

The Hinsdalean

Thursday, January 30, 2020 • Hinsdale, Illinois • Volume XIV, Issue 19 • 40 Pages • \$1 on newsstands

Community journalism the way it was meant to be



Just the right note — Kasey Quast, a sixth-grader tuba player at Hinsdale Middle School, practices a piece of music with her classmates in the band room at the new Hinsdale Middle School. The added space and technological capabilities are in harmony with instructional objectives, teachers say. Read more in the article on Page 5. (Jim Slonoff photo)



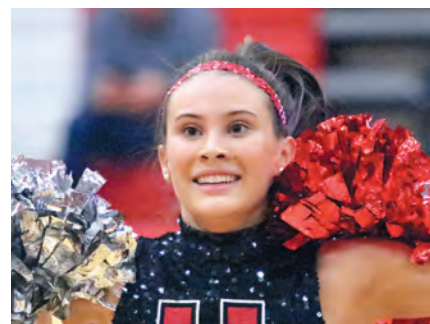
Music rooms at new HMS offer a sound education.

Page 5



New series offers firsthand look at interesting careers.

Page 17



Cheerleaders, pommers add spirit to basketball games.

Page 38





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NEWS

Science teachers voice PCB support

By Ken Knutson

kknutson@thehinsdalean.com

The plan to alter the science sequence at Hinsdale Central High School is backed by science teachers at the school, who say it creates a more effective progression of courses and a better synergy with students' simultaneous math instruction.

Speaking at the Jan. 23 Hinsdale High School District 86 Board meeting, science department chairs and teachers sought to counter community objections to the switch to the so-called physics-first sequence by touting its benefits.

"All of us who are directly involved in it are super-excited about the direction things are going," said Alan McCloud, earth science teacher at Central, standing with fellow members of the science sequencing committee.

The committee was formed in the spring of 2019, including and the under the guidance of outgoing superintendent for academics Carol Baker, to help implement the Next Generation Science Standards

adopted by the state of Illinois to equip students to enter STEM fields. The principals of both Hinsdale Central and Hinsdale South high schools were also on the committee.

The group determined that a physics-chemistry-biology (PCB) sequence should be used at Central as had been practiced at South for several years. The plan calls for freshmen to start with Physics in the Universe rather than the traditional biology, and earth science will be woven into the three courses instead of taught separately.

Dylan Cavanaugh, earth science teacher at Central for 18 years, expressed support for the plan.

"I firmly believe that integration of earth science into the other sciences is the best choice," Cavanaugh told board members. "Students that leave Hinsdale Central and Hinsdale South high schools will be better prepared to be successful."

But critics of the plan say the district has moved too quickly in making the change and that it will limit science options, advocating instead for a selection of science strands. Last

month the district announced it was delaying its implementation of the new sequence at Central, with both PCB and biology available to freshman the next two school years and a full transition to PCB in 2022-23.

Retired high school biology teacher Mark Miller acknowledged PCB benefits for students eying careers in engineers. However, he argued it would be detrimental for those going into life sciences, such as the medical field.

"You cannot teach the entire AP biology curriculum to a student with no prior knowledge of biology," he said. "They need that freshman biology course before they take AP biology. That's why the College Board requires it. I am asking for a choice, an option, for the life science kids."

Retired Central science teacher Dave Fetty said he was a "physics-first skeptic" until witnessing the value of PCB firsthand.

"We had students with an increased satisfaction in the science experience, so that led them to take more science classes," Fetty said. "The number of students enrolling

in AP science classes expanded, and research shows that students that even attempt an AP class have better success in college than students that do not attempt these classes."

Hinsdale South senior Kaitlyn Hurka said she has taken seven science courses under the PCB approach, and it has not inhibited her from getting top marks on AP science tests.

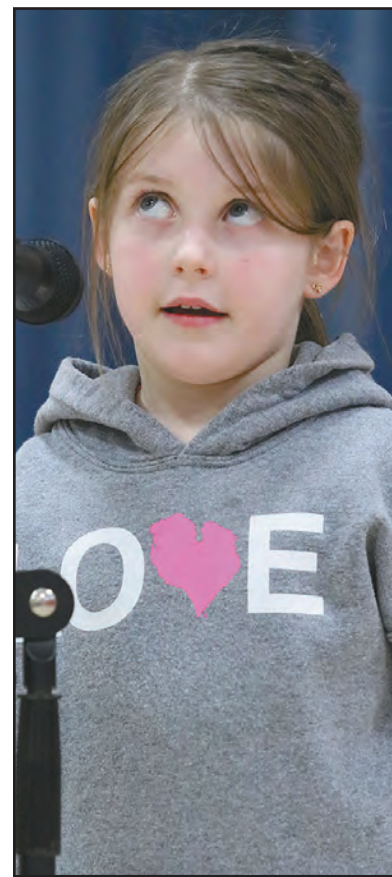
"Instead of taking bio first, which I think can be disengaging for many freshmen, taking physics first allows freshmen to do the hands-on activities and apply what they learn in class to the world around them," she said.

Under questioning from board member Kevin Camden, teachers said they never felt coerced by district leadership into supporting the plan, as some PCB critics have suggested.

Fetty urged opponents to trust the educators.

"Be patient. Support and embrace this change," he said. "It's a wonderful way to teach science. It's very effective, and it'll be the best for our community and our students."

Searching for the answer



Students at The Lane School Spelling Bee took the stage Thursday afternoon to see who would proceed to the district championship. Jude Rastorfer, J.J. Rastorfer, Max Sun and Rossi Urbanek

were among the participants. First place went to James Bednarz, and Advait Balakrishnan came in second. They will both compete in the district bee Feb. 4. (Jim Slonoff photos)

ONCE UPON A TIME



Postcards from the past — This is an unmailed post card from the Hinsdale Historical Society's archives. The photo is taken from the middle of the 100 block of South Washington looking north. The printed description on the back of the card reads, "Washington St., Hinsdale, Illinois. A progressive business district serving a growing community." Do you have a Hinsdale photo that is at least 25 years old? We'd love to share it with our readers. Stop by our office at 7 W. First St. or email it to jslonoff@thehinsdalean.com. (Hinsdale Historical Society photo)



Happy Birthday!

Brian Byrne
turns 10 Feb. 3

IN THIS ISSUE

BUSINESS PROFILE.....	14
CLASSIFIED.....	32
GOOD NEWS.....	13
NEWS.....	3
OBITUARIES.....	12
OPINION.....	10
OUT & ABOUT.....	19
POLICE.....	8
PROFILE.....	9
PULSE.....	17
PUZZLES.....	35
SPORTS.....	38

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Corrections

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

Letters to the editor

Our letters policy is published on Page 11.

Obituaries

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

Photo reprint policy

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

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

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New HMS space sounds great for students

Band, orchestra, choir rooms provide more space, better design for music instruction

By Pamela Lannom
plannom@thehinsdalean.com

Sixth-grade brass students at Hinsdale Middle School are spending their Tuesday morning class playing "Spirit of the Stallion."

"I'm trying a new metro-nome sound, so let's see if we like it," band director George Andrikokus says and hits a button on the Yamaha Harmony Director instructional keyboard. "It's a little bit easier to hear, right?"

The sound of the metro-nome is crystal clear from the speakers in the back of the band room at the new HMS, which opened in January 2019.

The quality of the sound system is even more obvious when he plays a YouTube

video of another band playing. "You heard the crescendo, right?" he asks his student. "Basically all I want you to do is imitate what they are doing."

Having the sound come from the back of the room is an advantage, Andrikokus said. "It encompasses you as opposed to having it come at you," he explained. "That's just a little thing that has made a big adjustment."

All three music rooms (band, orchestra and choir) at the school are equipped with wireless and Bluetooth capabilities that make incorporating technology seamless, Andrikokus said.

"How fast this system works is just amazing," he said.

The ability to record students playing and give them instan-

taneous feedback is big advantage of the new space, orchestra teacher Gretchen Pearson Nerad said.

"That's a capacity we didn't have in the old building unless we used our cellphone," she said.

She still uses her cellphone to take video of the students, which she plays back through Apple TV on the big screen to reveal the students' posture and whether or not they're bowing in unison.

