

The Hinsdalean

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Community journalism the way it was meant to be



Preparing for battle — Charlotte Sunderson helps her friend Lucy Rogero adjust her head gear at Hinsdale Middle School Friday evening. The seventh- and eighth-grade boys basketball teams were both playing for their conference championships. The seventh-grade team defeated CHMS and the eighth-grade team defeated Bryan to bring home the titles. Please turn to Page 36 for more pictures. (Jim Slonoff photos)



Series on adoptees' connections with birth families begins today.

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Central actress ready to find the funny in any situation.

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Hinsdale native shines bright in Chopped kitchen.

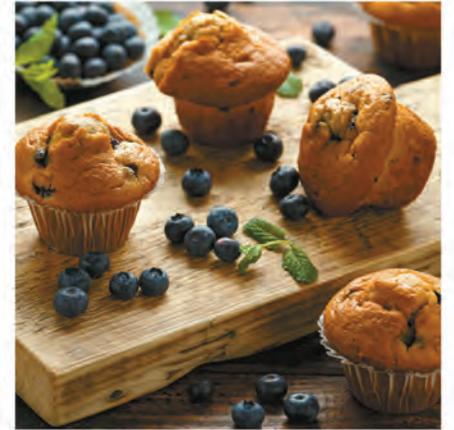
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NEWS

Village seeks louder voice on airplane noise

By Ken Knutson

kknutson@thehinsdalean.com

In response to residents' complaints about increased airplane noise, Hinsdale has joined with other communities in proximity to Chicago's airports to find ways to address the nuisance.

At Tuesday's village board meeting, Hinsdale trustees approved intergovernmental agreements with the city of Chicago to participate in the advisory noise compatibility commissions for both Midway and O'Hare airports.

"Most of the noise complaints we've gotten are related to Midway, right?" Village President Tom Cauley asked of village staff.

Village manager Kathleen Gargano confirmed that, identifying

low-flying Southwest Airlines flights as the most cited annoyance.

The commissions, which cost nothing to join, identify projects and programs that can help reduce the amount of noise, monitor noise levels and advise the city on addressing air traffic-related noise issues, according to village documents. Minutes from the Midway Noise Compatibility Commission indicate that at least eight other suburban communities are part of the group.

Aaron Frame, deputy commissioner for Chicago's department of aviation, acknowledged to trustees that there is strong resistance to getting flight patterns changed since they are based primarily on wind direction.

"It is very difficult to change air traffic patterns, because those are

well choreographed, well-analyzed and thought out in advance," he explained at the meeting. "Air traffic patterns are generally not random. Depending on whether (flights) are in west-flow or east-flow will probably affect what airplanes you're seeing in the vicinity of Hinsdale," Frame continued.

While pilots have a bit of latitude to alter a pattern, Frame said generally they do not deviate from the flight path they have been provided.

Cauley inquired about other tools the commissions has to reduce noise apart from changing flight patterns.

"One of the ways we do that is by reducing the number of runways," responded Frame, noting that O'Hare offers more flexibility because it has eight runways to work

with compared to five at Midway. "We talk about what choices can we make to run an airfield that's more efficient at night instead of using all the runways equally."

Daytime is trickier, Frame said, simply because the airports are so busy.

"Air traffic control is very good at separating the planes. They have different altitudes for planes coming in and out of both airports," he said. "There are ways that we can encourage and work with the airlines to be mindful that there are many people who work at the airports and many people who live around the airports."

The commissions' meetings are held quarterly, and Gargano said she would attend as the village representative.

February storm blankets village with the white stuff



As of early morning Wednesday, reports indicated more than 8 inches of snow had blanketed Hinsdale. By the end of the day another 4 or more inches were expected. Village crews began deploying trucks at 3 a.m. and already had made several passes across many streets in town. A bobcat with a brush attached was at work at the train station clearing off the platform. Not many stores were open Wednesday morning. This lone pedestrian crosses First Street and Bob Wood makes his first pass of the day clearing snow for many of the businesses on First and Washington. (Jim Slonoff photos)

■ “I remember going up and knocking on the door and my heart was racing. I really hardly slept the night before.”
— Alisa Messana

Woman opens heart to birth family

In college, Messana learns her birth parents have married and she has two full siblings

By Pamela Lannom
plannom@thehinsdalean.com

When Alisa Messana was a sophomore at Elmhurst College, she got a call she never expected to receive.

The woman on the phone identified herself as a volunteer for Truth Seekers in Adoption and asked Alisa her full name and to confirm that she was born Jan. 2 at Swedish Covenant Hospital.

“She proceeded to tell me my birth parents had married, had two other children of their own and were interested in having a relationship with me if I was interested,” Messana said.

Messana asked if she could call her back.

“I said to her, ‘You know what? I have midterms tomorrow and I can’t really do this right now because I have to study,’” she recalled. “I wanted to buy myself some time because I’m somebody who likes to be able to process things before I have a reaction.”

Hinsdale’s Messana had known of her adoption since she was 3 1/2 years old. Her parents, Dick and Char Lillquist, bought her a cute illustrated children’s book that offered a simple explanation of the process and talked about how much adopted children are loved, including her younger brother, Rick.

“It helped me understand why my mother wasn’t pregnant before he just showed up in the car seat,” she said. “I don’t remember thinking much about it again, being adopted. It wasn’t a big thing in our family.”

Messana took her midterms and went home to talk to her adoptive parents. She could tell her parents were a little unsettled, but they didn’t discourage her. She began with an exchange of letters and photos with her birth parents, Linda and Richard Kosarek. The first correspon-



Alisa Messana — who grew up with her adoptive parents, Char and Dick, and her adopted brother, Rick — was contacted by her birth parents when she was in college. “I don’t think it’s something that would have come up for

me again personally until I had children,” she said. “I felt good in my family that I grew up in, even though our family had our ups and downs. I felt loved. I was never made to feel out of place.” (photo provided)

dence provided some insight into their personalities.

“My birth father’s was one page. My birth mother’s was probably 20 pages front and back,” Messana said.

Eventually she received photos of her siblings, Kelli and Bryan, then ages 11 and 8.

“When I got those photos, there was no question we were related,” Messana said. “I can remember spending like an hour just staring at those photos over and over again. That was mind-blowing for me.”

Her relationship with her sister and brother began through letters as well.

“We were like little pen pals for a while,” she said.

Eventually the decision was made to meet in person. Messana, navigating the route from Villa Park to Arlington Heights without the benefit of

GPS, got lost and called Linda on a pay phone. Messana had been given incorrect directions.

“She was so flustered,” Messana said.

Messana was nervous as well.

“I remember going up and knocking on the door and my heart was racing. I really hardly slept the night before,” she said.

At that first meeting, Messana learned Linda was 19 when she and Richard got pregnant. Linda planned to keep the baby, but just weeks before she was to deliver, her abusive stepfather kicked her out of the house. Richard, then 24, wasn’t ready for marriage, and Linda said she knew she couldn’t raise a child on her own.

“She had a lot of unresolved feelings. She still felt like she did the right thing, but she had a super lot of grief

around it,” Messana said.

Not long after Messana was adopted, Linda and Richard reunited.

“You can imagine how painful that had to be, especially for her,” Messana said. “I think of how different their lives would have been. I might not have had my brother and sister. It could have played out so many different ways. I do often think of what my life would have been like if I had grown up with them.”

Linda’s story

Linda, too, had spent years thinking about how her baby girl’s life had turned out. She yearned to find her daughter after her best friend died and she learned about Truth Seekers in Adoption from a TV program.

“I never stopped mourning or worrying,” Linda said. “Her

■ FAMILY TIES

This is the first in a three-part series about adoptees who have connected with their birth families.

birthday is Jan. 2. Every New Year’s I’d be in the bedroom crying. Then when my friend passed away, I thought, ‘What if something happens and I die?’ I didn’t want to pass away not knowing if she had a good life.”

Once she began working with Truth Seekers, a new concern arose.

“It was exhausting mentally — the waiting and hoping she wouldn’t reject me,” Linda said. “I didn’t want her to be angry because we ended up getting married a couple of years later.”

Meeting Alisa and being Grandma Linda to her chil-

Please turn to Page 5

Continued from Page 4

dren has been wonderful, Linda said.

"I'm not bitter anymore," she said. "Things happen for a reason. I'm not a religious fanatic, but I believe that God took her so she could have the life she had and her parents were supposed to be her parents."

She is thrilled all three of her children get along and loves hearing Alisa laugh when she's with her brother Bryan.

"I am so happy they all get along," Linda said. "It's just perfect. I couldn't ask for anything more."

Blending two families

Shortly after Messana met her birth parents, her adoptive parents split and eventually divorced. That added another layer of complexity to the situation, she

acknowledged.

But other than one difficult day when her adoptive mom told her not to go visit her birth parents, the blending of the two families was relatively smooth.

"My parents and my birth parents were always both very respectful of each other and the process that I went through, and because of that it made my process easier," she said. "They were able to put my needs before theirs, which I appreciated — which is not always the case."

And Messana worked to make sure her adoptive parents weren't sidelined.

"I always kept Mother's Day and Father's Day separate. I don't go celebrate Mother's Day or Father's Day with Linda or Richard. I just make sure I talk to them or send flowers."

The two sets of parents eventually established their own relationship. Messana

remembers the first time the four adults went out to dinner together.

"I would have loved to have been a fly on the wall at that one," she said.

Uncomfortable moments inevitably arose over the years at milestone events, when graduation tickets were limited or the wedding photographer wanted a portrait of Messana with her parents. And the reunion created some struggles for Messana's brother, Rick, who has never searched for his birth parents.

But Linda and Richard extended their care to Messana's mom, Char, inviting her to family gatherings and then visiting her while she lived at The Birches for four years before passing away in December 2020. They would even take her out to lunch when Messana and her husband, Frank, were out of town.

"We had a nice relationship

PLEASE SEE RELATED COLUMN ON PAGE 10

with her mom," Linda said. "I never wanted her mom to feel left out."

Messana's father, 82, lives in an apartment in Oak Park.

A social worker, Messana said it's interesting to watch the dynamics in her rather unique family.

"I've had a lot of time, and it's interesting to see the way the relationships have evolved," she said. "Picking out the greeting cards is really difficult. I always have to go to the 'someone special' category."

And there are no easy labels to assign to the role Linda and Richard play in her life.

"I feel like there is no way to describe them other than who they are — two important individuals I'm very close to," Messana said. "Because I don't have the history growing up with them, they don't

feel like a parent, per se, but they don't feel like just another relation."

Messana remembers when her daughter Ariana was in second grade and had to complete a project on her family history. Ariana found a simple but accurate way to describe the situation.

"Grandma Linda and Grandpa Rich had my mom and Grandma and Gramps raised her and they all love my mom," she wrote.

That love has made her family fuller, Messana said. And knowing her birth parents has given her a different perspective on aspects of her own personality, she said, noting Linda is a very demonstrative Italian.

"My parents always wondered why I was such a drama queen as a teenager," she said with a laugh. "Now I know where it came from."



After Messana's birth parents married, they had two more children, Kelli and Bryan. Messana was a bridesmaid when Kelli got married in Barcelona in 2013. Although many people said she looked like her adoptive father while she was growing up, the resemblance she shares with her siblings and her birth parents, Linda and Richard Kosarek, is evident in these photos. (Jim Slonoff photo, photo provided)

ONCE UPON A TIME



Pre-potholes — Sandy Williams' book, "Images of America — Hinsdale," describes the difficulty traveling Hinsdale's first streets. "Hinsdale early dirt roads were difficult to travel. Wet weather buried wheels in mud, dry spells produced clouds of dust and ruts were a year-round problem. This photograph shows a car stuck on muddy Hinsdale Avenue. The village began paving Hinsdale streets in 1892, using brick or wood blocks."

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Happy Birthday!

Ryan Short
turns 18 Feb. 9

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

Letters to the editor

Our letters policy is published on Page 11.

Obituaries

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

Photo reprint policy

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Speakers blast D86 on its equity efforts

Superintendent's comments criticized as rancor threatens to undermine CELT's work

By Ken Knutson

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Hinsdale High School District 86 residents filled the Hinsdale South library at last week's school board meeting, angry with the handling of the withdrawal of an anti-racism consultant a couple of weeks earlier.

Much of the speakers' ire was directed toward Superintendent Tammy Prentiss. Prentiss was repeatedly criticized for reading the withdrawal letter from North Carolina-based Valbrun Consulting at the Jan. 13 board meeting. In it, owner Valda Valbrun wrote "(I) really think Hinsdale is a dangerous place and would not be physically comfortable there."

During public comment, resident Mark Torsberg said the superintendent should not disparage district citizens.

"Sharing Valbrun's letter in this manner served no purpose but to promote further division within our community," he said.

Prentiss also was taken to task for remarking in a subsequent Chicago Tribune article that those against the hiring of an anti-racism consultant "rep-

resent those in our community who have always opposed this (equity) work, regardless of what we have said to them publicly or privately."

Resident Angie Sartori, mother of a Hinsdale Central grad and a current and future student, was one of several speakers who called for Prentiss to resign.

"I am now left with a sick pit in my stomach reading about what the superintendent is saying about the people in our district," Sartori said, noting her extensive volunteerism in district activities. "We care about this district, and we care about what is taught to our students.

"(Prentiss) needs to go," she added. "She is not fit to lead this district anymore."

Valbrun had been recommended by the district's Culture and Equity in Leadership Team to help engender a climate of diversity, equity and inclusion. But before Valbrun's Jan. 13 board presentation, she submitted a letter of withdrawal, citing the "vitriol and lack of professionalism" she had been subjected to. Residents argued Valbrun was not suitable for the job based on a social media post in August calling three Republicans

"devils" and expressing her desire that the party would implode.

