy tapes the wrist of gymnast Caroline Klobach while Bell reviews the proper form for some exercises with Francesca Lucente, a member of the cheer squad. The biggest

challenge for the three young professionals, Hock said, is that sometimes students see them as peers and coaches see them as kids. (Jim Slonoff photos)

Trainers help athletes stay in the game

Continued from Page 42

not supposed to be looking like that," Bell said. "You're prepared for it, but it's different when you see it in real life."

Hock said the most serious condition he's seen is compartment syndrome. It occurs when a trauma causes blood to pool in one of the body's "compartments," most commonly in the lower leg. Untreated, it can cause the loss of a limb — or the loss of life.

"Basically the muscle and everything in the compartment expands beyond what the fascia can hold," he said.

Recovery time for the student-ath-

letes varies, depending not only on the type of injury but on the individual, Kennedy said.

"Everybody heals a little differently," she said. "We do have those kids who sprain their ankle on a Wednesday and they are full game ready on Friday."

"Then we have those kids who sprain their ankle on Monday and they are out for two weeks. It's very much an individual thing. As athletic trainers, we try to promote that healing process as best we can for the athlete."

When asked about injury prevention, she said stretching is important,

but creating a healthy lifestyle is key. "Sleeping, eating and hydrating well are the three you can control every day and make a big difference," she said.

The trainers all work 40 hours a week, but not on a traditional 9-5 schedule.

"In winter season, the bulk of those hours come on Saturday and game nights," Kennedy said. "Football Friday nights, we're here until about 11 o'clock usually. We do travel with our varsity team. We'll typically come back here after an away game and wait for the boys to come back for treatments, rehabs, consoling after a loss."

Bell said being ready to listen is one of the most important things a trainer can do.

"You can have the biggest impact on them if they're having a bad day and you give them a shoulder to lean on and an ear," she said. "They're able to talk to us about anything."

Kennedy said she enjoys the time she spends at Central.

"High school is what I wanted to be doing, the environment I wanted to be in," she said. "Our athletes are highly motivated. They are ready to go, and it makes this job much easier when they want to play."

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SPORTS

Trainers help athletes stay in the game

Red Devils receive support before and after games, practices from certified trainers

By Pamela Lannom
plannom@thehinsdalean.com

The athletic trainers office is quiet from 2 to 3 every afternoon — a great time for staff to check in with parents, prep water coolers for games and practices, and make sure supplies are well-stocked.

Then the bell rings and the after-school rush begins.

On Tuesday afternoon, it's not long before the space is filled with kids. Some use resistance bands to stretch or wrap a heating pad around a sore knee. Many need to have a wrist or ankle taped. One member of the girls basketball team announces that something is wrong with her shoe. A wrestler wanders through looking for his shoes.

Senior Maiwen Amedgadje, center on the girls basketball team, is here because she sprained her ankle two weekends ago at practice. The trainers have iced, taped and massaged her ankle and given her stretches to do at home. Their recommendations worked, she said, noting she was able to practice on

Wednesday last week and compete on Friday.

"It was a pretty quick recovery," she said. "If you just listen to what they say, you will be fine."

Head athletic trainer Alex Kennedy and her assistants, Dillon Hock and Sam Bell, all can identify with the teens they treat. Kennedy played softball for all four years in high school, dislocating her knee twice.

"The first time, I was like, 'I don't want to talk to my athletic trainers. They are going to keep me on the sidelines,'" she recalled.

The second time, when she was forced to talk with them, she realized they had the same goal she did.

"Oh, you guys don't just take people out. You help them get better," she said.

That's the message she and her coworkers have been trying to spread.

"The longer we've been here, we've been able to talk to more coaches," Kennedy said. "We're not here to sit them out. We're here to keep them playing in a healthy

way."

Bell, who started in August, said she had a great experience with her athletic trainers as a volleyball player in high school and college.

"They were kind of the ones that inspired me to go into this field," she said.

Hock, who played three sports in high school and continued with soccer and volleyball in college, said his experiences as an injured athlete make him a better trainer.

"It helps me do my job, because I've been in those athletes' shoes — where it's a big game and they get hurt and they want to play," Hock said. "I think that helps me do my job a lot better."

The injuries the Central trainers see range from a broken nail to life-threatening conditions.

Bell had her first experience with a significant injury only two weeks into football season, when a player came in with two broken bones in his forearm.

"I knew right away his arm was

On the roster

Alex Kennedy

Head certified athletic trainer
BA, athletic training, Aquinas College

MA, exercise science (performance enhancement specialization and sports nutrition certification), Concordia University

Played softball four years of high school

Worst injury she's treated: noncontact femur (upper thigh bone) fracture in a baseball player

Career goal: earn a doctorate in physical therapy

Favorite part of job: "I love watching them compete and do well. I think that's one of the biggest benefits is getting to know the kids here and through practice."

Sam Bell

Assistant certified athletic trainer

BA, athletic training, Carthage College

Played volleyball in high school and college

Worst injury she's treated: two broken forearm bones in a football player

Career goal: plans at some point to pursue a master's in exercise and sports science or exercise physiology

Favorite part of job: "The impact that we have on the kids, whether we realize it or not."

Dillon Hock

Assistant certified athletic trainer

BA, athletic training, Carroll University

Played three sports in high school, continued with soccer and volleyball in college

Worst injury he's treated: compartment syndrome

Career goal: plans at some point to pursue a master's, either in sports medicine or in order to teach future athletic trainers

Favorite part of job: "I enjoy just being around the atmosphere of sports. It's one of the best ways to continue to be around that atmosphere."

Please turn to Page 41



Head certified athletic trainer Alex Kennedy (center) and assistants Sam Bell and Dillon Hock all enjoy working with student-athletes at Hinsdale Central. (Jim Slonoff photo)

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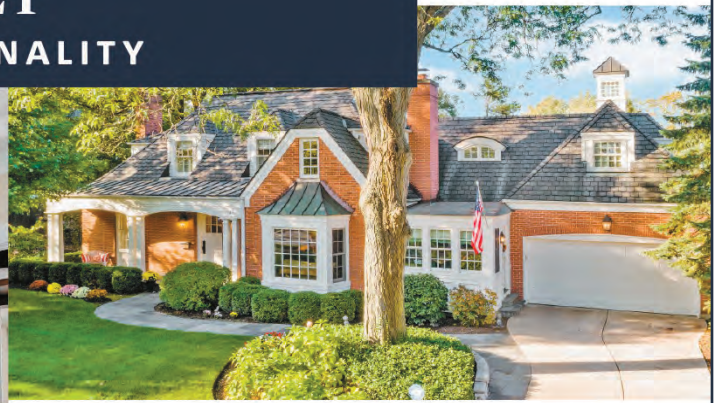
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