"That's also provided some really good discussions in class and great instant feedback for them," she said.

The new building features separate rooms for orchestra and band and two small practice rooms for lessons. The old school had a shared room

for classes and a small shared space for lessons.

"Now we have space for everyone to teach simultaneously," Nerad said. "That allows us to have the most opportunity to meet with kids and use our schedule to the maximum capacity."

The rooms were designed with built-in storage, which means instruments are less likely to be damaged and teachers don't have to try to supervise students as they run to different places to grab their instruments.

"We have a safe location for every instrument at this point, which is fantastic," Nerad said.

The storage cabinets are acoustically outfitted to deflect the sound, Andrikokus noted.

"Everything is very inten-

■ ASSIGNMENT: HMS

This is another in a series of articles on some of the spaces at the new Hinsdale Middle School.

tional," he said. "The architects did a great job planning this space. Everything we can do to make it easier for kids to hear and listen to each other is the goal."

Choir and drama teacher Ashley Sipka also praised the design team for creating a floor plan that allows her to teach three different types of classes.

"This was an interesting challenge for the architect because my room is used for both general music and drama and choir," she said. "It's not a typical choir room because it had to have desks for written work for general music and drama. I think they did a really good job of meeting me in the middle."

The room has raised seating so choir students can see her direction and hear the piano.

"We use every inch of the space, to be honest," Sipka said, adding that she sometimes takes her students to the stage to sing as well.

"They installed a movable soundproof wall between the stage and cafeteria. Lunch can be roaring on the other side of the wall and I can have a quiet space to actually practice on the risers, she said.

Sipka agrees with her colleagues that the recording feature will be an asset to students, especially when they are trying to polish their pieces for an upcoming concert.

"It's a cool feature," she said, noting that she has yet to be trained on its use. "I've listened to it. The sound quality in here is fantastic."

Nerad said the new space has made a huge difference for students.

"I feel like even when I was going to college, I didn't have spaces like this to play," she said. "It's a really wonderful place to be in and I think the kids really, really appreciate it, especially those that were in the old building. They can really tell the difference."

Andrikokus agreed. "The kids deserve it," he said. "The community deserves it."



George Andrikokus leads his sixth-grade brass class Tuesday at Hinsdale Middle School. The room can accommodate his largest band class, which is 60 to 65 students, and has a variety of acoustic features that benefit students. So, too, does the orchestra room next door, where Gretchen Pearson Nerad was teaching a class Monday. Both rooms also feature storage space for instruments. (Jim Slonoff photos)



NEXT WEEK

Hinsdale Historic Preservation Commission

6:30 p.m. Wednesday, Feb. 5
Memorial Building
19 E. Chicago Ave.

Hinsdale Village Board

7:30 p.m. Tuesday, Feb. 5
Memorial Building
19 E. Chicago Ave.

Board sends plan for senior living to commissioners

By Pamela Lannom

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Hinsdale residents will have the chance to offer their input on a proposed senior living complex at a March public hearing before the Hinsdale Plan Commission.

Trustees Tuesday referred to the commission the application for a \$95 million senior living development on a portion of the IBLP property at 707 W. Ogden Ave. Ryan Companies wants to build Clarendale of Hinsdale Senior Residences, a 262-unit, 330,000-square-foot complex on about 17 acres north of Ogden and west of Adams Street.

The developer is requesting a change in zoning (institutional buildings to residential), a change in the zoning code to allow a planned unit development in a residential district on a 15-acre lot instead of the required 20 acres and PUD approval for the 16.8-acre site.

"This is a complicated project," Trustee Luke Stifflear said.

Trustees, who voted 5-1 to refer the project, said they think this type of development is needed. But they questioned its size, setback from Ogden Avenue, height, architecture and public benefit.

Trustee Scott Banke said the proposed architecture is inconsistent with other buildings in the village and questioned whether it is appropriate for a site that serves as a gateway into the village.

"As Ryan is making an investment in the village, the village is also making an

investment in Ryan," Banke said.

Trustee Laurel Haarlow, who voted no, raised many objections to the project. She also said she believes the village should look into ways to finance purchase of the property — the largest undeveloped piece of land of its size in Hinsdale — for use as a park.

"I don't think it's the best use of this land for the village," she said.

Trustee Matt Posthuma agreed a park would be the best use in an ideal world but questioned whether that would be financially realistic. He encouraged the developer to discern the theme of trustees' comments.

"I think we're looking for something that is a little more understated, a little more subtle," he said. "We're not looking for some large, institutional, behemoth of a building."

Village President Tom Cauley encouraged Ryan Companies to take trustees' concerns seriously. Dave Erickson, vice president of real estate development for Ryan, said he would.

"We'll listen and there is clarity based on the feedback tonight, so I appreciate it," he said.

After plan commissioners hold a public hearing on the concept plan, they will deliberate and then make a recommendation to the village board. If the village board approves the concept plan, the developer will need to return with a detailed plan that also must be reviewed by the plan commission and approved by the village board.



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Jury: Sanders guilty of Urban's murder

Prosecutors will seek life sentence for Sanders and credit police, public for their work

By Susan Sarkauskas
of the Daily Herald

A jury Friday found Dominic Sanders guilty of first-degree murder, home invasion and residential burglary in the slaying of Andrea Urban of Hinsdale in 2017.

It called the murder especially brutal or heinous, which means Sanders is eligible for a natural life sentence.

The jurors believed the prosecutors' argument, that Urban was killed in a vicious outburst of rage during a burglary of her home, and not the defense argument, that somebody else killed her later that day, after Sanders stole and sold two of Urban's rings.

DuPage County State's Attorney Robert Berlin announced afterward that his office will indeed seek a life sentence for Sanders.

Urban's daughter, son, mother, brother and other friends and relatives were in the courtroom for the verdict.

Urban's son, Alexander "Sasha" Kuznetsov, gave a brief statement at a news conference.

"We are very grateful to the wonderful police officers on this case and to the prosecutors for the verdict they achieved on this case," he said. "It is a nice relief for our family right now."

Berlin credited the work of his prosecutorial team and of the police officers from Hinsdale, Burr Ridge, Downers Grove and other departments that investigated the case. He also credited the residents of Hinsdale who, when they learned of the murder that day, started calling police to say they had seen something suspicious that day about a man walking around the area.

"It shows how important community is," Berlin said.

Those calls led police to look for video surveillance cameras that might show the man. That ultimately led police to video of the man entering and leaving a parking lot, and a silver Dodge Charger entering and exiting

that lot around the same times. A check of a nearby gasoline station showed a silver Dodge Charger and its driver buying gasoline.

A 40-year veteran Hinsdale police investigative aide knew there was a red-light camera system at Ogden Avenue and Wolf Road in Western Springs, and a check of that gave police a license plate. That led to finding out Sanders was the owner of the car, and a detective's hunch to run Sanders name through a database of pawnshop transaction reports led to the Melrose Park shop where the rings were sold.

During closing arguments Friday, prosecutors painted a picture of Sanders casing houses to burglarize the morning of May 4, 2017, entering Urban's house because he thought no one was home, and then beating her and slashing her throat from behind when she discovered him.

DeLaMar repeated a statement made by Sanders when

he was arrested and questioned by police 20 days after the slaying, in which he admitted stealing the rings and said he immediately wanted to go back and apologize, but feared Urban would call police.

"That's why he took that knife and slit her throat and hit her with the knife" so hard she suffered skull fractures, he said.

But senior public defender Teresa Rioux argued the timeline the state presented, with videos from a bank, parking lots and a house, indicate Sanders couldn't have had the time to walk from where he parked, get to Urban's house blocks away, burglarize and murder her and get back in the time presented.

She raised doubts about the storage of one of Sanders' shoes, on which authorities say they found drops of Andrea Urban's blood, suggesting they might have come into contact with other collected evidence. The shoes were collected when Sanders was arrested.

She noted that aside from

the large amount of blood on the kitchen floor, there were no bloody footprints, that Urban's purse and wallet were still in the kitchen and that of fingerprints suitable for testing, none belonged to Sanders.

The home, including the kitchen, appeared tidy.

"It doesn't appear there was a struggle with a stranger," Rioux said.