"Hiring a Republican-bashing consultant — that is a fact — who then purports to want everyone to thrive has no place in our district," Sartori said.

But Jacquelyn Bruns, a 2013 Hinsdale Central alum, said she was disheartened by the way the conversation around equity work has unfolded.

"Students need more emphasis on issues of diversity, equity and inclusion," she said. "The way the community treated Ms. Valbrun, as well as the way they are treating the superintendent tonight, demonstrates to me" the need for a consultant.

The proceeding began on a controversial note when board President Terri Walker, citing the number of speakers, shortened the time limit for individual comments from 3 minutes to 2 minutes. Board members Debbie Levinthal and Jeff Waters protested the change, contending that the public has not been given adequate notice, but to no avail.

During board member comments, Peggy James said the strong pushback to the equity efforts demonstrate that, at

the very least, the district has a communication problem.

"Transparency is really needed to provide the community with a clear understanding of what the CELT committee does and what their work is and what is being proposed to the board and why," James said.

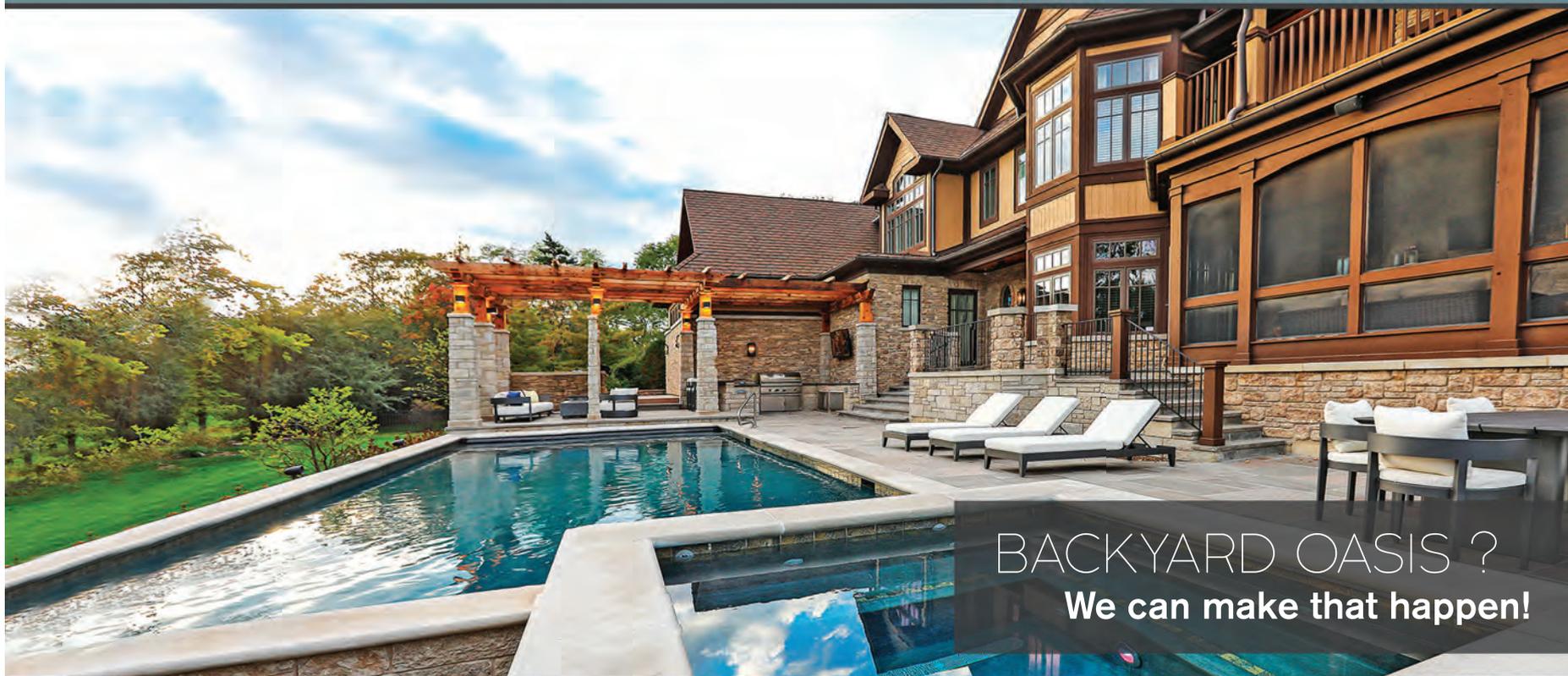
But board member Kathleen Hirsman said she supports the work of CELT and implored residents to "dial down the temperature" in discussing the matter to foster a spirit of collaboration.

"Instead of focusing on a consultant who was not hired by the district ... focus on the work that we can do within our school district," Hirsman said.

Board member Cynthia Hanson acknowledged that many have been hurt by statements made in the last couple of weeks but encouraged all parties to listen to one another.

"If we take a second to practice patience, humility, compassion and empathy, we might collectively learn something that we, as a community, can build with," Hanson said. "And those (traits), ironically, are the central tenets to diversity, equity and inclusion work."

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NEXT WEEK

Hinsdale High School District 86 Board

6 p.m. Thursday, Feb. 10
Hinsdale South High School, 55th and Grant streets
<https://d86.hinsdale86.org>

Hinsdale Parks and Recreation Commission

6 p.m. Tuesday, Feb. 8
Memorial Building, 19 E. Chicago Ave.
On the draft agenda: KLM park bench donation, Hinsdale Swim Club license renewal, pool concessions contract renewal

Hinsdale Plan Commission

7:30 p.m. Wednesday, Feb. 9
Memorial Building, 19 E. Chicago Ave.
On the draft agenda: public hearings on special use permit for 5837 S. Madison St. (Discount Tires and Automotive) and parking lot lighting at 137 S. Garfield Ave. (Union Church), sign permit reviews on 114 S. Washington St. (Sauced Pizzeria & Bar), 16 W. Hinsdale Ave. (Silver Birch) and 30 E. Ogden Ave. (Current Automotive)

All sites report COVID case numbers are down

Eighty-one Hinsdale residents have tested positive for COVID-19 over the past week.

The DuPage County Health Department reported 77 new cases, and the Cook County Health Department reported four new cases.

That brings the total number of reported cases in the village to 3,458, compared to 3,377 last week.

Amita Hinsdale Hospital had six confirmed COVID-19 patients and no patients awaiting test results as of Wednesday, a spokeswoman said.

Hinsdale Central High School reported eight positive cases, 11 in isolation and one in quarantine as of Jan. 21. Vaccination rates are at 81.7 percent for Central students and 95 per-

cent for Hinsdale High School District 86 staff.

Community Consolidated Elementary District 181 reported 51 cases Jan. 25-Feb. 1, involving 41 students, seven teachers and two staff.

The rolling seven-day positivity rate for Region 8, which includes DuPage County, was 10.6 on Jan. 30, compared to 20.5 percent on Jan. 23.

Illinois has administered almost 20.6 million doses of vaccines. An average of 33,385 doses are being administered daily, compared to about 39,760 last week. The percentage of individuals fully vaccinated is almost 73 percent in DuPage County and more than 77.6 percent in the 60521 ZIP code.

Burns Field ice rink is open

The temporary ice rink in Burns Field Park, 320 N. Vine St., is officially open.

The warming house is open on Saturdays and Sundays for supervised hours. Stop by for free hot chocolate, a cozy fire and a place to escape the cold. Masks are required inside the warming house.

Check the barricades located at the rink to see if it is safe to skate. Green signs indicate the rink is open, red signs mean it

is closed.

The Hinsdale Parks and Recreation Department will offer rink status updates online at https://www.villageofhinsdale.org/departments/parks_and_recreation/field_and_facility_status.php.

The department's Facebook page is at <https://www.facebook.com/HinsdaleParks>.

Questions?

Call parks and rec at (630) 789-7090.

Crossing to close for two days

The Lincoln Street railroad crossing will be closed from 8 a.m. Tuesday, Feb. 8, through 5 p.m. Thursday, Feb. 10, for work by BNSF Railway.

Detour signs will be placed directing traffic east to the Washington Street crossing. Motorists can also use the Monroe crossing to the west.



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60 SECONDS

■ “Two million neurons die every minute that a stroke is left untreated. By reducing treatment times even by a single minute, this algorithm could reduce death and disability in stroke patients worldwide.” — **Jui Khankari**

Central senior wins nation's top science prize

Jui Khankari was used to people mispronouncing her name. But when her mother's phone followed suit, she decided to do something about it.

After just a few tweaks, Khankari had taught Siri the correct pronunciation of her name, and Siri had introduced Khankari to the world of artificial intelligence.

Several years later, Khankari's study of AI as a tool to detect ischemic stroke garnered the country's most prestigious science award for high school seniors — the Regeneron Science Talent Search — and sparked the interest of neurologists everywhere. Khankari presented her research findings at the 2021 conference of the American Society of Functional Neuroradiology and will speak at the 2022 conference of the American Society of Neuroradiology.

“It will be my first time in New York,” said Khankari, a senior at Hinsdale Central High School whose research also has been accepted by the Journal of Neurointerventional Surgery.

As winner of the 2022 Regeneron Science Talent Search, Khankari won a \$2,000 prize for herself and another

\$2,000 for her school.

While managing a full load of advanced placement classes, Khankari continues to conduct research under the guidance of Dr. Greg Zaharchuk, associate professor of radiology at Stanford University. Khankari was 15 years old when she approached Zaharchuk with the idea of an internship. After months of study and preparation, she began working with Zaharchuk in spring 2020.

“I do it every free minute I have,” said Khankari, who said she's been known to wake up in the middle of the night with an idea or realization that needs to be recorded right away.

Using hundreds of brain scans obtained through her work at Stanford, Khankari set out to create an algorithm to accurately locate vessel blockages and anatomical features that could speed up diagnosis and treatment of ischemic stroke. AI algorithms are used to read other types of scans, Khankari said, but not the type used to diagnose and treat large-scale strokes.

After testing two types of AI algorithms, Khankari said her research proved that strokes and anatomical features can



JUI KHANKARI

HAS PLAYED FLUTE SINCE FIFTH GRADE • SPEAKS THREE LANGUAGES • TAYLOR SWIFT FAN • ONCE RODE A WAVE WITH A SEA TURTLE WHILE SURFING • HAS A PET TURTLE, ARCHIE, WHO DOES NOT SURF • FOUNDER OF AINSPIRE, A NONPROFIT THAT ENCOURAGES THE STUDY OF AI ALL OVER THE WORLD

be detected using AI. It's a realization that could save lives.

“Two million neurons die every minute that a stroke is left untreated. By reducing treatment times even by a single minute, this algorithm could reduce death and disability in stroke patients worldwide,” Khankari said.

“Regeneron is like the Super Bowl of science competitions,” said Khankari, who likened the process of entering the

Regeneron competition to a college application — something with which she is quite familiar. With her college applications complete, Khankari is waiting for decisions before making her own.

“I'd love to be on either coast,” she said, but no matter where she goes, Khankari's goal is to become both a researcher and a physician, treating patients one-on-one while also creating algorithms

to advance health care for everyone.

“I get super excited about what I'm doing,” she said, whether that's taking a hike, studying for an exam, or creating a potentially life-saving algorithm.

Finding time for school, research and her many hobbies isn't hard, Khankari said, because she loves doing it all.

— story by Sandy Illian Bosch, photo by Jim Slonoff

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OPINION

EDITORIAL

D86 equity initiative needs public deliberation

Racism isn't always blatant.

Sometimes it's very subtle. The perpetuation of stereotypes about physical traits associated with certain ethnicities. A repeatedly mispronounced name. Slight differences in treatment. An assumption about where a person of color lives.

This type of racism still exists in the world and, from everything we've heard, in Hinsdale High School District 86. Dozens of stories on Hinsdale's Black Lives Matter webpage offer examples. And at last week's school board meeting, one brave mom stood up and shared her sons' experiences with racism.

Even without these stories, we are not so naive as to believe the district is immune from a problem that continues to plague the country.

With two high-achieving schools whose student bodies reflect the different racial and socio-economic populations of their respective communities, the district is in a unique position to become a leader in the area of equity, diversity and inclusivity.

So far, unfortunately, its leaders are not going about it the right way.

We have several questions about the process to hire a diversity, equity and inclusion consultant.

First, why were members of the Cultural Equity Leadership Team asked to sign a confidentiality statement?

Why must the wording of the RFP — request for proposal — for such a consultant remain a secret? The Hinsdalean asked to see it and was told it is exempt from disclosure requirements under the Freedom of Information Act.

We understand why the responses from interested consultants would remain private, to prevent one company from having a competitive advantage, but not the RFP itself. The Illinois Press Association's executive director, attorney Don Craven, agrees. Per The Hinsdalean's request, he said the IPA will petition the state legislature to change the wording.

Finally, where is Patrice Payne? She began work July 1 as the district's first director of instructional equity. It would seem to make sense for her to be leading this initiative, since the consultant presumably would be working most closely with her.

We know others have questioned why CELT meetings are held behind closed doors. We support the opportunity for students, parents, teachers and staff to share their experiences in a protected environment.

But conversations about how the district should respond must be held in public. If CELT recommends hiring a consultant, why couldn't that suggestion be discussed at a finance committee meeting, which is open to the public and available for viewing online?

Given the evasive answers Superintendent Tammy Prentiss offered at the Jan. 13 board meeting, we understand why some are wondering exactly what the objective is for hiring a consultant. The optics of secrecy certainly don't help the cause.