She suggested Urban might have been wearing the rings that day, took them off to do some weeding and put them on a ledge inside the front door. Urban's son had testified only mail was put on that ledge, and her daughter testified the rings, which were family heirlooms, were stored in a dresser cabinet in Urban's bedroom.

Sanders told police Urban's front door was unlocked, and that he opened the door, saw the rings, leaned in and took them.

This article is reprinted with permission from the Daily Herald.

Hinsdale trustees agree to hire 5G consultant

By Pamela Lannom
plannom@thehinsdalean.com

The Hinsdale Village Board signaled its support Tuesday for hiring a consultant to review any applications for 5G installation the village receives.

Trustees are expected to approve a contract next month with MSA Municipal Services Associates, which will bill the village on a sliding scale depending on the type of application review necessary (\$650 to \$3,000). Any other services will be billed at \$170.

All costs will be covered by the appli-

cant, noted Trustee Luke Stifflear.

"State law provides that we pass that cost down to the telecommunications providers," he said.

The Small Wireless Facilities Deployment Act (Senate Bill 1451) prevents the village from prohibiting, regulating or charging for the collocation of small wireless facilities, which must be treated as permitted uses. The only thing the village can control is aesthetics.

Stuart Chapman, MSA's president, complimented the village on the aesthetic standards it has in place for small

wireless facilities.

"To be honest, they're far beyond what many communities have. The village really did its homework on those," he said.

The village not received any applications, but neighboring Western Springs has. The Western Springs Village Board denied the application, citing a number of reasons, Village President Tom Cauley said.

Stifflear mentioned that Hinsdale's legislators, state Sen. Suzy Glowiak-Hilton (D-24, Elmhurst) and state Rep. Deanne Mazzochi (R-47, Westmont),

are looking to draft legislation that would give local authority back to municipalities. He noted the efforts of local residents as well.

"We also have a very large number of concerned residents that are actively trying to stop 5G altogether from coming here," he said.

Chapman, who has more than 39 years of experience working on telecommunications project, said his firm works only with municipalities and a couple of nonprofits.

"We don't work with the industry," he said. "We don't represent the industry."



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POLICE BEAT

Hinsdale police distributed the following reports Jan. 21 and 28.

DUI arrest

Slavoljub Slavo Petrovic, 28, 4116 Prescott Ave., Lyons, was arrested for driving under the influence of alcohol, disobeying a stop sign and driving too fast for conditions at 12:15 a.m. Jan. 26 at County Line Road and 47th Street after a single vehicle crash. He was charged and released to appear in court.

Drivers license citations

- Frederick Dun Nu, 44, 718 Bayles Drive, Romeoville, was arrested for driving with a suspended license at 3:25 a.m. Jan. 23 in the 5500 block of South Garfield Avenue. He was charged and released to appear in court.

- Jonathan Avila, 22, 9609 Nevada Ave., Franklin Park, was arrested for driving without a valid license and speeding at 12:48 a.m. Jan. 28 at Route 83 and 31st Street. He was charged and released to appear in court.

Cash taken from deposit

Someone took \$1,006 from an envelope containing a bank deposit that had been placed in a cabinet drawer at a business at 901 N. Elm St. between 1:15 p.m. Jan. 24 and noon Jan. 27. There were no signs of forced entry.

Resident's check altered

Someone forged a check for \$2,500 on the personal checking account of a resident of the 600 block of Chanticleer Lane between 8 a.m. Dec. 24 and noon Jan. 16. The payee and amount had been altered on a check the victim wrote. The incident was reported Jan. 23.

Identify thefts reported

- Someone attempted to open a cellphone account using the information of a resident of the 400 block of South Grant Street between noon Jan. 3 and 10:48 p.m. Jan. 23.

- The credit card information of a resident of the 100 block of Chanticleer Lane was used to purchase more than \$500 worth of fuel pumps, which were delivered to the victim's house. The suspect also attempted to open credit card accounts at Home Depot and Target between Jan. 11-15. The theft was reported Jan. 24.

Fraudulent check written

A customer wrote a bad check in the amount of \$236.52 at King Keyser, 41 S. Washington St., at 5:43 p.m. Jan. 22. The victim presented the check to the bank and was told the account was not valid.

Hit and run reported

Someone hit a car while it was legally parked in the 10 block of East First Street between 6:30 and 7:55 p.m. Jan. 21 and did not leave any information.

Sled taken from porch

A decorative sled was stolen from a porch in the 700 block of Woodside Avenue between Jan. 10 and 14.

Vehicle vandalized

Eggs were thrown at vehicle legally parked on the street in the 600 block of South Monroe Street between 6 and 10:30 p.m. Jan. 16, damaging the paint.

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Landscape showcases architect's legacy

From his Oak Brook office at FGM Architects, John Ochoa can gaze into the past.

Specifically, Ochoa can see Mid America Plaza at the corner of Route 83 and 22nd Street, which he helped design early in his career.

"That was very significant project when I was a young architect," the Hinsdale resident said. "It was a big project and kind of grew my confidence at the time in terms of the scale of projects that I could work on and could handle."

Shortly after the building's 1985 completion, Ochoa responded to a help-wanted ad from FGM, then steadily rose through the firm's ranks from project manager to president to, ultimately, being named chairman/CEO in 2018. The firm's projects primarily are of the public sector variety, so his portfolio abounds with schools, fire stations and park district facilities.

"Literally, every day, thousands of people go to work or go to school in buildings that we designed," he said. "They make communities stronger."

His leadership role affords him

regular opportunities to open clients' eyes to what's possible and spur his staff on to strive for the best.

"You find out that (the job) is really about managing people, and motivating teams to do hard things," Ochoa related. "You help them see things that they weren't able to see themselves and build something that's really transformative for them and their organization,"

With an interest in drawing as an adolescent and exposure to work sites through his father's work as an electrician, Ochoa knew architecture was the blueprint for his career.

"I'm very blessed to be able to work in the profession that I always wanted to be in," he said.

He and his childhood sweetheart, Karen, settled in Hinsdale, not surprisingly picking a fixer-upper he could sink his technical teeth into.

"We bought probably the ugliest ranch house on Quincy Street," Ochoa said. "We were living in the midst of renovation for probably 10 years."

His three boys provided ample Little League coaching and Boy Scout leader roles, and he also served as vice chairman of Hinsdale's zoning board of appeals.

Last October, he was presented with the Gold Medal Award from the American Institute for Architects Illinois for outstanding lifetime service.

"It was humbling," Ochoa said of the honor. "There are a lot of good architects in Illinois. I think it's really a tribute to a lot of the strong people that I work with."

In memory of a former colleague lost to breast cancer, Ochoa in 2002 founded the FGM/Susan Nealey Endowed Scholarship at the UIC School of Architecture. This year FGM marks its 75th anniversary, and Ochoa said there is something gratifying about having a lasting impact on the surrounding community.

"You build things and they're there for a long time, and you get to see what you worked on in a very tangible kind of way," he said.

— story by Ken Knutson,
photo by Jim Slonoff



JOHN OCHOA

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OPINION

EDITORIAL

The Big Groundhog Game prompts reflection

So the Super Bowl and Groundhog Day fall on the same day this year. How crazy is that?

Well, OK, not so crazy since it also happened in 2014 — although this is only the second such occurrence since the game was moved to a February date in 2002. Is it possible to properly honor both occasions, and not give one short shrift, like the fate that befalls those with birthdays near Christmas?

Frankly, we don't care. For us, as serious matters convulse our society on a regular basis, the confluence serves as prime pretext to compile one of our not-so-serious interpretations of village happenings in recent months.

When it comes to football, team chemistry is key to success. Chemistry is also central to high school science, literally, since it fits right between biology and physics. That is, um, between physics and biology. District 86 residents have been picking sides as to the appropriate sequence of the classes. But perhaps the best solution

involves moving chemistry to the front. Or to the back. Or, if English majors like us were in charge, right out of the graduation requirements altogether.

Local groundhogs are undoubtedly in the anti-5G camp, with the prospect of hundreds of new poles protruding into their subterranean lairs. Don't be surprised if on Feb. 2 they stage a mass protest in town, carrying placards proclaiming, "We predict the sun never shines on 5G here!" We're not sure about their penmanship skills or where they'd procure the poster board. But they're also known as woodchucks. Just in case you didn't know.

The opponents on Sunday are the Chiefs and the 49ers, names inspired by their regionally specific histories. That's not always the case in sports, as the NBA's Utah Jazz and Memphis Grizzlies exemplify. The proposed name for the proposed senior housing community on the old Institute for Basic Life Principles site is

Clarendale. Perfect, as it lies near the Hinsdale/Clarendon Hills boundary. And it wasn't even uniquely chosen for this project. That's the national brand for the developer.

Alas, only problem is that it gives primacy to Clarendon Hills on a Hinsdale property. Is Hinsendon so bad? What about Dale Hills? We've got it: Hinsdale's Clarendale of Hinsdale. Win-win.

It's definitely been a rough stretch for the groundhogs as the village parking deck construction and Tri-State Tollway expansion have caused untold displacement. It occurs to us that the former home of the Hinsdale Humane Society stands vacant, if some animal lover was compelled to come to their rescue and partner with the village to offer safe haven. Just think of what Groundhog's Day would become in the village as home of a groundhog sanctuary. So long Punxsutawney Phil. Hello Hinsdale Howard! Or Hubert? Just not Clarendale.

COMMENTARY

Twenty-nine days to opening night and counting

Four short weeks from tomorrow is opening night for "Hinsdopoloy," the 2020 Community Revue.

I've been part of the revue cast for 16 years now. For those of you who aren't familiar with the revue, it's a fundraiser for The Community House held just about every other year. A very talented group of writers and our esteemed director create an original script and rewrite the lyrics to Broadway and popular songs to create a show that pokes fun at all things Hinsdale (wealth, success, wealth, ambition, wealth — you get the idea).

I have noticed a few changes since I made my community theater debut in "Hinsdale: The Reality Factor" in 2004.

First, I am no longer 37 years old. I used to be the new, young cast member, the one who learned all the dance steps quickly. Now I am the returning, much older cast member who learns all the dance steps, but only after days and days

of running them in my kitchen. And now I and other cast members of a certain age discuss things like whether a split sole tap shoe will be more forgiving to feet that have experienced plantar fasciitis.

Jim is in the show, too, and he and I used to practice the dance numbers in the basement of The Doings. We no longer work at The Doings, of course, and no longer have a spacious basement in our building, so we must rehearse in the conference room. We try to do so as often as possible, as this delights all our co-workers. The only thing they love more is hearing us talk about the show.

I don't really have much else to talk about, though, since I spend all of my time working, rehearsing and sleeping, with a few nods toward being a wife and mother.

The good news is I am not the



Pamela Lannom

only cast member with more than a decade of experience. Sara Martin, Dick Johnson and Laura LaPlaca were in the very first Community Revue in 1997.

"I was a year old. I was a little child actress," LaPlaca claimed earlier this week when asked how many years ago she appeared in her first revue.

Our youngest cast member is in her late 20s, as is our new choreographer. Amanda is lovely — and super-positive. She opened her Facebook post Sunday with a note of thanks for all of our hard work and the great things happening while we dance, followed by a smiley emoji!

Then she proceeded to provide 27 lines of notes of areas for improvement.

Our director Dave Heilmann, was a little more, well, direct. He,

too, complimented our effort and then told us only two things are holding us back: lyrics and choreography.

Oh, good. Just those two things. No sweat!

Actually, we are sweating quite a bit, both from vigorous dancing to really fast songs and from panic that we will not remember all the dance steps to the really fast songs. Or the slow ones.

But, as Dave reminded us, all will be well. We will learn it all. Our characters will be believable and funny, our kick lines sharp and (fingers crossed) in unison.

And come Feb. 28, opening night, we'll all wait with anticipation for the curtain to rise, eager to share our little show. And very happy that audience members enjoyed a visit to the open bar prior to watching it.

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

■ First, I am no longer 37 years old. I used to be the new, young cast member, the one who learned all the dance steps quickly. Now I am the returning, much older cast member who learns all the dance steps, but only after days and days of running them in my kitchen.

GUEST COMMENTARY

Especially happy landings

As a former very frequent flier, I've followed the news about Boeing's 737 MAX airplane crisis and the appointment of a new CEO to drive major change. While this news hasn't lessened my confidence in airline safety, it did prompt thoughts of my most memorable flights.



Sally Hartmann

of my wits. By contrast, our kids loved the adventure, and my husband grouched about the delay we'd have getting home. It turned out that "oiseaux" (birds) were to blame.

The second was caused by

an ear-splitting BOOM as we neared the end of a stormy night flight to San Francisco. Later, the pilot calmly told us that the plane was struck by lightning ... but everything was OK. Not so. I was NOT OK until hours later.

The third happened on a Christmas trip to Rochester, N.Y. We could see that it was snowing, but we'd been cleared to land, so all seemed well. Suddenly, the pilot aborted the landing, pulling the plane up. After some time, he explained that the airport was abruptly closed because plows could no longer effectively clear the runways. And, by the way, we were headed to Detroit. We flew there lower and slower to conserve fuel, with me (irrationally) terrified that we'd run out.

Happily, in all three situations, our pilots performed magnificently to land us safely (if not always where we expected). Truthfully, I'm a little relieved on every flight when the wheels touch down, but some landings have been a bit sweeter than others.

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

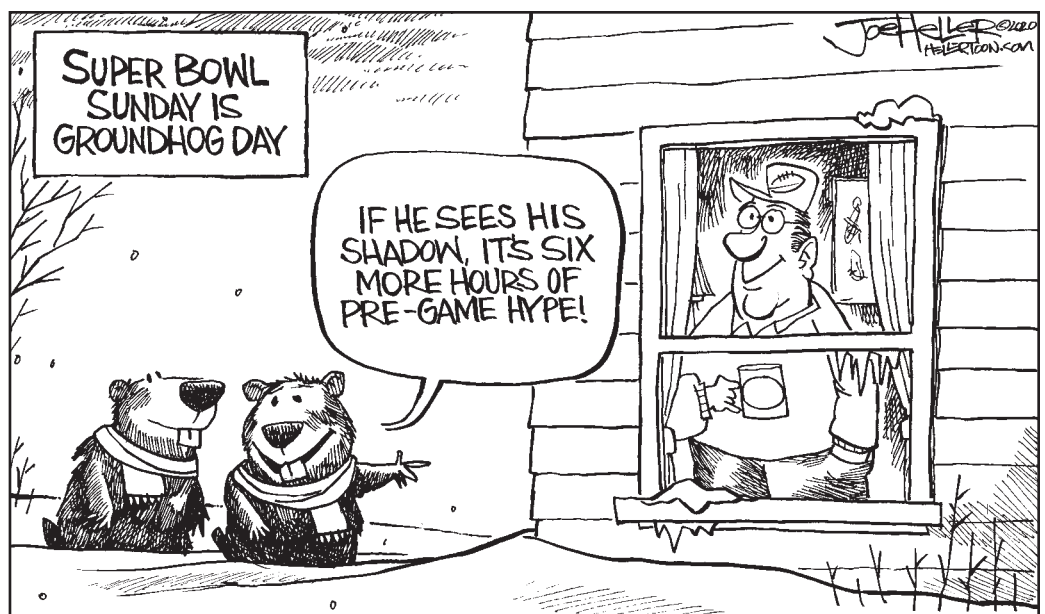
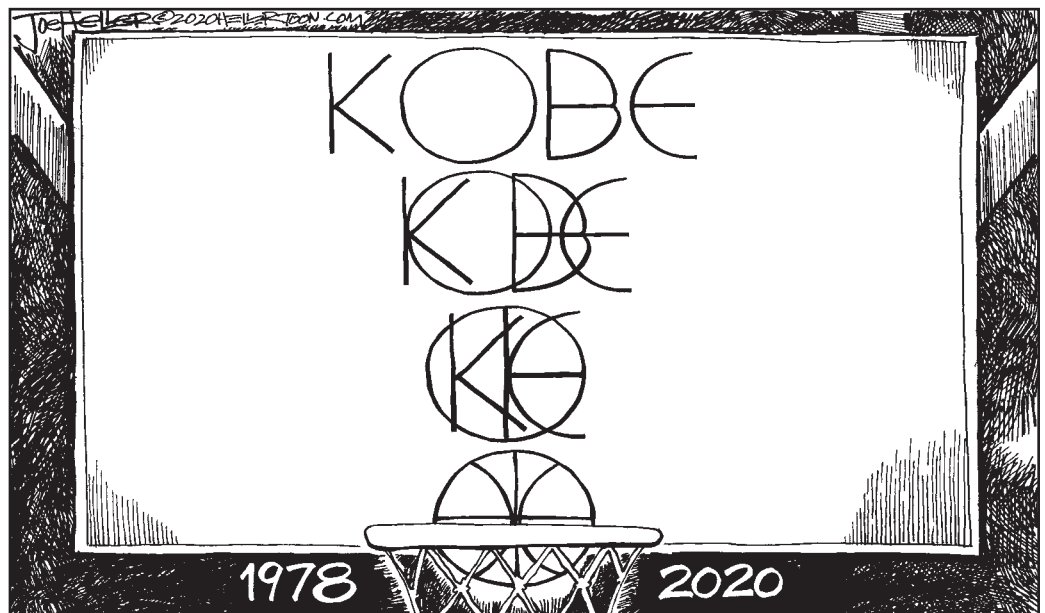
My first plane ride was in 1955 at age 10. When our Memphis relatives visited us in Richmond, Ind., they invited me to drive home with them for a 12-day stay. My exciting return plan was to fly alone back to Indianapolis. How I loved flying in that TWA airplane and being met by an entourage of family and friends!