That said, we disagree with residents who are focusing on consultant Valda Valbrun's withdrawal letter or Prentiss' decision to read it. They seem to believe that Valbrun's comments disparage all District 86 residents. We wonder why people aren't equally concerned about the inappropriate behavior of audience members during the public comment section of school board meetings.

Conversations about equity and inclusion are not easy. Some residents will argue passionately that this work needs to be done; others will insist there is no need. We understand the desire to plan this initiative in a room of like-minded individuals who appreciate the value of such work.

Ultimately, however, if the district hopes to create a more equitable environment for all students, more residents will need to get on board. Everyone needs to understand fully what the district hopes to achieve with its equity initiative and exactly what opponents object to.

As we stated early, we think District 86 has a unique opportunity here. If people continue to act the way they're acting, we fear it will be squandered.

COMMENTARY

'Family ties' shares stories of adoptees — like me

Growing up, I didn't know a soul who was adopted. As an adult, I find the opposite is true. Adopted people are everywhere.

At a 2020 Community Revue cast party, I learned that two of my castmates were also adopted and that all of us either had met or hoped to meet our birth parents. A fellow cast member came up and asked us what we were discussing so intently.

"Finding our birth parents," one of us offered. She promptly turned around and headed back to the bar.

One of the folks I was talking to that night, Alisa Messana, is the first adoptee to share the story of finding her birth parents (actually they found her) in a three-part series we are launching today. The other person in that conversation, Bill Lewis, will be featured in one of a quartet of stories to run Feb. 10. The series will end Feb. 17 with me sharing my own journey of meeting my birth family.

If memory serves me, the first

piece I ever published about being adopted was a May 2000 column I wrote for The Doings, thanking my mom, mother-in-law and my birth mother.

"I think of her often, especially around Mother's Day," I wrote of my birth mother. "My parents adopted me when I was 13 days old, and my mom has always been just that — my mom. But I know there's another woman out there who is a part of me."

At that point in time, I didn't really think I'd ever meet her. I didn't know what had happened in her life since I was born, but I assumed she had a new family, and I wasn't sure they knew about me.

After the sacrifice she made carrying me for nine months and then giving me away, I felt I had no right to show up as a grown adult.

As I got older and became a



Pamela Lannom

mother myself, my feelings about finding her began to change. In columns over the years, I shared that I might want to meet her one day. One such piece led an adopted acquaintance in town to advise me against going on a search.

"It doesn't always turn out happy," he warned me.

Another Hinsdale resident contacted me after I wrote a November 2020 column about connecting with my birth family. I had already found and met my sister and had plans to meet my birth parents. She cautioned me to take it slow. After she shared her story, which she was not interested in seeing in print, I understood why.

And then there's my friend from grad school who located and wrote to her birth mom only to receive a very polite letter in response indicating there was no

interest in a relationship.

I recognize how lucky I am, and how lucky the folks I talked to for this series are. The searches didn't all turn out perfectly, but everyone is happy to have found the relatives they did.

While I've written bits and pieces about meeting my birth family for the first time and what it has meant to me over the past year or so, I have yet to share the full story. Like Julie McGue, whose story will run next week, people have encouraged me to document the experience. I wasn't quite sure what form that would take until I came up with the idea for this series.

I am grateful to all who shared their stories with me. I was fascinated to hear them and to discover — as fellow adoptee Mary Catalano noted during her interview — how different they all are. I hope you enjoy them, too.

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

GUEST COMMENTARY

Chasing dream means move to DG

I read a weekly email called "3-2-1" Thursdays" by James Clear, the author of "Atomic Habits." And I usually agree with his personal writings and the poems and literature he shares, under a focused theme, from other authors.



Mistie Psaledas

However, one week in late 2021, I disagreed with what he wrote on the topic of resilience and growth.

"Growth demands a temporary surrender of security," he wrote. "It may mean a giving up of familiar but limiting patterns, safe but unrewarding work, values no longer believed in, relationships that have lost their meaning."

Overall, I agree with this. But as a single parent, I do not currently have the luxury of a "growth" job. I cannot surrender my security. I have a "safe" job, a far cry from my dream job. However, that safe job allows me to live my dreams and grow in the rest of my life.

First, I work from home (like many of us) and that allows me to be there for my kids before school, during the day if they need me and after school. It truly is a dream, as I feel very lucky to work full time and spend as much time with them as I do.

Second, I am earning money, and that is allowing me to buy a home, merge families and to travel and hike all over the country with family. I am achieving personal growth, pushing my limits when summing mountains after eight hours of hiking.

Third, I am currently in grad school, pushing my intellectual limits and learning in addition to work and family. I'm developing even greater resilience,

especially when I am tasked with a difficult assignment and am tired from a long work day.

These elements, hopefully, will allow me to grow my career from that "safe" job to one that is more rewarding. I believe his quote needs a

timeline and steps in place, as not many of us have the luxury to give up all current limiting patterns and surrendering security. We can find that dream, growth and resilience in smaller parts of our lives.

I hope to find and take on an "unsafe" job, meaning one that will truly challenge me, knowing I have these other pieces in place.

"Nobody is rooting for you to fail. You may succeed. You may fail. But, for the most part, nobody cares one way or the other. This is good. The world is big and you are small, which means you can chase your dreams with little worry for what people think," Clear wrote.

So please do chase your dreams in a part, or many parts, of your life. I am doing that now and moving to Downers Grove. My second chance, seven kids, two cats and one dog will be part of my new dream, and this will be my last column.

Thank you for reading, and for the many comments and feedback I receive with each article. I have loved and appreciated this opportunity, Hinsdale, The Hinsdalean and all of you readers.

— Mistie Psaledas has been a contributing columnist for The Hinsdalean. Readers can email her at news@thehinsdalean.com.

LETTERS TO THE EDITOR

Public not demanding an equity consultant in D86

After two failed attempts, the D86 superintendent persists in pursuit of an equity consultant for the school district.

The superintendent points to a strategic plan ratified by a prior school board in 2018. It says nothing about an equity consultant. In October 2025, regulations will require new teachers to have been trained in culturally responsive teaching and these govern training facilities, not high schools. Local school boards have no duty to implement these measures, ever.

The superintendent tells us she is bound by the recommendation of the

D86 Cultural and Equity Leadership Team. CELT operates in secret and the public has no opportunity to examine meeting minutes or understand CELT's reasoning and methods. I'm sure CELT is comprised of good persons with good intentions, but it is merely another (flawed) way to collect public opinion favorable to the superintendent. The public should have the right to understand what CELT is doing and why.

There is no mandate for a D86 equity consultant. — **Creighton Meland, Hinsdale**

Writer responds to pastor's call for a safer world

Kudos to Rev. Pamela Rumancik for her recent comments in The Hinsdalean (Jan. 27 letter), in which she stated that "Hinsdale can take a leading role in making the world safer for everyone, upholding the worth and dignity of every child and adult, no matter their race, creed or color."

As a woman of various intersectional identities, I applaud her pro-life stance, especially as it pertains to the unborn, "no matter their race, creed or color." Amen, Sister. All lives matter, from conception to natural death. — **Mary O'Dowd, Darien**

Letter misses the point on anti-racism consultant

In response to Rev. Pamela Rumancik (Jan. 27 letter), Valda Valbrun was not hired to tell us about Jesus. He either lives in your heart or he doesn't.

Carving out nearly \$200,000 to pay someone to train our academic community on equity, anti-racism and diversity issues while publicly defiling those who she vehemently opposes based on their views or political affiliation eliminates

any credibility she purportedly had.

What would your congregation think of you spending a similar amount on someone who promotes a so-called open mind only to turn around and lambast those who don't share their beliefs. So, to also quote scripture, Proverbs 16:18: "After the pride, comes the fall." — **J. Patrick Rooney, Hinsdale**



LETTERS POLICY

Requirements

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

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

Submission

- e-mail to news@thehinsdalean.com
- fax to (630) 323-4220
- mail to The Hinsdalean,

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

Questions?

Call (630) 323-4422

POLICE BEAT

Hinsdale police distributed the following reports Jan. 25 and Feb. 1

Drug possession, DUI arrest

Mario Gomez, 49, 4555 S. Spaulding Ave., Chicago, was arrested for felony possession of a controlled substance, driving under the influence of alcohol and failure to reduce speed to avoid an accident at 4:19 a.m. Jan. 29 at York Road and Ogden Avenue. He was in possession of a white powdery substance that field tested positive for cocaine. He was charged and taken to DuPage County Jail.

Repeat license offender arrested

Richard D. Klika, 63, 8835 Ogden Ave., Brookfield, was arrested for felony driving with a revoked license/fourth to ninth offense, theft of stolen property, unlawful display of registration and operating an uninsured vehicle at 4 p.m. Jan. 31 in the 100 block of East 55th Street. He was charged and taken to DuPage County Jail.

Man arrested on warrant

Richard D. Martinez, 33, 610 The Lane, Hinsdale was arrested on an active warrant at Minneola and Justina streets at 11:16 p.m. Jan. 31. The arrest was made after police were called to conduct a well-being check. He was taken to DuPage County Jail.

Pending DUI arrest

Police were dispatched to a single vehicle crash at 5:06 p.m. Jan. 30 in the 5600 block of South Madison Street, where the driver was observed to be under the influence of alcohol. The suspect consented to a blood/urine test and was released, with charges pending the results of the lab report.

Cigarettes stolen

Two cartons of cigarettes valued at \$91.60 each were stolen at 9:48 p.m. Jan. 27 from Shell Gas Station, 210 E. Ogden Ave.. The suspect, described as a 50-year-old white man, fled the store when the clerk turned his back and drove off in a dark-colored SUV.

Medical office checks forged

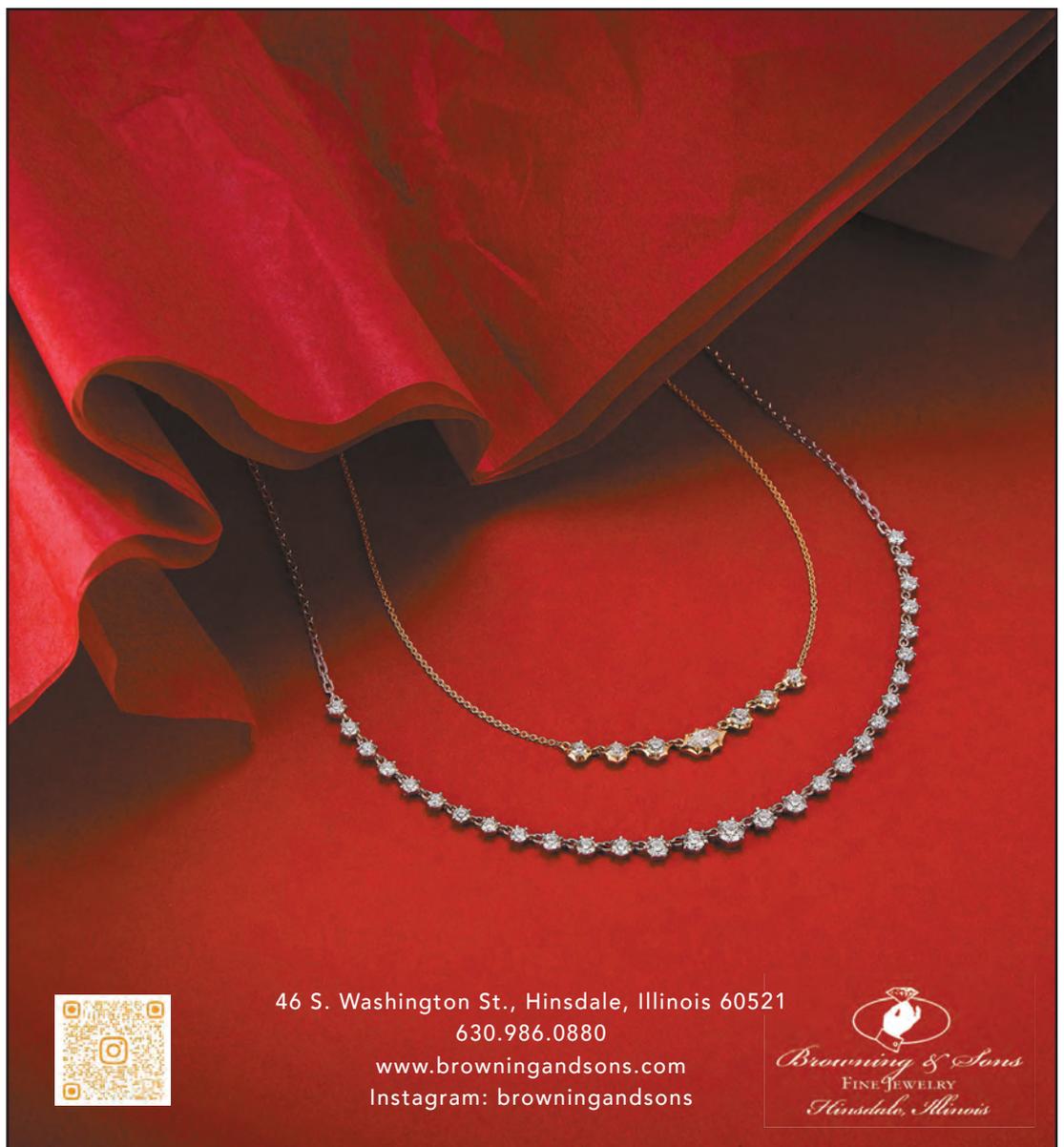
After business checks ordered by Vascular and Interventional Radiology, 7 N. Grant St., were not received, it was discovered that five fraudulent checks totaling \$3,375.58 had been cashed against the business checking account between Jan. 11 and 21.