Since then I've flown for pleasure and business — in the U.S. and abroad — on countless occasions. Like every other frequent flier, I've experienced long delays, turbulence, canceled flights and lost luggage. On only three flights have I been afraid.

The first was in 1981 at the end of my family's dream vacation in France. Shortly after take-off to Chicago, I was horrified to see a substance streaming from the Air France 747's wing outside my window. Eventually, the pilot announced that an engine had malfunctioned, and, before we could return to Paris, we had to dump 50 tons of fuel over the French countryside.

Eyes locked on the "leaking" wing, I was scared out

CARTOONS



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

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- e-mail to news@thehinsdalean.com
- fax to (630) 323-4220
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Letters to the editor, 7 W. First St., Hinsdale IL 60521

Questions?

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OBITUARIES

Jeffrey Michael Anderson

Jeffrey "Jeff" Michael Anderson, 61, of Hinsdale passed away Jan. 25, 2020.

After a week of farewells from his loving family and friends, he leaves behind a legacy of love and humor, enriching the lives of all those who knew him.

Jeff was born in Peterborough, Ontario, in 1958 and was raised in Toronto. He graduated from Queen's University (Commerce) in Kingston, Ontario, in 1981. After a financial career in Toronto and Pittsburgh, he then moved to Chicago and eventually reinvented his career as a senior solutions engineer in the telecom industry.

He left with many fond memories and even more valued friendships. Although there were many retirement plans unrealized with his early passing, Jeff had a full and wonderful life filled with family, friends, travel, sport and a love of the outdoors. Jeff was an antique enthusiast and had a great appreciation and vision for construction and architecture. He certainly managed to pack far more than 61 years of

adventures into his time with us.

He was preceded in death by his father, Doug Anderson; and his mother-in-law, B.C. Collins.

Jeff is survived by his wife of 25 years, Alisa; his children, Meredith, Ben, and Mac; his mother, Carol; his brothers, Dave (Diane) and Bob (Christina) Anderson; his father-in-law, Rip; his brother-in-law, Bill (Patty); his sisters-in-law, Ann and Kim Collins; and many nieces and nephews.

Visitation is from 4 to 8 p.m. Friday, Jan. 31, at Sullivan Funeral Home, 60 S. Grant St., Hinsdale.

A celebration of life will take place at 2 p.m. Saturday, Feb. 1, at Old St. Patrick's Church, 700 W. Adams St., Chicago.

In lieu of flowers, memorials may be made online to the Roswell Park Alliance Foundation at <https://www.roswellpark.org/giving>; Wellness House in Hinsdale at <https://www.wellnesshouse.org> or a cancer charity of choice.

Marie Kaishas

Marie Kaishas, 90, formerly of Hinsdale, died Jan. 22, 2020.

She was born in 1929 in Chicago and was a homemaker.

She was preceded in death by her husband of 62 years, Charles Kaishas; and her brother, the late Fr. John Baggio.

She is survived by her children, Linda (Richard) Nahlik of Hinsdale, John, George (Cindy) and

Paul Kaishas; her grandchildren, Amanda (Eric), David, Matthew (Stacy) and Sarah (Josh); and her brother, Frank (Yvonne) Baggio. Services were held Jan. 27 at Notre Dame Church in Clarendon Hills.

Interment was at Abraham Lincoln National Cemetery in Elwood.

Brian Powell Funeral Directors of Hinsdale handled the arrangements.

Lillian Lorraine Kochevar

Lillian Lorraine Kochevar, nee Wind, 91, of Willowbrook died Jan. 21, 2020.

Lillian was preceded in death by her husband of 64 years, Martin "Bob" R. Kochevar; her parents, Matthias and Theresa Wind; and her siblings, Matthias Wind, Eleanor Anders, Adele Bridges, Helen Bergstrom and Edward Wind.

She is survived by her four children, Martin E. (the late Wendy) Kochevar, Marilyn A. (Patrick) Feeney, Russell J. Kochevar and Laura M. Kochevar; her grandsons, Luke (Hayley) Feeney, John (Colby) Feeney, Michael Feeney, Joseph (Greta) Kochevar and David Kochevar; her great-grandchildren, Thomas, Patrick, Ellen, Jack, Callen, Moura and Lars; and many nieces

and nephews.

As a child of immigrants, she never had the opportunity to know most of her extended family. As a result, she absolutely cherished her role of grandma, great-grandma and aunt.

Memorial visitation is from 4 to 8 p.m. Friday, Jan. 31, at Adolf Funeral Home & Cremation Services Ltd., 7000 S. Madison St., Willowbrook. Family and friends will gather at 10:30 a.m. Saturday, Feb. 1, for a memorial Mass at Notre Dame Church, 64 Norfolk Ave., Clarendon Hills.

In lieu of flowers, memorials may be made to Notre Dame Church, 64 Norfolk Ave., Clarendon Hills, IL 60514.

Monica M. Russell

Monica M. Russell, nee Medill, 95, a former longtime Hinsdale resident, died Jan. 22, 2020.

Monica, who had moved to Libertyville, had a 50-year career as a nurse, nursing educator and administrator, being an early bachelor of nursing graduate in the U.S. But her greatest love and legacy is her family.

She is survived by her children, Deborah (the late Scott) Russell (significant other Curley Stricklin), Jennifer (Jim) Edkins and Heidi (Thomas) McNally; her sister, Shirley (the late Dick) Ruddy; her grandchildren, Daniel Russell, Margaret (Oliver Lagman) Russell, Caitlin (Vic) Ramirez, Jack (Audrey) McNally, Connor (Rachel Shinneman) McNally, Emily Edkins (fiancé Tom Bohac), Greg Edkins and Matthew Edkins; her great-granddaughter, Lula Ramirez; and her 13 nieces and nephews.

Monica was preceded in death by her husband, George T. Russell; her parents, George and Julia Medill; her siblings, Charlotte (Bill) Powell, George T. Medill Jr; Lorraine Medill; and her in-laws, Donald and Mary Russell and Joan and John Freeman.

Visitation is at 9 a.m. Saturday, Feb. 1, at St. Isaac Jogues Catholic Church, 306 W. Fourth St., Hinsdale. A funeral Mass will follow at the church at 10 a.m.

Interment is at Bronswood Cemetery in Oak Brook.

In lieu of flowers, memorials may be made online to St. Jude Children's Research Hospital at <https://www.stjude.org>, or the Alzheimer's Association at <https://www.alz.org>.

Adolf Funeral Home in Willowbrook handled the arrangements.



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GOOD NEWS

HINSDALE ASSEMBLY BALL A SUCCESS

More than 400 guests enjoyed a magical evening Dec. 23 when 22 debutantes and 28 honor guard were presented at the 56th annual Hinsdale Assembly Ball.

Friends and family watched a beautiful presentation performance by the Debutantes and Honor Guard during the event, which raised funds for the Hinsdale Hospital Foundation and the St. Thomas Hospice Bereavement Camps. The Assembly's total contribution of \$200,000 is vital to enhancing this community-based program.

To date, the Hinsdale Assembly Board has contributed almost \$3 million for special projects and the purchase of state-of-the-art medical equipment thanks to the generosity of Debutante and Honor Guard families, members of our community and local businesses.

— Photos appear online at

<https://www.facebook.com/thehinsdalean>.

HINSDALEAN NAMED MANAGING DIRECTOR

Foundation Source, the nation's largest provider of support services to private foundations, has appointed Charlie Tallard of Hinsdale as managing director for its north central region.

In this role, Tallard will work with financial advisors, attorneys, CPAs, single- and multi-family offices, corporations, existing foundations and philanthropically inclined individuals regarding the benefits of a private foundation. His territory encompasses Illinois, Iowa, Minnesota, Nebraska, North Dakota, South Dakota, Wisconsin, Michigan and Indiana.

Tallard has extensive experience in financial services and business development.

"Charlie brings a wealth of expertise to our client advisory and business



Tallard

development efforts," said Katherine Holbrook Biotti, national sales executive for Foundation Source. "We

are very pleased to welcome him to our team. He will be a tremendous asset to our north central region."

Before joining Foundation Source, Tallard spent more than 24 years at FactSet Research Systems, a company that provides financial data and analytic tools. In his last role, he served as a senior member of the institutional sales — hedge funds team. Prior to that, he was a senior vice president and sales manager for FactSet's Midwest region.

Tallard graduated from the University of Wisconsin School of Business with a bachelor's degree in finance and real estate and is a CFA charterholder.

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BUSINESS PROFILE

KAEHLER LUGGAGE

Locks on steamer trunks don't last forever. That simple fact was the start of a family business that's been around for 100 years.

Kaehler Luggage got its start when Walter Gustav Kaehler, a Chicago locksmith, saw potential in not just fixing the trunks commonly used by travelers in the early 1900s, but selling them.

"He got the brilliant idea to start stocking steamer trunks and opened up a store in Evanston," said Buzz Kaehler, the founder's grandson and the business' current owner.

A century years later, Kaehler Luggage is still a family-owned company dedicated to providing quality travel gear. Rather than wooden trunks, the Kaehler Luggage of today is a purveyor of the latest styles in luggage and other gadgets that make being away from home a little easier.

"We think of ourselves as travel enhancers," Kaehler said.

Even as a child, Kaehler spent time working at the family business, but he had no intention of following in the footsteps of his father or grandfather. That was until 1979.

"I saw the opportunity to take

what was really a good business and grow," Kaehler said. A fresh MBA in hand, Kaehler returned to the luggage company and soon introduced its first computer. Soon, he began expanding the business to additional locations, including Hinsdale.

Kaehler Luggage opened its Hinsdale store in 1985. But when the building that originally housed the store on East First Street was to be torn down, the business moved out. With a new building finally in place at 28 E. First St., Kaehler returned to town just a few years ago.

"We're happy to be back," Kaehler said.

To Kaehler and his team, travel doesn't have to involve long distances.

"We define travel as any time you leave your house and have to take stuff with you," he said.

Backpacks, briefcases and lunch boxes to ease a worker's daily commute are all part of the Kaehler inventory.

Along with high-quality, innovative travel products, Kaehler said his family's company has always promised the best in customer service. Staff members know the

products they sell and are happy to help customers find just what they need. Sometimes, that's a product they didn't know existed until talking to Kaehler's staff of experts.

Travelers visiting a Kaehler store in Chicago, Winnetka, Highland Park or Hinsdale will find brands like Tumi, Bric's and ZincFlyte, a line of children's luggage that's equipped with a built-in scooter for on-the-go entertainment.

"It's a unique product that's not available in many places," Kaehler said.

As the family business enters its second century, it also welcomes its fourth generation. Buzz Kaehler's daughter, Lisa, has joined the team. She can sometimes be found assisting customers at the Hinsdale store, carrying on the business that her great-grandfather began.

Most products are available through the company website, but Kaehler said he believes the neighborhood storefront, home to travel gear and experts, will always be important.

"There are a lot of people who like to touch the luggage, to work the zippers," Kaehler said.

— by Sandy Illian Bosch



Buzz Kaehler, third-generation owner of Kaehler Luggage, is marking the company's 100th birthday with special events throughout the year. In February, customers are invited to trade a gently used bag for a discount coupon toward a new Briggs & Riley bag. The donated bags will be filled with new items and given to women transitioning from domestic violence shelters. (Jim Slonoff photo)



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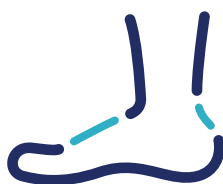
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**Ages
21+**



Helping in the healing

Exploration of a pharmacist's life kicks off series on careers

By Ken Knutson

knutson@thehinsdalean.com

Hinsdale pharmacist Steve Hiemenz said his professional paradigm has less to do with pill dispensing and more to do with patient management. And that's just fine with him.

"My ultimate goal as a pharmacist is to work in a pharmacy that doesn't have any medications on the shelf," he said.

Perhaps that will be reality one day at Elm Plaza Pharmacy, which Hiemenz opened nearly 20 years ago in the medical building at 908 N. Elm St. His day typically starts around 6 a.m.

"I go through and look at the prescriptions I have staged that are due for today," he said.

Each day the pharmacy

prepares about 100 prescriptions, he estimated. As expected, containers of medicine line the shelves behind the counter ready to be packaged. He said special trays organize pills for those with multiple prescriptions or with more than one daily dosage.

"Very few people remember to do anything three times a day," Hiemenz said. "You've got to get to know your patient and find out what works for them and what's not working for them."

For refills, instead of waiting for the patient to call it in, pharmacists take a more proactive approach to promote follow through.

"What we're trying to do now in the world of pharmacy is to try and keep people more compliant,

more adherent to their medications, make sure they're taking them correctly," he said. "We kind of try to drive the bus."

That follows a general shift in the profession to more personalized service.

"Now it's become more of a relationship-based thing, which is pretty cool," Hiemenz related. "I'm really starting to see the pharmacist's role be more defined. It's very little to do with dispensing now and really much more to do with patient care and managing the entire medication process."

One of the ways he extends that care is through compounding, or making customized medications to meet specific needs. They compose a relatively small percentage of his workload

but can make all the difference to the patient. He shared the case of woman who was unable to take regular prenatal vitamins due to her severe allergies.

"We broke the vitamins into what she really, really needed, and we compounded a capsule that she could take without any allergens in it," said Hiemenz, showing the high-tech machine he uses for the tasks.

Now the mom of three, she was effusive in her gratitude.

"She was in the other day, and she goes, 'You can't ever retire!'" he recounted with a laugh. "That's pretty rewarding. For every negative story you hear, there are two or three positive ones."

Hiemenz said he was

■ ON THE JOB

This is the first in an ongoing series in which we explore a profession firsthand.

Credentials

Name: Steve Hiemenz

Occupation: Pharmacist

Education: 5-year bachelor of science from University of Iowa College of Pharmacy, has board certifications in pharmacotherapy and geriatric pharmacy

Years in profession: 33

Biggest challenge: "The paperwork end of things and dealing with insurance companies and what they need to get a medication approved," he said. "Sometimes people get frustrated."

Most rewarding: "Helping people taking the medications the right way, at the right time, at the right dose."



Pharmacist Steve Hiemenz opened Elm Plaza Pharmacy in 2001 at 908 N. Elm Street. Packaging pills is still a big part of the job 20 years later, but he said providing personalized care has become a much more significant dimension of his practice. (Jim Slonoff photos)



drawn to health-related studies as college student.

"But I didn't want to be a dentist," Hiemenz quipped.

At his pharmacy school in the mid-1980s, he graduated after five years with a bachelor's degree, and patient contact was something of an afterthought. Now students take a six-year doctor of pharmacy program and learn customer care from the outset.