Identity theft incidents

- Someone used the identity of a resident of the 300 block of East Ninth Street to open two credit card accounts. The incident was reported Jan. 24.
- A resident of the 10 block of Ulm Place received an email from an unknown suspect claiming to be the victim's attorney and giving instructions for a wire transfer at 9:48 a.m. Jan. 24. The victim discovered the scam prior to sending money.

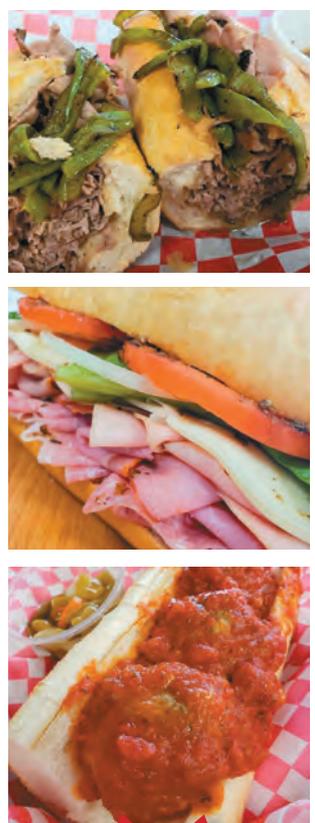
Arrests do not constitute conviction of a crime, and individuals listed here should be presumed innocent until proven guilty. If charges are dismissed or reduced or the accused is found not guilty, he or she can contact The Hinsdalean at news@thehinsdalean.com to provide us with documentation. Information will be updated online and in the next issue of the paper.

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OBITUARIES

David Nelson Carstensen Sr.

David Nelson Carstensen Sr., 92, formerly of Hinsdale, passed away peacefully at home Jan. 22, 2022, in Rancho Mirage, Calif.

His final 14 years were spent with Joan Woehrmann by his side.

He was born in 1930 in Clinton, Iowa, to Olivia C. and Detlaf C. Carstensen. He grew up in Clinton and proudly attended the University of Iowa, where he met and married Joanne L. Thompson of Davenport.

After graduating in 1952, he returned to Iowa to help his widowed mother run the family business, Carstensen Freight Lines, which operated from 1938 to 1994. David was involved in the community, serving on the board of directors of Clinton National Bank and active in the town's development. He also was a member of the Rotary and the Clinton Country Club. Eventually his leadership at Carstensen Freight Lines brought him and his wife to Chicago, where they lived in Hinsdale for more than 40 years.

Dave was a devoted husband, father, grand-



Carstensen

father, great-grandfather and friend. Always the gentleman, he made friends easily and valued those friendship. Above all else, her cherished being on a field or in a gym cheering on his grandchildren. He was enthusiastic about any activity that allowed him the chance to spend time with them and offer his sideline coaching tips.

He is survived by his partner, Joan Woehrmann; his son, David Jr. (Beau) Carstensen of Hinsdale; his daughter, Kimberly (Stacy) Martin-Carstensen; his grandchildren, Zachary (Maya), Caroline, Meredith (Mac) and Jessica; his great-grandchildren, Kane, Crosby, Ryne, Giada and Angelo; and his brothers, Jack (Pat), Richard and Jim (Kay) Carstensen; and many nieces and nephews.

He was preceded in death by his wife, Joanne; his son, Detlaf; his daughter, Julie; his sister, Judith (Carstensen) Gorman; and his sister-in-law, Annette Carstensen.

The memorial and burial will be held at a later date in Clinton.

Audrey Lorraine Jackson Muschler

Audrey Lorraine Jackson Muschler, 93, passed away peacefully on Jan. 22, 2022.

She was born in 1928 in New Britain, Conn., to Carolyn Low Jackson and Leonard (Buck) Marl Jackson.

Audrey devoted her active life to family and community. As a teenager during World War II, she volunteered for spotting planes, preparing bandages and attending to wounded veterans. Following graduation from New Britain High School, she attended Edgewood College, New York, before moving to New York City in 1949 to work in radio production at WMGM.

In 1950, she moved to Chicago and began a lifelong career as a counselor and broker for life and health insurance. In 1952, she discovered a passion for political engagement, serving as a volunteer during presidential primaries and maintaining a strong political awareness throughout her life.

In 1954, she met the love of her life, Arthur F. Muschler. Together they created a loving home in Yorkshire Woods, Oak Brook. There they raised three sons, George, James and John, passing to them a love of family, education, community service, history and travel.

In the 1970s Audrey became a leading advocate for preservation of land and historic buildings in DuPage County. She co-founded the Oak Brook Historical Society and the Fullersburg Historical Foundation, and served as the first president of both. She co-founded the Salt Creek Greenway Association. She played a leading role in the preservation of the Mayslake Peabody Estate in Oak Brook; she secured its recognition in the National Registry of Historic Places and co-directed the successful voter referendum for purchase of the estate by the DuPage County Forest Preserve, saving the estate from destruction. Audrey went further to co-found the Mayslake Landmark



Muschler

Conservancy and championed the Peabody Estate's historic preservation and public use.

Audrey was also instrumental in the preservation of the historic Ben Fuller House in Hinsdale and co-authored the successful nomination of the Old Butler School to the National Registry of Historic Places.

Audrey was a frequent reporter on community affairs for The Oak Brook Doings. She promoted archaeological surveys in DuPage County, documenting native settlements, some dating to 3000 BC, and published many articles on DuPage County pre-history and history. She also co-authored a concise local history book entitled "Oak Brook."

With Arthur, Audrey shared a wide cherished community in the 10th Mountain Division Association devoted to fellowship, remembrance, peace and reconciliation. They were active members of Grace Episcopal Church in Hinsdale. Audrey was an active member of PEO International, promoting women's education and advancement.

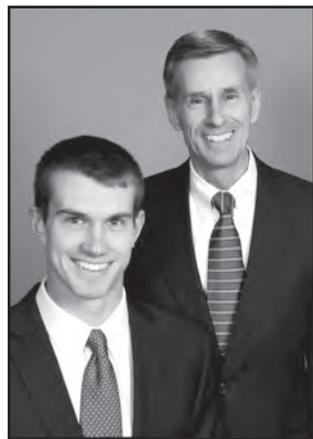
Audrey was preceded in death by her husband, Arthur, in 2002.

She is survived by her sons, George (Cathie Bleck), James (Tamara) and John (Heidi Feiler); six grandchildren, Cari (D. Mike Kelly), James, Ana (Grant Nerderman), Ian, Alex and Evan; and three great-grandchildren, Quincy, Archie and Finley.

A memorial service will take place at Grace Episcopal Church at a date yet to be determined.

Please email contact information, notes or inquiries to AudreyLMuschler@gmail.com to receive future notice of memorial plans.

Memorials may be made online to the PEO Foundation Educational Loan Fund (JU/IL chapter) at <https://donations.peointernational.org/peo-donation-elf>.



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ASK AN EXPERT

HAYLEY CASHMAN, IMPROV ACTOR

What have you learned about performing improv?

Improv actors have to be quick on their feet and possess at least a working knowledge across a broad range of topics.

But occasionally they're stumped, like Hinsdale Central junior Hayley Cashman was while rehearsing for the school's ComedySportz Improv Show that runs tonight through Feb. 5 (see Page 18 for details).

"We had to make puns about something, and the suggestion we had to make puns about was 'disc jockey,'" Cashman recounted. "No one knew what a disc jockey was!"

For another game, she mistakenly pantomimed Olympic curling as a weightlifting event. But it's comedy, after all.

"When you do something confidently and it's wrong, it ends up being really funny," Cashman said. "Whatever you think it is, you've just got to go with it."

Central drama partnered with famed Chicago improv house

ComedySportz for the show.

"Someone who works at ComedySportz professionally sort of helps us with our rehearsals and emcees the show," she related.

The actors are split into teams, who compete through a series of different games. The material to animate those games is solicited from the audience by their shouted responses to questions like, "How did you get here today?" or "What's your favorite movie?"

"We can take that (suggestion) in any direction we want," she said. "And then whatever you partner says, you build the entire scene off that."

As a veteran of traditional theater productions, Cashman said doing away with weeks of memorizing lines and blocking assignments for an unscripted improv show felt like culture shock.

"It's a bit of a jarring experience," she remarked.

But she's come to appreciate the natural expression it promotes.

"It's surprisingly not as hard as I thought it would be because you just use your creative mind, and whatever you come up with, you just say and make it work," she said. "You can't really do anything wrong."

Students in the troupe were instructed to bone up on current events to ensure topical and timely elements are incorporated. They are also strongly encouraged to employ over-the-top physicality in their performance.

"You pretend like it's normal and take it seriously, and it's really funny," Cashman said.

She serves as a leader among the cast, running warm-up exercises and keeping her peers on task.

"Especially with this many people — I think there are 18 of us — it's really easy to get off track," she remarked.

"Since I've been on the stage here before, I know the ropes," Cashman continued. "Especially with a show like this, because there's no script, it's a little more nerve-wracking. Because I've done a show before, it sort of makes me more comfortable. I can help people out who don't know what it's like."

And one of the cardinal rules of improv: if you slip up, embrace it.

"Calling attention to the mistake is always much, much worse than actually making the mistake," Cashman said. "No matter how you get there, laughter is the main goal."

— by Ken Knutson



Hayley Cashman said doing improv has opened her mind to the multiple paths a scene can take based on each person's contributions. "It's a cool creative exercise," she said. "It allows for a lot of possibilities." (Jim Slonoff photo)

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GOOD NEWS

HMS MUSICIANS CHOSEN TO PLAY

The Hinsdale Middle School Chamber Strings Orchestra was asked to be the Middle School Lab Orchestra for the Midwest International Band and Orchestra Conference, which has been held annually in Chicago each December for the last 75 years. This is a great honor, as only one middle school group each year is asked. No audition takes place; rather, the board of directors makes recommendations based on feedback from performances at the state conference in January 2020.

The orchestra performed Dec. 15 with the esteemed conductor Georgia Ekonomou, and met the composer of one of the pieces, Adrian Jordon, right before the performance. The orchestra was originally scheduled to play in 2020 but

it was rescheduled to 2021 due to the pandemic.

GIRL SCOUTS MAKE DONATIONS

Girl Scout Troop 55694 conducted a food drive in December to benefit HCS Family Services.

They delivered bags of diapers, canned goods, toiletries and a check for \$300.

The troop also donated \$300 to Lurie's Children's Hospital and \$300 to the Hinsdale Humane Society as part of a Philanthropy Shark Tank activity.

A photo appears online at <https://www.facebook.com/thehinsdalean>.

FOUNDATION FUNDS MENTAL HEALTH

The Community House received a \$15,000 grant from the DuPage Foundation to expand group and indi-

vidual therapy for 30 teens who live in the Willowbrook Corner Community.

The agency was one of six nonprofits in DuPage County to receive a total of \$75,000 for mental health services and programs for children and teens. The grant opportunity developed after the foundation received a \$75,000 gift last year from a donor who wished to remain anonymous and requested the funds be used to support mental health services in DuPage County.

COLLEGE STUDENTS ON DEAN'S LISTS

Several college students from Hinsdale have earned a place on the dean's list or the equivalent for the fall 2021 semester at their respective colleges and universities.

- Nicholas Alfano, University of Iowa
- Ekatarina Antipov,

University of Alabama

- Haley Arnold, University of Iowa

• Christina Aucoin, University of Iowa

• Sophia Biancalana, Belmont University

• Elijah Blacketer, Iowa State University

• Edward Brackett, University of Alabama

• William Bush, The Citadel**

• Sophia Cacciatore, Belmont University

• Meredith Callahan, University of Alabama*

• Jillian Coffey, University of Alabama

• Jacob Duba, Iowa State University

• Tess Ellithorpe, University of Iowa

• Olivia Fix, University of Alabama*

• Jenna Frizzell, University of Alabama

• Juliana Gee, University of Iowa

• Matthew Giacchetti, Emerson College

• Ryder Guido, Belmont University

• Lucy Hawblitzel, Iowa State University

• Joseph Leahy, University of Iowa

• Claire Livingston, University of Iowa

• Haley Lopez, University of Alabama

• Katherine Melvin, University of Alabama*

• Maxwell Midlash, University of Alabama*

• Luke Moran, Belmont University

• Dominic O'Neill, University of Alabama

• Sophie Palo, University of Iowa

• Charles Parse, University of Alabama*

• Matthew Ritz, University of Alabama*

• Julianne Roberts, University of Iowa

• Cade Sweeney, University of Alabama

* *president's list*

** *also received gold star*

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Goudie takes the heat in Chopped kitchen

Hinsdale native wins second battle en route to competing for \$40,000 in final episode

By Pamela Lannom

plannom@thehinsdalean.com

The pressure was on in the second round of “Chopped Casino Royale: Finale.”

Chef Grace Goudie, a Hinsdale native, had incorporated two of her basket ingredients into a spaetzle. But she couldn’t get it to pass through the colander in order to cook it.

“The judges are yelling at me to plate,” she says on the episode. “This spaetzle isn’t turning out the way that I cook spaetzle. I have to get something on the plate. The adrenaline is insane.”

She eventually does get the spaetzle in the pan and on the plate, alongside lamb schnitzel and a fuzzy squash salad.

Judges Amanda Freitag, Tiffani Faison and Christian Petroni enjoyed the schnitzel and the salad but said the spaetzle didn’t have enough of the cheese or mushroom flavor, and the dish needed brown butter all around. Goudie was chopped — but not before beating three other chefs to become a Chopped champion in Battle 2 and one other chef in the finale.

“I tried probably 10 different things,” Goudie told The Hinsdalean Wednesday morning of her struggles with the spaetzle, including a strainer, piping bag and box grater.