"Your first year you're interacting with patients," he said. "I think (today's students) are more prepared for the things that we're asking them to do now."

Those things could

Please turn to Page 18

Helping in the healing

Continued from Page 17

involve home visits, an increasing demand with a greater number of aging citizens that have mobility challenges. He teams with physicians to design the proper treatment — even when his pharmacy isn't filling the prescriptions.

"(A patient) heard that I kind of specialize in looking at patients' regimens and trying to make suggestions and optimize things," he said. "The older we get, the more medications we're looking at. And the more susceptible you are to the side effects of the medication, the more important it is to have people involved in your care process."

Another source of gratification is witnessing the evolution of medicine and the relief rendered to those suffering seemingly intractable ailments. He cited a new migraine medication as an example.

"I had one patient who told me she would spend two to three days every month in the hospital because of a migraine," he said. "Because this medication has been made available to her, she's well on her way to being migraine-free. She's getting days

of her life back that she didn't have before."

Just then a gentleman drops in to pick up his antibiotic prescription.

"One capsule twice a day," Hiemenz instructs. "Twice a day for 10 days. Make sure you take them until they're all gone. When I take this stuff, I like to have food in my stomach."

He employs pharmacy students, imparting wisdom when appropriate.

"I let them feel their own way but jump in and tell them what has worked for me," he said.

Hiemenz seems a bit taken aback at the realization he's in his fourth decade of practice.

"That's scary!" he remarked with a laugh.

And with 19 years at Elm Plaza, Hiemenz has watched children who once delighted at the counter lollipop jar grow up into parents getting medicine for their own families. He said the job is far more than putting pills in containers.

"If that's the relationship you have with your pharmacist, then you need to get a different pharmacist," he said. "I still have fun doing it."

Entry level

Going to the neighborhood drugstore as a child was usually a mixed blessing. The candy selection was eye-popping, and the free suckers beckoned from the counter. But I knew that we'd also be getting something else for me to ingest, and it wouldn't taste like a Dum Dum or a Twix.

So it was a bit of blast from the past stepping into Elm Plaza Pharmacy and seeing the sweets on the shelves, the lollipops jar and the friendly smile of neighborhood pharmacist Steve Hiemenz behind the counter.

Of course now there's a lot more technology back there too, with computers, monitors and the fascinating compounding machine that enables Hiemenz to extend the personal touch to patients.

As someone who never entertained the notion of entering a health-related profession, I was struck by Hiemenz' inclination toward the relational side of his practice. Clearly he's instilled an inviting work environment that has kept assistant Jenny Thomas in his employ for 18 of the 19 years since he opened the pharmacy.

Could I have thrived as a pharmacist? Hard to say. But there's a part of me that wishes journalists had reason to wear those sharp lab coats.

—by Ken Knutson



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ARTFULLY DONE

■ Artist's reception

Feb. 3
The Community House
415 W. Eighth St., Hinsdale
(630) 323-7500
<https://www.thecommunity-house.org>

Enjoy drinks, light appetizers and conversation with photographer/explorer/storyteller Roxanne Engstrom, who shares images from her work in the humanitarian sector and the volunteers who fuel the missions of several nonprofit organizations in Chicagoland. Her inspiring exhibit, *A Wider Family: Images on Volunteerism*, is running in LyArts upstairs gallery space through February. Attendees must be 21 or older. RSVP to jmcdermott@thecommunityhouse.org. Time: 6 to 8 p.m.

■ Block Printing Valentines

Feb. 4
Mayslake Peabody Estate
1717 W. 31st St., Oak Brook
(630) 206-9566
<https://www.dupageforest.org>

Participants will hear the history of mass-produced

Valentines, learn about often-pictured plants and then make their own using block-printing techniques. The program is for ages 18 and up. Time: 1 to 3 p.m. Cost: \$20. RR

FAMILY FUN

■ Prairie Wolf Party

Feb. 1
Little Red Schoolhouse Nature Center
9800 Willow Springs Road, Willow Springs
(708) 839-6897
<https://www.fpdcc.com>

Kids ages 4-10 with an adult will complete canine crafts and take a mammal march on the trails to search for signs of coyote. Time: 1:30 to 3:30 p.m. RR

GAME ON

■ Nerf Flag Football

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

Kids ages 6-8 can tackle the fun with this instructional,

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

GRAND GALAS

■ A Gilded Affair

Feb. 8
Millennium Knickerbocker Hotel
163 E. Walton Place, Chicago
(630) 537-0010
<https://e.givesmart.com/events/du2>

The Hinsdale Junior Woman's Club will host its 2020 benefit to raise money for deserving charities and organizations. The event includes an online auction. Time: 7:30 p.m. to midnight. Tickets: \$185.

■ 'For the Love of Frida'

Feb. 14
Esplanade Lakes
3500 Lacey Road, Downers Grove
(630) 942-4000
<https://www.frida>

Please turn to Page 23



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612 S Lincoln
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408 W 2nd
Hinsdale | \$995,000



644 S Thurlow
Hinsdale | \$883,000

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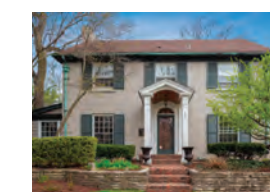
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Hinsdale | \$882,570



821 S Thurlow
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525 E 3rd
Hinsdale | \$843,000



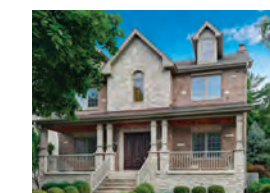
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Hinsdale | \$762,500



814 S Adams
Hinsdale | \$740,000



430 S Quincy
Hinsdale | \$700,000



617 Ravine
Hinsdale | \$672,500



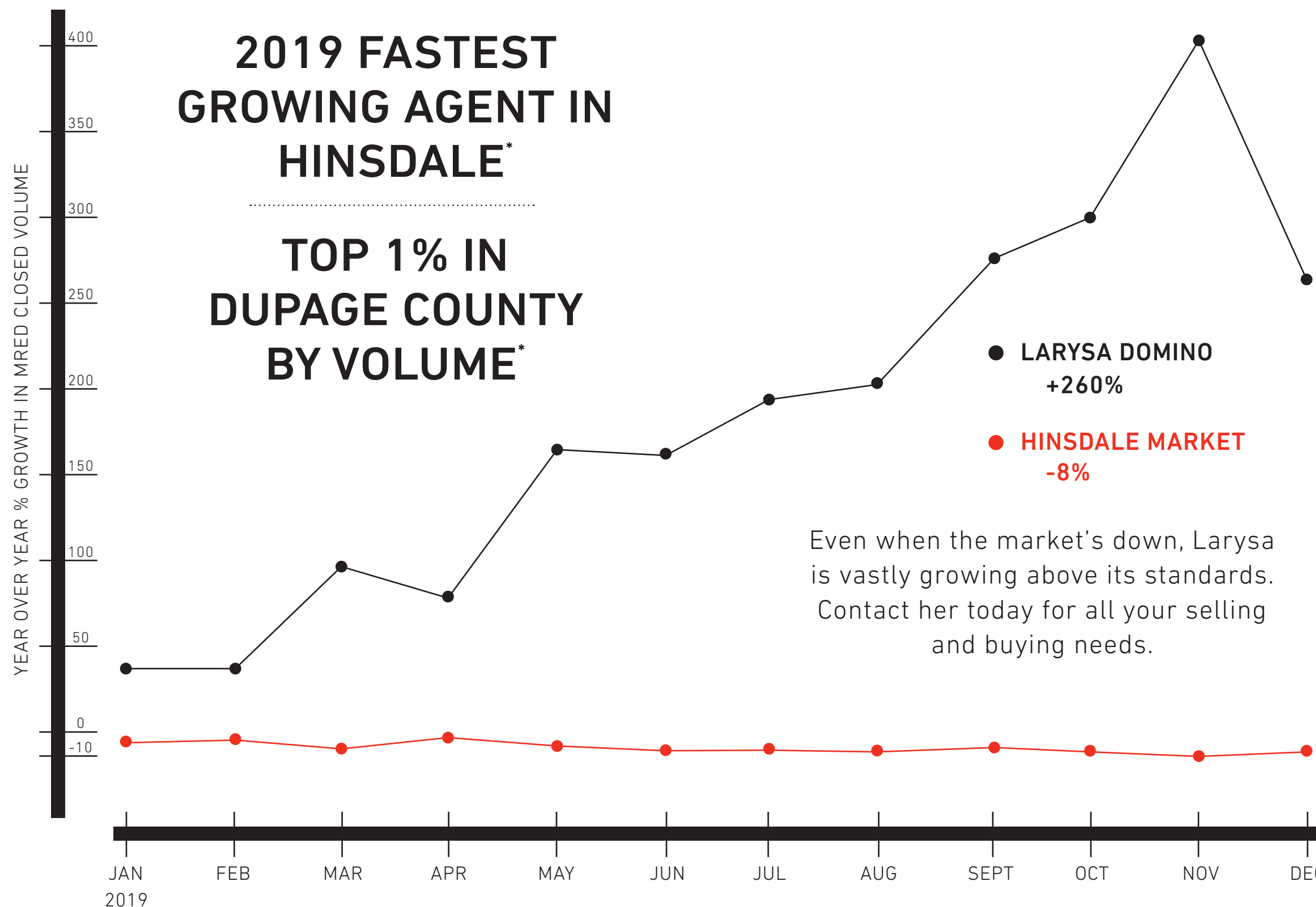
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522 Pamela
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PULSE