“I tell my team this all the time,” she said. “You have to roll with the punches and be adaptable in a kitchen. Things go wrong all day every day.”

“I was trying to do what I teach my team to do — figure it out with what you are given,” she added.

Becoming a contestant

Goudie, a graduate of the Culinary Institute of America in Napa, Calif., worked in restaurants in California — including the three Michelin-starred French Laundry, before opening Scratchboard Kitchen in Arlington Heights in April 2020. She launched her online brand, gracegoudie.



Chef Grace Goudie said she’s used to feeling pressure in the kitchen and working long days, but filming two episodes for “Chopped: Casino Royale” from 5 a.m. to 11 p.m. was exhausting. (photo by LXMGMT provided)

com, in June of that year. Her video-based content caught the eye of the Chopped casting team, and they reached out to her in June 2021.

“It was kind of a bunch of dominoes falling together,” she said. “I happened to be in the right place at the right time.”

With a background in journalism from her undergraduate studies (and exposure through parents Chuck and Teri Goudie of Hinsdale), Goudie said TV is something she’s always been interested in.

“I thought it would be a cool experience as my first national TV spot,” she added.

And yet she knew there was a chance she could be eliminated early in the three-round competition. Chopped chefs must cook an appetizer, entree and dessert using often unusual ingredients from a basket they are given moments before they must start cooking.

“I didn’t know how I would react during the competition with all the pressure. I just kind of went into it with an open mind. My goal was to get past the first round in the first episode.”

And she did, winning all three rounds (see sidebar for basket ingredients and dishes) to become a Chopped champion.

When asked if she was competing for anyone, she pointed to her mom, whom she described as a “bad-a** fierce person” in the finale.

Teri Goudie said Grace, the youngest of five, set out to carve her own path and has done so with creativity, hard work and grit. She enjoyed watching her daughter compete — especially during the dessert round of Battle 2. It reminded her of the time she and Chuck would carve out to read each kid a bedtime book.

“Grace loved the book ‘Thundercake,’ and my heart soared when that turned out to be her winning dish as Chopped champion,” Teri said. “My advice to young parents is to have faith. Every little moment, even reading a book, is a stepping stone to a beautiful life for your child.”

Air time

Goudie said she’s been anxious for the episodes — which she spent a week filming in October — to air, especially with so many people at her restaurant asking how she did.

“Obviously you have to use your poker face and not give away the result,” she said.

With COVID-19 cases rising, she decided not to have a watch party for either episode.

The first aired on Jan. 11.

“Right now with how the restaurant industry is going and the extreme struggle that all the restaurants are having with COVID, I don’t find it responsible to be in a big group, especially when I go to my restaurant every day,” she said.

Goudie said she thought it was “super rad” that all the chefs who made it to the finale are female. Being a woman in the industry is not easy, she said, especially if you are 5’ 4” with bright blond hair and no tattoos.

“I’ve had a lot of struggles in my career through the way I’m treated and the way I’m looked at,” Goudie said. “I don’t look like your typical female chef.”

And yet she was able to hold her own with more experienced chefs, a fact that makes her proud.

“I think if anything I got out of this competition is a boost of confidence,” she said. “I can hang with the best and hold my own with the best even if people have 8, 10 years of experience on me.”

Goudie, who describes herself as a perfectionist, told Tuesday night’s audience she was disappointed after being chopped. But not discouraged.

“I’m going to be back,” she said. “This is not the last of

Winning dishes

Chef Grace Goudie prepared the following five dishes when she competed in the Chopped Casino Royale tournament, the finale of which aired Tuesday on Food Network.

Chefs could roll the dice to trade out a basket ingredient, with even rolls earning a good ingredient and odd rolls earning a more challenging one.

Casino Royale Finale

Appetizer basket:

freeze dried green peppers, chirashi, head cheese and peach vodka

Roll: Goudie kept the basket ingredients

Her dish: chirashi ceviche with green pepper tea and peach vodka ponzu sauce

Entree basket:

vegan lobster, fuzzy squash, rack of lamb and camel milk cheese

Roll: a four allowed her to trade vegan lobster for mushroom ravioli

Her dish: lamb schnitzel with spaetzle and fuzzy squash salad

Casino Royale Battle 2

Appetizer basket:

cookie dough doughnuts, whole coconuts, cocktail sauce, cod milt

Roll: even, earning her wagyu ribeyes for cod milt

Her dish: steak tartar

Entree basket:

cherry wax lips, Chinese okra, bologna breakfast bowl, sea cucumber

Roll: odd, giving her fish heads for wax lips

Her dish: Nashville hot sea cucumber sandwich with polenta

Dessert basket:

bot-targa, finger limes, ketchup seasoning, fat rascals

Roll: even, earning her pear brandy for bot-targa

Her dish: Thundercake



Folksinger John McCutcheon will perform Feb. 19 at Unitarian Church of Hinsdale as part of the 2021-22 Acoustic Renaissance Concert season. See Page 23 for details. (photo provided)

CENTRAL TIME

■ ComedySportz Improv Show

Feb. 3-5
Hinsdale Central High School auditorium
5500 S. Grant St.
<https://www.hinsdaledrama.com>

Laugh along with this comedy improv competition, a no-holds-barred grudge match between Hinsdale Central's finest improv stars. This completely unscripted comedy show is new each night. The show is run in conjunction with ComedySportz, a professional improv company in Chicago, and hosted by an ensemble member of the well-known group. 7 p.m. Feb. 3-4, 5 p.m. Feb. 5. Tickets: \$10.

■ College Selection Process Advice

Feb. 16
Join this online program to receive admissions advice from the college admission departments representatives including Thelbert Snowden of Morehouse College, Christopher Gruber of Davidson College, Melinda DeMaria of the University of Georgia and Keira Vollandt of Tufts University. Join the event

at <https://hinsdale86.webex.com/hinsdale86/j.php?M-TID=mc920a520459b19e153991568aa6e4fb3>; the event number is 2499 095 7056, and the password is uyWkWD6pb33 (89959367 from phones). To join by phone, dial (408) 418-9388 and use access code 2499 095 7056. Time: 6:30 p.m.

FAITH COMMUNITIES

■ Shower of Stoles Exhibit

Through Feb. 4
Redeemer Lutheran Church
139 E. First St., Hinsdale
<https://www.redeemehinsdale.org>

The public is invited to this exhibit of 50 stoles representing the lives of gay, lesbian, bisexual and transgender people of faith. The stoles are from religious leaders in many different faith traditions, and attached to each is the story of that LGBTQIA+ person who is active in the life and leadership of their faith community in some way. Hours: 1 to 4 p.m.

■ Finding Hope in the Midst of Loss

Feb. 18
Avenue Christian Church
5750 Holmes Ave, Clarendon

Hills
<https://ticketpeak.co/kathrineeldridge>

Local flutist Kathrine Eldridge presents this music and poetry recital, featuring selected flute pieces preceded by poetry readings. Images from Eldridge's art journal will be also exhibited during the recital, which explores the losses she has felt during the pandemic while also celebrating the joys that have kept her going through the waiting and the hardships. Time: 7 p.m. Tickets: \$10

FAMILY FUN

■ Greg the Groundhog and Friends

Feb. 5
Little Red Schoolhouse Nature Center
9800 Willow Springs Road, Willow Springs
<https://www.fpdcc.com>
(708) 839-6897

Join in this interactive scavenger hunt adventure on the trails to find Greg the Groundhog and his animal friends. Hours: 11 a.m. to 2 p.m. RR

FOR A CAUSE

Please turn to Page 22

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Simple ways to kick heart-healthy diet up a notch

Millions of Americans follow some sort of heart-healthy diet. Whether it's the DASH Diet or the Mediterranean Diet, these programs all share a common foundation: plants. They may end with lean meats or fish, but they start with fruits, vegetables and whole grains.

These types of diets attempt to lower the percentage of calories from fat and are certainly preferable to the Western pattern diet. But you can feel even stronger and more energetic if you shift to a 100 percent plant-based diet.

Does that sound daunting? It's easier than you think. February is American Heart Month, so what better time to give it a try? Here are four ways to get the most out of your current heart-healthy eating habits.

Make it meatless

We're generally conditioned to think of red meat, chicken, pork and turkey as the main part of a meal.

It's time to change our thinking. By moving meat from main to side dish in your plate, you open up space on your plate for vegetables, grains, sweet potatoes and beans (and yes, you will get a enough protein from these foods).

How to get started?

Rather than make meat the centerpiece of your next meal plan, treat it as a mix-in. When you dice up meat and blend it into a casserole or stir fry or rice dish, you can get away with using (and consuming) less of it, while still getting the flavor you crave.

When you feel ready to take the next step, pick a day of the week to go completely meat-free (i.e., Meatless Monday). Next week, add a second day. Continue adding a new meatless day each week. Once you get into the habit, you'll be surprised how long you can go without meat.

Swap out dairy

With apologies to the state of Wisconsin and dairy farmers, cow's milk is just not good for us. It is full of fat (even the low-fat options) and has casein protein, which has been linked to asthma and certain cancers.

When I suggest cutting back on dairy, the question many of my patients ask is, "How will I get my calcium?" My question in response: "How does the cow get its calcium?" You guessed it, plants! You



Dr. Jack Chamberlin
Healthbeat

can cut out the middleman by getting it directly from the source, especially leafy greens, broccoli, peapods, squash and sweet potatoes.

Many of us, though, like the taste of milk and associate it with ice cream and cheeses. How do you give that up? Luckily, you won't have to.

How to get started?

During your next trip to the grocery store, buy a small amount of a dairy alternative. If you pick up a gallon of milk, take the smallest available container of soy, almond, pea or oat milk as well. If you toss a pint of Ben & Jerry's into your cart, grab a pint of nondairy ice cream, too. This will give you a chance to compare them at home.

With so many brands and options, it might take a couple tests, but you'll find a nondairy alternative that suits you.

Stop cooking with oil

Cooking with oil adds fat to your meal that you don't need. Olive oil is without a doubt healthier than vegetable oil or butter. But if you're still struggling to keep your cholesterol down, you should

try cooking with no oil at all.

How to get started?

Try sauteing vegetables with water or vegetable broth. Add a little at a time until the veggies release their water and keep themselves from sticking to the pan.

Avoid eggs

Despite valiant efforts by the egg industry to convince you eggs are a heart-healthy food, they are not. A single egg contains a full day's worth of cholesterol (they're also a source of fat). If you eat more than one egg per day, your cardiovascular risk can go up by as much as 19 percent.

How to get started?

Breakfast is typically the most impactful place to phase them out of your diet. Try any of these three easy recipes: southwest tofu scramble, hash browns or steel-cut oatmeal with fresh berries (the best breakfast, in my opinion), available online at <https://www.amitahealth.org/blog-articles/heart-care/kick-your-heart-healthy-diet-up-a-notch>.

— Dr. Jack Chamberlin is a board-certified cardiologist with Amita Health.



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MRED Source: *Rolling 12ME 12/31/21 Single family, detached in Hinsdale, sold listings 1/1/21-12/31/21, (Larysa Domino, average days on market) **Rolling 12ME 12/31/21 Single family, detached in Hinsdale, sold listings 1/1/21-12/31/21, Larysa Domino, sold price/original list price +2021, units sold, cross-property residential, Hinsdale. ***Total market shares in Hinsdale 1/1/2020-12/31/2020. **Source: BrokerMetrics MRED 12ME12.7.21, Cross Property, Hinsdale, minimum of 4 transactions *Buy and sell side

PULSE

Continued from Page 18

■ Blood drive

Feb. 10
Westmont Centre
1 S. Cass Ave.
<https://www.RepMazzochi.com>
(630) 852-8633
State Rep. Deanne Mazzochi (R-47, Elmhurst) will host this Versiti blood drive to gather much needed donations. Free COVID and COVID antibody testing also will be available. Walk-ins are welcome, but appointments are strongly preferred. Visit Mazzochi's website or call her office using the information above. Hours: 10 a.m. to 4 p.m. RR

■ Unleashed

Feb. 26
<https://www.hinsdalehumanesociety.org>
This Hinsdale Humane Society virtual fundraiser will offer furry friends and fun from the comfort of participants' sofas. The livestreamed VIP happy hour includes music, trivia, a puppy-cam and a gift mailed to homes. The main event will feature a live and silent auction, a facility tour, meetings with special two- and four-legged guests, and stories from alumni and staff. Times 6 to 6:45 p.m. for VIP happy hour, 7 to 8 p.m. main event. Cost: \$50 for VIP happy hour; free for main event. RR

GAME ON

■ Winter with the Herd Lacrosse

Sundays, Feb. 6-27
East Avenue Training Facility
833 Church Road, Elmhurst
<https://www.villageofhinsdale.org/pr>
(630) 789-7090

Kids ages 8-13 are invited to this program, which is open to players of all skill levels but geared toward introducing new players to the sport. Get ready for the spring season by joining The Herd this winter. Time: 8 to 9:30 a.m. Cost: \$225. RR

GREAT OUTDOORS

■ Cast-Iron Cooking

Feb. 5
Herrick Lake
Butterfield Road west of Naperville Road, Wheaton
<https://www.dupageforest.org>
(630) 933-7248

Help prepare a hearty meal over an open campfire and learn tips for cooking with cast

iron. The program is for ages 8 and up. Participants should dress for the weather and bring water. Time: 10 a.m. to 12:30 p.m. Cost: \$20. RR

■ Greg the Groundhog and Friends

Feb. 5
Little Red Schoolhouse Nature Center
9800 Willow Springs Road, Willow Springs
<https://www.fpdcc.com>
(708) 839-6897

Join in on an interactive scavenger hunt adventure on the trails to find Greg the Groundhog and his animal friends. Hours: 11 a.m. to 2 p.m. RR

■ Groundhog Week

Through Feb. 6
Sagawau Environmental Learning Center
12545 W. 111th St., Lemont
<https://www.fpdcc.com>
(630) 257-2045

Will Sagawau Sam see his shadow on the ski trails this year? Ski by the outdoor exhibits to learn about groundhogs and other winter hibernators. Repeat skiers throughout the week win a prize.

■ Walk & Talk

Feb. 9
Sundown Meadow
South LaGrange Road north of 67th Street, Countryside
<https://www.fpdcc.com>
(312) 533-5751

This hike is for curious minds that want to know more about the forest preserves and natural areas. The 2-mile hike will be led at a slower pace with frequent stopping and interpretation. Time: 1 p.m. RR

■ Romantic Night Walk

Feb. 11-12
Fullersburg Woods
3609 Spring Road, Oak Brook
<https://www.dupageforest.org>
(630) 933-7248

Take a lantern-lit 1- to 3-mile self-guided walk through the winter woods with a special companion at a comfortable pace. Then warm up around a cozy fire. Dress for the weather; flashlight recommended but not required. Hours: 6 to 9 p.m. Cost: \$10. RR

■ Hard Water Classic

Feb. 12
Blackwell Forest Preserve
Butterfield Road west of Winfield Road, Warrenville
<https://www.dupageforest.org>

(630) 933-7248

Compete in the only competitive ice-fishing tournament in DuPage, and then stick around for door prizes and awards. Participants should bring their own equipment and bait. All ages are welcome. Time: noon to 3:30 p.m. Cost: \$20 in advance, \$25 at the event.

■ I Heart Little Red Schoolhouse

Feb. 13
Little Red Schoolhouse Nature Center
9800 Willow Springs Road, Willow Springs
<https://www.fpdcc.com>
(708) 839-6897

Express love for the Little Red Schoolhouse by hiking the 1-mile White Oak Trail and restoring habitats for the plants and animals that live there. Enjoy a cup of hot chocolate and warm up by a fire afterwards. Hours: 11 a.m. to 1 p.m. RR

■ Moon Walk

Feb. 16
Little Red Schoolhouse Nature Center
9800 Willow Springs Road, Willow Springs
<https://www.fpdcc.com>
(708) 839-6897

Let the full moon guide this 1-mile hike on the White Oak Trail. Then warm up by a fire under the night sky. All ages are welcome. Binoculars are recommended; limited pairs will be available to use. Time: 6 p.m. RR

GREEN THUMB

■ Midwest Perennial Plant Symposium

Feb. 5
<https://www.mortonarb.org>
(630) 719-2468

The Perennial Plant Association and The Morton Arboretum are teaming up to offer this virtual symposium with industry-leading professionals as they talk about their favorite plants and the gardens they've found most inspirational. Discover great plants, share ideas with other gardeners and get inspiration for the 2022 growing season. All sessions will be recorded and available to registered attendees six months following the program. Register by Jan. 31. Hours: 8:30 a.m. to 2:15 p.m. Cost: \$90. RR, MD

HEALTH & WELLNESS

Please turn to Page 23

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Continued from Page 22

■ **Knife Skills Demonstration/ Discussion**

Feb. 7
<https://www.wellnesshouse.org>
(630) 323-5150

Professional chef Adrienne Felder will help participants develop their knife skills to make meal prep more efficient. The program is for those on the cancer journey and their loved ones. Time: 6 to 7 p.m. RR

■ **Healing is Always Possible Even When Cure is Not**

Feb. 10
<https://www.wellnesshouse.org>
(630) 323-5150

Therapist and author Kelly Grosklags will share the four mantras of healing, how to incorporate them into daily life and how they can add to quality of living in this virtual program. Grosklags will impart the importance of connecting with others and how families can be together in a simplistic, yet profound way while challenging the belief that hospice is "giving up." Time: 7 to 8:30 p.m. RR

■ **Some Enchanted Evening**

Feb. 11
<https://www.wellnesshouse.org>
(630) 323-5150

Couples are invited to join this very special virtual evening, which will begin by learning to prepare a charcuterie board, followed by a light dinner, music and virtual conversation with other couples. The program is for those on the cancer journey and their loved ones. To register, contact Beth Possley at bpossley@wellnesshouse.org or the number listed above.

■ **Fitness Hike**

Feb. 16
Brezina Woods
La Grange Road south of Cermak Road near La Grange Park
<https://www.fpdcc.com>
(312) 533-5751

This outdoor 6.5-mile hike will be faster paced with little to no stopping or interpretation. Time: 1 p.m. RR

■ **Zumba!**

Sundays & Thursdays through April 28
The Community House
415 W. Eighth St., Hinsdale
<https://www.thecommunity->

house.org
(630) 323-7500

Join instructor Sima Mehta Madhiwala for easy-to follow moves on Sundays and/or instructor Estela Medina's energizing style on Thursdays to decrease one's waistline and enjoy fellowship. This fitness party mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance combining cardio, muscle conditioning, balance and flexibility. Time: 9:30 to 10:30 a.m. Sundays, 9 to 10 a.m. Thursdays. Cost: \$90 for 10-punch card; \$15 drop-in fee. MD

LISTEN & LEARN

■ **Illinois government and politics**

Feb. 10
<https://www.cantigny.org>

The Robert R. McCormick House at Cantigny Park, the League of Women Voters of Wheaton and the League of Women Voters of Central Kane County will host an online presentation featuring Amanda Vinicky, Illinois government and politics correspondent for WTTW-TV, Chicago and a frequent segment host on WTTW's "Chicago Tonight." Vinicky's remarks will focus on current happenings in the Illinois General Assembly and the upcoming primary elections. Questions for the speaker may be submitted in advance to blaimins@gmail.com. Time: 8 p.m. RR

NOTEWORTHY

■ **Violin & piano concert**

Feb. 6
Community Presbyterian Church
39 N. Prospect Ave., Clarendon Hills
<https://www.chcpc.org/concert-series>
(630) 323-6522

Violinist Robert Chen, concertmaster of the Chicago Symphony Orchestra, and Chicago concert pianist Matthew Hagle will perform. The program also will be available via livestream. A free-will offering will be taken. Time: 3 p.m.

■ **John McCutcheon**

Feb. 19
Unitarian Church of Hinsdale
11 W. Maple St.
<https://www.acousticren.com>
(630) 941-7797

Please turn to Page 24

PULSE

Continued from Page 23

John McCutcheon is one of the country's most respected and loved folksingers and a master of a dozen different traditional instruments, most notably the hammered dulcimer. His 30 recordings have garnered seven Grammy nominations. This performance is part of the 2021-22 Acoustic Renaissance Concert season. Shows are available in person or via livestream; the livestream option can be viewed up to two weeks after the performance. Time: 7 p.m. Tickets: \$20.

■ A Night at the Movies

Feb. 19 & 20
McAninch Arts Center
College of DuPage
425 Fawell Blvd., Glen Ellyn
<https://www.atthemac.org>
(630) 942-4000

Maestro Kirk Muspratt will lead the New Philharmonic in performing favorites from award-winning films, including "Gone with the Wind," "Band of Brothers," "Beauty and the Beast," "Midway," "Independence Day" and "Jurassic Park." Post-show MAC Chats are scheduled for both performances. An online streaming option is also available. Times: 7:30 Feb. 19, 3 p.m. Feb. 20. Tickets: \$53, \$51 for seniors; \$53 for one-time streaming.

ON SCREEN

■ 'The Perfect Candidate'

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

In this Saudi Arabian drama, Maryam is a small-town doctor, frustrated with the limits placed upon her because of her gender. She takes matters into her own hands and runs for town council. The election sweeps up her family and community as they struggle to accept their town's first female candidate. Times: 1:30 and 7:30 p.m.

ON STAGE

■ 'All Shook Up'

Feb. 4-6
The Community House
415 W. Eighth St., Hinsdale
<http://www.stagedoorfinearts.com>
(630) 708-7332

The music of Elvis comes

alive in this Stage Door Fine Arts production. Inspired by Shakespeare's "Twelfth Night," the show is set in a small Midwestern town that is thrown into a frenzy with the arrival of Chad, a good-looking, motorcycle-riding roustabout with a guitar on his back, blue suede shoes on his feet and a song in his heart. The repressed town begins to come alive under Chad's influence, all in one zany night that will change

the town forever. Times: 7:30 p.m. Feb. 4 & 5; 2 p.m. Feb. 6. Tickets: \$20-\$25.

■ Piaf! The Show

Feb. 11
McAninch Arts Center
College of DuPage
425 Fawell Blvd., Glen Ellyn
<https://www.atthemac.org>
(630) 942-4000

This show featuring Nathalie Lhermite tells the story of the career of the singer Edith Piaf

through her unforgettable songs in an original scenography and projections of unpublished images. Time: 7:30 p.m. Tickets: \$50-\$70.

■ 'The Best of the Second City'

Feb. 12
McAninch Arts Center
College of DuPage
425 Fawell Blvd., Glen Ellyn
<https://www.atthemac.org>
(630) 942-4000

This must-see show features

the best sketches and songs from The Second City's history, made famous by superstars like Tina Fey, Stephen Colbert, Steve Carell, Gilda Radner, Bill Murray and more, as well as their trademark improvisation. Enjoy a Fannie May chocolate heart and drink specials. Times: 5 and 8 p.m. Tickets: \$30-\$38.

■ 'Agatha Christie's The Secret Council'

Please turn to Page 26



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Edward-Elmhurst
MEDICAL GROUPS

Healthy Driven

Continued from Page 24

Through Feb. 27
Mayslake Hall
1717 W. 31st St., Oak Brook
<https://www.firstfolio.org>
(630) 986-8067

In the wake of the Great War, England is under attack from a Secret Council of its enemies, who are plotting to undermine and subvert one of the bastions of freedom. Can Tommy and Tuppence, Agatha Christi's most dashing and romantic sleuths, thread the maze of mysteries and murders to save the country from the Bolsheviks? Jan. 27-28 are preview shows. Time: see website for full schedule. Tickets: \$49-\$59, \$44-\$54 for seniors, \$20 for students (22 and younger), \$29 for preview shows.

■ 'Naperville'

Thursdays to Sundays through Feb. 27
McAninch Arts Center
College of DuPage
425 Fawell Blvd., Glen Ellyn
<https://www.atthemac.org>
(630) 942-4000

Buffalo Theatre Ensemble presents this play by Mat Smart set in Naperville in 2012 at Caribou Coffee. Anne works on a new project, TC is working his first shift as a new manager and Candice and son Howard are back from Seattle. A day full of cups of coffee and eccentricity lead to conversations revealing the value of community. MAC Chats will be held at 6:45 p.m. before the Jan. 27 show and after the Feb. 4 performance. Times: 8 p.m. Thursdays to Saturdays, 3 p.m. Sundays. Tickets: \$42, \$40 for seniors.

SIGN UP NOW

■ An Evening with Jasmine Guillory

Feb. 16
<https://www.hinsdalelibrary.info>
(630) 986-1976

Join this virtual program with lawyer and bestselling romance novelist Jasmine Guillory as she discusses the importance of real life and the modern rom-com. Her books include "The Wedding Date," "The Proposal" and "While We Were Dating." Time: 7 to 8:30 p.m. RR

■ Not Your Mother's Line Dancing

Thursdays, Feb. 24-April 7
Darien Park District
7301 Fairview Ave.

<https://www.villageofhinsdale.org/pr>
(630) 789-7090

Learn to line dance to country, pop, rock, oldies and current hits using a pattern of steps that repeats throughout a song. Time: 6:15 to 7:30 p.m. Cost: \$50. RR

STEPPING BACK

■ Quilts and the Underground Railroad

Feb. 8
<https://www.hinsdalelibrary.info>
(630) 986-1976

Historian Connie Martin will discuss how fugitive slaves and abolitionists used patterns and stitches in quilts to signify escape routes to the North in the virtual Hinsdale Public Library program "Pre-Civil War Quilts: Secret Codes to Freedom on the Underground Railroad." The one-hour, multi-media experience is based upon Martin's mother's book, "Lizzie's Story: A Slave Family's Journey to Freedom," and will include family stories of how quilt codes were kept and used by her ancestors. Time: 7 to 8:30 p.m. RR

TEENS & TWEENS

■ Teen Heart String Art Take Home Kit

Feb. 10
<https://www.hinsdalelibrary.info>
(630) 986-1976

Teens are invited to stop by the Hinsdale Public Library to pick up a string art project kit to make at home. RR

■ Practice Exams: ACT and SAT

Feb. 12
Hinsdale Public Library
20 E. Maple St.
<https://www.hinsdalelibrary.info>
(630) 986-1976

Maximize test day scores by taking a practice ACT or SAT proctored by Nurturing Wisdom. Participants will receive detailed results to help them prep for the official exam. High school students only. Time: 9:30 a.m. to 1 p.m. RR

WEE ONES

■ Animal Adventures

Tuesdays, Feb. 8-22
Lake View Nature Center
17W063 Hodges Road,

Please turn to Page 28

THE KIDSDALEAN

A little bit of fun for our younger readers

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

THIS WEEK'S WINNER
of a Kid's Pizza Kit
from Altamura Pizza is:
**MARGOT
PACKER**

THIS WEEK'S QUESTIONS

1. Who is the contributing columnist this week?
2. What page is 'police beat' on?
3. Name 2 things that Kramer Foods has on sale.
4. What sport is on our first sports page?
5. Who is the editor?

Who's Havin' a Birthday?
Send in your birthday
and you may be listed
in our Page 4 greeting.

Name: _____ Birthday: ____/____/____
Address: _____
Answers:
1. _____
2. _____
3. _____
4. _____
5. _____

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



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AT THE FOREFRONT
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Pet pic of the week

Koko is a gray and white cat who is ready to meet his new family. He would do well with kids of any age. He's a super snuggly and gentle 3-year-old whose adoption fee is \$75. The Hinsdale Humane Society Tuthill Family Pet Rescue & Resource Center has re-opened to the public. Hours are noon to 6 p.m. Thursdays and Fridays, 10 a.m. to 4 p.m. Saturdays and Sundays and 1 to 8 p.m. Wednesdays. Capacity will be limited to about 20 visitors. Interested adopters are encouraged to fill out an online application at <https://www.hinsdalehumanesociety.org> before arriving. Call (630) 323-5630 for more information. (photo provided)



Continued from Page 26

Oakbrook Terrace
<https://www.villageofhinsdale.org/pr>
 (630) 789-7090

Kids ages 4-6 will be introduced to the wonderful world of animals and their habitats. Through creative exercises and hands-on learning, children will discover the wonders of natural spaces and the animals that call those places home. They should dress for their adventures in weather-appropriate clothing, as the program often will be held outside. This is a drop-off program. Times: 8:45 to 10:45 a.m. or 12:30 to 2:30 p.m. Cost: \$54. RR

■ Soccer/T-Ball Combo

Mondays, Feb. 21-March 21
 Madison School
 611 S. Madison St., Hinsdale
<https://www.villageofhinsdale.org/pr>
 (630) 789-7090

This class for ages 3-4 will provide an introduction to soccer and T-ball, socialization, teamwork, following directions and key motor skills. Having

fun will be the focus in this noncompetitive environment. The first three weeks will cover soccer, the second three, T-ball. Parent participation welcome. Time: 4:30 to 5:20 p.m. Cost: \$48. RR

■ Kid Rock II

Tuesdays, Feb. 22-March 22
 Clarendon Hills Community Center
 315 Chicago Ave.
<https://www.villageofhinsdale.org/pr>
 (630) 789-7090

Kids ages 3-5 will learn together while engaging in fun, creative, music-based activities, using rhythm instruments and movement props. Activities are age appropriate and include songs and rhymes, rhythm and coordination and the development of fine and gross motor, imagination and sensory and listening skills. Time: 11 to 11:40 a.m. Cost: \$51. RR

Key
 RR - registration required
 MD - member discount



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- THE WSJ IN A RECENT ARTICLE ABOUT ZILLOW

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REAL ESTATE SALES

Deeds for the following properties in Hinsdale and Golfview Hills were recorded in DuPage County from Dec. 27 to Jan. 28.

1. 425 E. Seventh St., C. Bruce McLagan Declaration Trust, Jane McLagan and McLagan 1999 Qualified Personal Trust to Anthony Romeo Revocable Trust, Dec. 27, \$2,300,000

2. 241 E. First St., Chicago Title Land Trust Co. to Brian F. and Kristine L. Richards revocable trusts, Dec. 28, \$1,900,000

3. 105 E. First St., 1st Street LP to GO Hinsdale LLC, Dec. 28, \$3,300,000

4. 829 S. Monroe St., Darling Properties LLC to Daniel and Victoria Kwiatkowski, Dec. 29, \$474,000

5. 711 S. Elm St., James and Marcelyn Engler to Hamaav LLC, Dec. 30, \$1,250,000

6. 308 N. County Line Road, Jonathan and Elizabeth Rudersdorf to Leanne Stifflear Revocable Trust, Dec. 30, \$1,175,000

7. 123 Grant St., Peter Corlukato Sirchio Investments LLC, Dec. 30, \$2,400,000

8. 118 N. Madison St., William and Lauren Ward to Jonas Kaminskas, Jan. 10, \$1,060,000

9. 1139 Indian Trail Road, Sandrine Winieke to Old Second National Bank Trust, Jan. 11, \$562,500

10. 5708 Sutton Place, Sean and Jennifer Chaudhry to Evan Davi and Ashley Messina, Jan. 11, \$405,000

11. 41 W. Kennedy Lane, Robert and Michele Janda to Yafei Sun and John Bergamini, Jan. 12, \$825,000

12. 621 S. Stough St., George T. and Sultana P. Tsokolos trusts to Emily Golding and James Rice, Jan. 13, \$852,000

13. 1401 Burr Oak Road, Bonita Paynter and Wilfred

Berning Declaration Trust to JBH Ventures LLC, Jan. 18, \$360,000

14. 5810 Giddings Ave., Diane Wood and Robert Sufi to Louis Chi and Ruth Songcho Chi, Jan. 18, \$795,000

15. 21 S. Thurlow St., Mistie Lucht to David Matheis and Melanie Shrader, Jan. 20, \$685,000

16. 113 S. Quincy St., Matthew and Erin Hanna to James Johannesen and Melissa Mullaney, Jan. 21, \$775,000

17. 1401 Burr Oak Road, Gail McCarthy and Daniel and Joanne McCarthy trusts to Demetra Douvas, Jan. 21, \$320,000

18. 447 N. Quincy St., Doug and Amy Kaplan to Michael and Nicolle Downing, Jan. 21, \$835,000

19. 941 S. Thurlow St., Victor and Kirsten Bartley to Lubna Khan, Jan. 24, \$1,175,000

20. 2 Salt Creek Lane, OPH 6 LLC to 2 Salt Creek LLC, Jan. 24, \$3,100,000

21. 417 E. Third St., Chicago Trust Co. to Bradley and Patricia Giordano, Jan. 24, \$2,785,000

22. 437 Old Surrey Road, M. Elaine Vandenburg to Sheng Wang and Wenyang Zhang, Jan. 25, \$258,000

23. 9 Camberley Court, Tyler Mallory and Whitney Hastings to Few Wang and Ling Zhang, Jan. 25, \$659,000

24. 1409 Burr Oak Road, Harry Gilbert, Linda Cies and Gilbert Cies Property Trust to Nancy Harder, Jan. 26, \$510,000

25. 923 S. Bruner St., Dolores J. Bjorkman Trust and Glenn Bjorkman to Doug Vana and Iris Huang, Jan. 28, \$660,000

Source: DuPage County Recorder of Deeds

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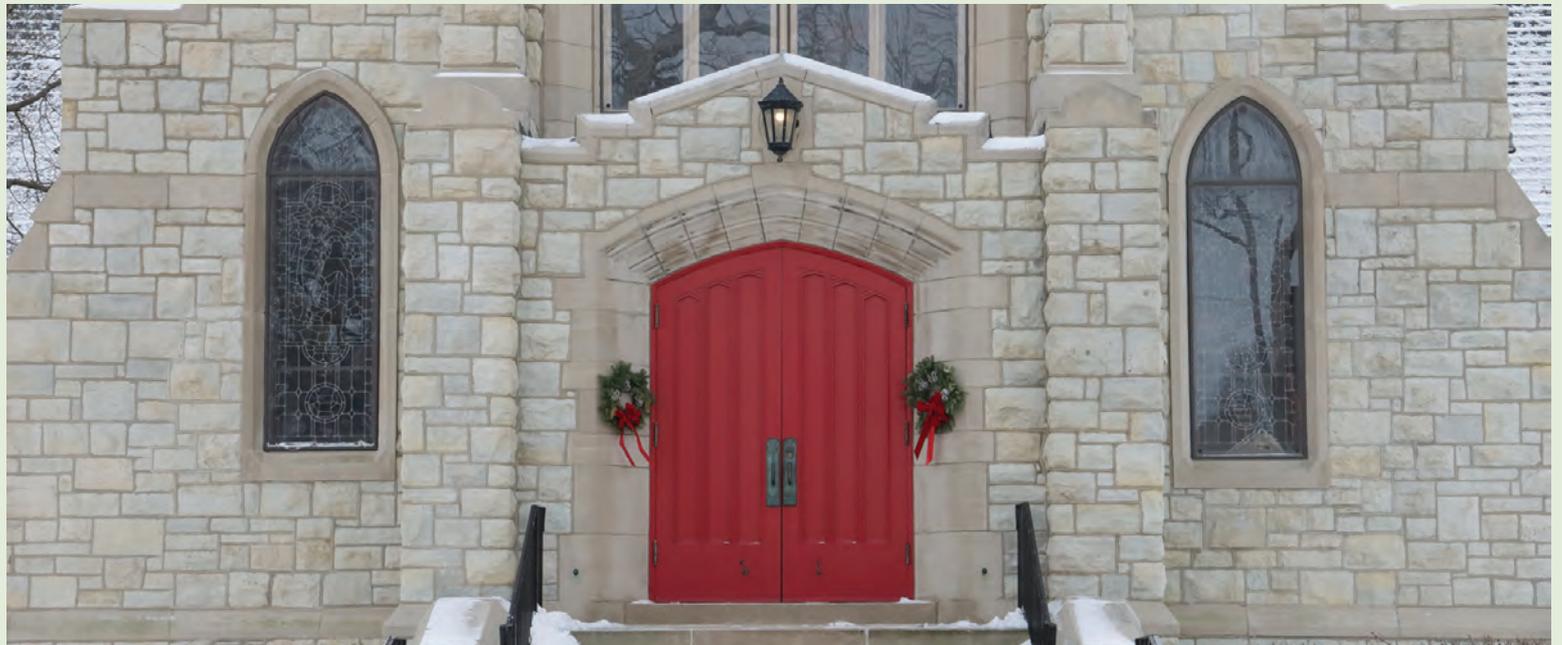
(630) 323-4422
Fax: (630) 323-4220

Hours & Deadlines

Monday - Friday
9 a.m. - 5 p.m.

Classified deadline:
Tuesday 4 p.m. for
Thursday's publication

Email:
tinaw@thehinsdalean.com



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

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

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Laughter is the sun that drives winter from the human face.
 Victor Hugo

Legal Notices

LEGAL NOTICE - VILLAGE OF HINSDALE
ANNUAL APPROPRIATION ORDINANCE PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the Board of Trustees of the Village of Hinsdale will hold a public hearing at 7:00 P.M. on February 15, 2022, in the Board Room of the Memorial Building, 19 E. Chicago Avenue, Hinsdale, Illinois, on the Village's proposed appropriation ordinance, which will serve as the basis for the Village's Calendar Year 2022 Annual Appropriation Ordinance.

The proposed appropriation ordinance will be on file in the Village Clerk's Office for at least ten (10) days prior to February 15, 2022 and copies thereof will be conveniently available for public examination and copying.

Christine Bruton,
 Village Clerk

Published in The Hinsdalean
 February 3, 2022

Equal Housing

It is the intent and goal of this newspaper to have each advertiser who wishes to place a covered advertisement in the newspaper comply with the Fair Housing laws. Any advertisement which is perceived to contain language contrary to these laws will be rejected or changed to remove the offending reference. Every housing advertisement published in this newspaper is subject to the Fair Housing laws.

So, you think you are a REAL HINSDALEAN – January photos



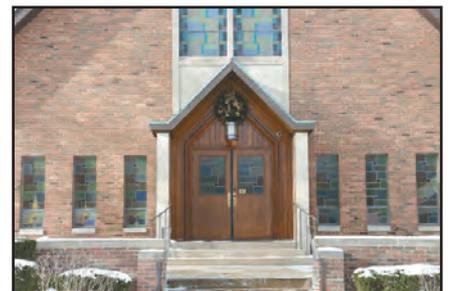
January 6, 2022
HINSDALE COVENANT CHURCH



January 13, 2022
HINSDALE UNITED METHODIST CHURCH



January 20, 2022
FIRST CHURCH – CHRIST SCIENTIST



January 27, 2022
REDEEMER LUTHERAN CHURCH

OUR LUCKY WINNER FROM JANUARY IS:

Karen Fiascone

who will receive an Ultimate car wash gift certificate from Fuller's Car Wash.



MIND GAMES

- ACROSS**
- 1 KITTEN'S CRY
 - 4 OPERA SET IN EGYPT
 - 8 GARDEN INTRUDER
 - 12 EGGS
 - 13 SOME DEER
 - 14 --BITTY
 - 15 CONTAINERS FOR LAUNDERING
 - 17 APPEASE
 - 18 "SO THERE!"
 - 19 PITTSBURGH PRO
 - 21 EMPHASIZE
 - 24 DROOP
 - 25 CHOP
 - 26 PIRATE'S POTATION
 - 28 YOKELS
 - 32 "I'VE GOT -- IN KALAMAZOO"
 - 34 PINNACLE
 - 36 "-- COME BACK NOW, HEAR?"
 - 37 TRIFLED (WITH)
 - 39 PC ALTERNATIVE
 - 41 ROMAN 151
 - 42 "-- THE SEASON ..."
 - 44 NASA VEHICLE
 - 46 CRITIC'S ESSAYS
 - 50 PART OF DJIA
 - 51 SEND FORTH
 - 52 GIVE A FADED LOOK TO, AS JEANS
 - 56 LETTUCE VARIETY
 - 57 THINK (OVER)
 - 58 HBO RIVAL
 - 59 SHELTERED
 - 60 BETWEEN JOBS
 - 61 LAYER

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15			16						17			
		18				19		20				
21	22				23		24					
25				26		27		28		29	30	31
32			33		34		35		36			
37				38		39		40		41		
			42		43		44		45			
46	47	48				49		50				
51					52		53				54	55
56					57					58		
59					60					61		

- DOWN**
- 1 TRIM THE GRASS
 - 2 ACTRESS LONGORIA
 - 3 REMOVE BY CLEANING
 - 4 TENNIS LEGEND ASHE
 - 5 DEBTOR'S NOTE
 - 6 SOCIETY NEWBIES
 - 7 ADMIN. AIDES
 - 8 KNOW-IT-ALL
 - 9 AND OTHERS (LAT.)
 - 10 DIMINUTIVE SUFFIX
 - 11 COLOR WORKER
 - 16 DINNER FOR DOBBIN
 - 20 CORN SPIKE
 - 21 EXCELLENT, IN SLANG
 - 22 TOY BLOCK NAME
 - 23 PLACE
 - 27 MAY HONOREE
 - 29 AFTERMATH
 - 30 VOGUE RIVAL
 - 31 THIN CUT
 - 33 BEATLES CLASSIC
 - 35 STANDARD
 - 38 CONK OUT
 - 40 PAMPER
 - 43 SAGE
 - 45 FARM FEMALE
 - 46 COUNTRY'S MCENTIRE
 - 47 ACTOR JANNINGS
 - 48 UNSPOKEN FEELING
 - 49 GULF WAR MISSILE
 - 53 UNWELL
 - 54 YON MAIDEN
 - 55 SWEETIE

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

Weekly SUDOKU

by Linda Thistle

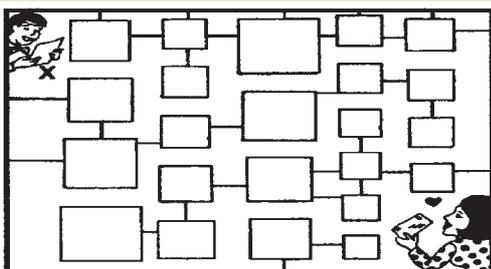
	2			7				4
1					2		3	
		8	3				9	
4				2				7
		2	6				8	
	5				8			1
		1		4				7
5					9	4		
	7		5					6

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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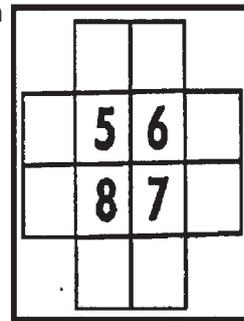


SEE-MAIL! See how quickly you can eyeball a route that delivers letter from bottom right to top left.

CACHE 26! Four numbers—5, 6, 7 and 8—shown in the diagram, at right, total 26. Indeed, blanks may be filled with missing numbers 1-12 so that a dozen or more foursomes totaling 26 appear.

Here's how: Place 4 and 11, left to right, at top; then, clockwise, 3, 10, 2, 9, 1, 12, in that order.

Now, just for fun, check out foursomes totaling 26, both across and down, in boxes and straight lines.



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

HOROSCOPES

February 2022 Horoscopes • Week 2



CAPRICORN – Dec 22/Jan 20
Activities that have you working in a group go as planned, Capricorn. Your willingness to work with others and set a good example is highly valued.



ARIES – Mar 21/Apr 20
Aries, you may be feeling romantic lately, but there will be little time to act upon it. Bide your time for a week or two until you can spend time with a special someone.



CANCER – Jun 22/Jul 22
Cancer, you may need to tighten the purse strings in the days ahead. Limit purchases only to the necessities for the next few weeks until you feel more secure.



LIBRA – Sept 23/Oct 23
Libra, your talents will be in high demand in the days and weeks ahead. Take things one task at a time and embrace the responsibility and trust.



AQUARIUS – Jan 21/Feb 18
Aquarius, a brief separation from someone special in your life has you feeling melancholy. Surround yourself with friends to brighten your mood as much as possible.



TAURUS – Apr 21/May 21
Taurus, craft an eclectic guest list for an upcoming party you're hosting. The more points of view you can hear, the more engaging the event will be.



LEO – Jul 23/Aug 23
Leo, bring people together is your specialty. Put your talents to use and encourage friends and family to get together for some fun. The party will be welcomed by all.



SCORPIO – Oct 24/Nov 22
Scorpio, you usually are outgoing, but this week you may feel shy and reserved. Stick closer to home if you're not feeling the social scene right now.



PISCES – Feb 19/Mar 20
Treat yourself to a meal at a favorite restaurant or go on a little retail therapy spree. You deserve a little pampering.



GEMINI – May 22/June 21
Gemini, a loved one needs you and you're the right person for the job. Find a way you can lend a hand. Your efforts won't go unnoticed and pitching in will prove its own reward.



VIRGO – Aug 24/Sept 22
Someone in your life could be at a crossroads, Virgo. Lend an open ear if he or she needs to talk. Your support will be well-received and reciprocated when the time comes.



SAGITTARIUS – Nov 23/Dec 21
Sagittarius, now is the time to spread a little good cheer. Let others know how much you care and encourage them to do the same. This will have a positive effect on everyone's mood.

SPORTS

Spartans clinch two conference championships in one night



Both the Hinsdale Middle School seventh- and eighth-grade boys basketball teams beat their opponents Friday night at HMS to win their West Suburban Middle School Athletic Conference titles. The seventh-grade Spartans defeated Clarendon Hills Middle School 36-30, and the eighth-graders defeated Bryan 32-27. Seventh-graders J.J. Rastorfort (top row), R.J. Lewis and Cam Linn drive to the basket. Eighth-graders Cullen Bradley (left) and Aryan Bansal (above) contributed to the winning offense. Earlier this season the eighth-grade girls also won their conference title. (Jim Slonoff photos)

SPORTS — ROUNDUP

RESULTS

Basketball, boys

Feb. 1 vs. Proviso West
V wins 62-54
Oosterbaan, 26 points
Collignon, 16 points
Engels, 8 points
Eck, 8 points
Jan. 29 @ Bartlett
V wins 63-54
Jan. 28 @ Downers North
V loses 37-52

Basketball, girls

Feb. 1 @ Proviso West
V wins 66-46

Sarros, 24 points (career high)

Monyek, 18 points
Dolan, 11 points
McLaughlin, 4 points
Sheehan, 3 points
Ahdab, 2 points
Knapp, 2 points
Qiu, 2 points
Jan. 28 vs. Downers North
V loses 38-47
Jan. 27 vs. Hinsdale South
V wins 55-30

Bowling, girls

Jan. 31 @ WSC Head Pin Invite
V places 6th with 4,749 pins
Andersen, 969
Wu, 947
Katsis, 907
Molfese, 905
O'Neill, 869
Vladisavljevich, 848

Gymnastics, girls

Jan. 31 @ IHSA regional
V places 2nd with 135.775 points
All-around

Klobach, 1st, 37.175
Vault
Klobach, 1st, 9.55
Sommers, 3rd, 9.075
Hamelka, 8th, 8.4
French, 15th, 8.15
Uneven bars
Klobach, 1st, 9.15
French, 6th (tie), 8.1
Sullivan, 8th, 8.025
Hamelka, 14th, 7.55
Balance beam
Klobach, 1st, 9.325
Sommers, 6th, 8.55
Koulouris, 10th, 8.2

McLaughlin, 18th, 7.15
Floor exercise
Klobach, 1st, 9.15
French, 5th (tie), 8.6
McLaughlin, 8th, 8.45
Kuznetsova, 9th (tie), 8.35
Jan. 29 @ WSC Silver Meet
V places 3rd with 133.325 points

Hockey

Jan. 29 vs. LT
V wins 7-3
Jan. 28 @ York
V wins 3-0

Instant replay



Hinsdale Central's Eleanor Monyek guards the inbound pass during a Jan. 25 home game against conference rival Glenbard West. Tessa Howe had scored a basket with 40 seconds left to make it 53-53 and

send the contest into overtime. Unfortunately the Red Devils came up short in the extra frame, falling to the Hilltoppers 57-62. (Jim Slonoff photo)

SPORTS

Let the Games begin!

Coaches, winter sports enthusiasts offer Beijing Olympics viewing picks

By Ken Knutson

kknutson@thehinsdalean

The Beijing 2022 Winter Olympics opens tomorrow (wake up at 5:30 a.m. to watch the ceremony live or wait for the taped coverage at 7 p.m.). The Hinsdalean asked Hinsdale Central coaches, the staff at King Keyser and a local collegiate hockey player what events they'll be tuned into over the next 16 days.

Christina Brodell, boys water polo coach

Favorite event: freestyle skiing. As a skier, I love seeing people do insane jumps and tricks on skis.

I'd like to try: bobsledding. I can't think of one experience I've had that would be like bobsledding! I would want to experience something completely out of my comfort zone.

Kim Estoque, girls gymnastics coach

Favorite events: Ice skating and the aerial ski jumpers. I enjoy these because they both have some similarities with gymnastics.

I'd like to try: bobsledding. It looks like it would be a lot of fun sliding down those tunnels of ice.

Jason Hayes, wrestling coach

Favorite event: cross-country skiing, due to the cardiovascular endurance that is needed to compete at an extremely high level.

Alex Hipskind, boys bowling coach

Favorite event: curling, because it's like bowling on ice.

I'd like to try: biathlon or ski jump. It seems impossible to succeed at either but is so impressive to watch.

Jaden Johnson, University of Maine hockey recruit

Favorite events: ice hockey, alpine skiing and snowboarding. They are all super fast-paced and makes it entertaining to watch. I am excited to watch U.S. hockey player Matty Beniers, the second overall pick in last year's draft who plays at the University of Michigan and has a high hockey IQ and is a creative player.

Dan Jones, athletic director

Favorite event: downhill skiing. I like the speed and intensity. Ice hockey is second — I love hockey.

King Keyser crew

• Rick Johnson

Favorite event: watching Casey Larsen compete in ski jumping. He is from Barrington, and we used to take care of and tune his skis before he made the U.S. national team. And watching Mikaela Shiffrin, one of the best ski racers of all time. And who isn't going to root for the Jamaican bobsled team, qualifying for the first time in 24 years?

• Carolyn Johnson

Favorite event: downhill skiing, especially Mikaela Shiffrin. Especially after her dad just passing away and her almost quitting skiing.

• Emily Johnson

Favorite event: halfpipe with Olympic champion Chloe Kim. And the big air event.

• Jim Loufman

Favorite event: I'm going to say curling.

Jess Krueger, boys golf coach

Favorite events: downhill skiing and Super G. I love the speed, the danger, the skill, the nerves, the concentration required and it is just you and the mountain.



The crew at Hinsdale's King Keyser, including Rick and Carolyn Johnson (from left), Henry Deleon, Emily Johnson and Jim Loufman, are geared up for the start of the Beijing 2022 Winter Olympics. (Jim Slonoff photo) Hinsdale native and prep hockey standout Jaden Johnson is looking forward to watching the Team USA hockey squad compete against the best in the world in pursuit of a gold medal. (photo provided)

Tony Madonia, girls soccer coach

Favorite events: freestyle skiing and ski jump. I just cannot imagine how difficult what they are doing really is, especially at that level.

I'd like to try: curling. I am pretty good at shuffleboard, and I think the skill might transfer.

Mark McCabe, girls cross country coach

Favorite events: speed skating, short track skating and bobsled. As an endurance athlete I admire the cross country skiers, but find watching the competition kind of boring.

I'd like to try: bobsled.

Chris Ortiz, girls water polo coach

Favorite events: curling and biathlon. I enjoy watching biathlon because it's incredible how people can stop from a dead sprint, steady themselves to hit a target, then move back to racing. I like curling because of the strategy involved.

I'd like to try: curling. It seems to be the most accessible and something that can be enjoyed with others.

Kelly Stapleton, girls volleyball coach

Favorite events: down-

hill skiing and ski jumping. It is so cool to see how the athletes navigate the course at such high speeds. I enjoy ski jumping because I think the athletes are so brave and it must be so exciting to fly through the air like that.

Brittany Zust, softball coach

Favorite event: curling. The teamwork and tactics are so different from other sports that it really intrigues me.

I'd like to try: curling. I have played shuffleboard many times. It seems similar? Maybe I wouldn't be terrible at it — fingers crossed.

Registration for 2022 NOW OPEN!



Register and Pay Online @ www.hinsdalell.org

A Great Program Right Here in Hinsdale - Details are as follows:

- Fee \$250.00 Per Player
- Registration is for Hinsdale school children born before Sept. 2016 up to age 12
- Registration will close on 2/14, if your son/daughter is not registered before 2/14 they will NOT be able to play

HLL Website - Please follow accordingly:

- Register at www.hinsdalell.org
- Click register from your phone or computer
- Login or follow prompts to create a new account
- Follow steps to register your child

Mandatory Workout Day tryouts - 2/6/22:

- Where: Hinsdale Central High School Field House
- When: Sunday, February 6, 2022
 - 6yo - 8:00 a.m.
 - 7yo - 8:45 a.m.
 - 8yo - 9:30 a.m.
 - 9yo and any older kids new to HLL - 10:15 a.m.
- If you are unable to make your assigned time, please come when you are able.



Coach Volunteers:

- As you register your child, there will be a section where you can volunteer to coach
- You will be subject to a background check
- Please note we cannot guarantee everyone will be able to coach as there may not be enough spaces - we will contact coaches shortly after registration closes



Tentative 2022 Season Schedule

- Registration started 1/11/22
- Registration closes 2/14/22
- HLL draft 3/5/22
- Watch your emails for more info!
- Practices start first week in April (weather permitting)
- Opening Day to be early April

In this market, you want our team on your side of the table.

*Hinsdale's #1 Broker for @properties**

- › Sale Every 3.2 Days In 2021[†]
- › Most Reviewed Broker In Hinsdale
- › 2K+ Transactions Of Experience

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Bryan Bomba & Bryan Bomba Group are synonymous. *Source: MRED, Closed Sales Volume in Hinsdale 2021. †Properties sold includes transaction sides closed in 2021 and scheduled to close in 2021. MRED Data Source for attached and detached properties.