Three healthy foods, three to avoid in 2020

If you're like most people who make a New Year's resolution, you want to eat healthier, lose weight or both. And if you're like most of us, your resolve has already begun to teeter.

By Feb. 1, the majority of weight-related New Year's resolutions have been tragically cut down in their prime by unrealistic expectations, fad diets, the frustration of not seeing results and a host of other factors.

Don't give up! Make 2020's resolution the one that sticks. It's easier than you might think, and the first step to getting back on track is focusing your next trip to the grocery store on the best foods for satisfying your hunger and cutting your cravings. Here are the foods you should favor (and the foods you should avoid):

EAT: Protein

Proteins are the building blocks that help build, repair and maintain our tissues and strengthen our immune system. Proteins also help you feel full after a meal and assist in maintaining your metabolism.

Best sources: chicken, eggs and other poultry; seafood; plain Greek yogurt; cottage cheese; tofu

AVOID: sweetened beverages

Drinks sweetened with sugar or "naturally sweetened" spike your blood sugar and insulin response with a concentrated dose of sugar that is quickly absorbed — leading to increased appetite and cravings.

Worst offenders: soda, juice, fancy coffee drinks, store-bought smoothies
Alternatives: carbonated flavored water, coffee with heavy whipping cream or half and half (to avoid "frappuccino withdrawal"), infused water

EAT: non-starchy vegetables

Vegetables are dense in nutrients, rich in fiber, vitamins and minerals and low in carbohydrates. They fill you up with minimal impact on your blood sugar.

Best sources: asparagus, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, green beans, kale, lettuce, mushrooms, onions, peppers, spinach, spaghetti squash, sugar snap or snow peas, tomatoes, yellow squash, zucchini



Courtney Southwood
Healthbeat

AVOID: added sugar

Extra sugar causes a surge in insulin, and high insulin levels cause your body to store fat rather than burn it. Refined carbohydrates also lead to a "crash and burn effect" as blood sugars drop, leading to a bigger appetite and more cravings.

Worst offenders: cereal and snack bars; pre-sweetened yogurts; canned fruit; and condiments, particularly

ketchup, BBQ sauce, honey mustard, French dressing and similar

Alternatives: At the grocery store, "shop the perimeter," where you'll find fresh produce and natural, whole foods. Go in with a list and stick to it, read labels and never shop when you're hungry.

EAT: fat

The body needs fat in order to absorb vitamins A,D,E and K and to heal wounds. Fat is also the slowest macronutrient to be digested, so it promotes satiety and adds flavor.

Choose unsaturated fats (monounsaturated and polyunsaturated) and

avoid trans fat, which significantly increases your risk of heart disease.

Best sources: olive, avocado and coconut oil; nuts and seeds; avocado; butter

AVOID: refined grains

Refined grains, stripped of fiber, are digested and enter the bloodstream rapidly, causing that familiar spike in blood sugar and fat-storing insulin.

Worst offenders: white flour, bread, pasta, rice, baked goods, snack goods, breakfast cereals

Alternatives: Try swapping in riced cauliflower for white rice or edamame pasta for traditional wheat pasta.

Healthy eating and sustainable weight loss are about more than calorie-counting. It's also more than just a matter of "eating less and moving more." A variety of complex physiological and lifestyle-related factors contribute to how we gain weight.

The weight loss experts at the AMITA Health Center for Bariatrics & Weight Loss can partner with you to tailor a safe, easy-to-follow weight loss plan that works for you.

— Courtney Southwood, MS, RDN, LDN, is a practicing registered dietitian with Amita Health.



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Continued from Page 19

givesmart.com

This benefit gala is in support and celebration of the upcoming "Frida Kahlo 2020" exhibition, hosted by the Cleve Carney Museum of Art at the College of DuPage from June to August. The evening will begin with a cocktail reception followed by dinner created by Chicago chef Rick Bayless and featuring Frida Kahlo favorites. Bayless will share insights about the food and its preparation and origins and will greet guests at their tables to sign autographs. There will be silent and live auctions, live entertainment and an open bar. Time: 6 to 10 p.m. Tickets: \$325.

GREAT OUTDOORS

■ Wonders of Winter

Feb. 1
Mayslake Peabody Estate
1717 W. 31st St., Oak Brook
(630) 933-7248
<https://www.dupageforest.org>

org

All ages are invited to discover the fun of visiting a forest preserve in winter through horse-drawn hay rides, ice fishing, geocaching, nature hikes and more. Then warm up inside Mayslake Hall with activities related to forest preserve plants, animals and programs from rangers, naturalists and volunteers. Activities are ongoing throughout the event. Hours: 10 a.m. to 2 p.m. Admission: Free; fees for some activities.

■ Romantic Night Hike

Feb. 7-8 & 14-15
Fullersburg Woods Nature Education Center
3609 Spring Road, Oak Brook
(630) 850-8110
<https://www.dupageforest.org>

Take a self-guided, lantern-lit 1- to 3-mile leisurely or moderate walk through the woods, then warm up with hot cocoa around a cozy fire. Hikers should dress for the weather and bring a flashlight. Snowshoes can be rented on

a first-come, first-served basis for an additional fee. The program is for ages 18 and up. Time: 7 to 9 p.m. Cost: \$10.

■ Hard Water Classic

Feb. 8
Blackwell Forest Preserve
Butterfield Road just west of Winfield Road, Warrenville
(630) 933-7200
<https://www.dupageforest.org>

This event was rescheduled from Jan. 11 in hopes of having better ice fishing conditions. Anglers of all ages can test their skills at this eighth annual DuPage County Forest Preserve District ice fishing tournament. The top three catches of largemouth bass, bluegill, northern pike and crappie will receive gift cards to local sporting goods stores. The biggest catch overall will earn a gas-powered auger or ice shelter. Door prizes will also be awarded. Participants must bring gear and bait and comply with all applicable fishing regulations and tournament rules. Anglers 16 and

older who are not legally disabled must carry valid Illinois fishing licenses. Proceeds support ranger-led recreation programs for special-needs groups, youth groups, Scouts and community resource centers in DuPage County. Time: 11-11:45 a.m. check-in, noon to 3:30 p.m. tournament. Cost: \$20 online, \$25 at the event.

HEALTH & WELLNESS

■ Oral Complications of Cancer Therapy

Feb. 6
Wellness House
131 N. County Line Road, Hinsdale
(630) 323-5150
<https://www.wellnesshouse.org>

Dr. Michael Morgan will discuss the risks, prevention, progression and treatment options for dental and periodontal complications. Time: 7 to 8:30 p.m. RR

HELP WANTED

■ Mentors needed

(630) 570-8284

krusso@hinsdale86.org

Hinsdale Central's Career Internship Program is looking for mentors to provide students with real-world experience to help inform their future career decisions. The program is seeking unpaid internship placements for the summer and/or the 2020-21 school year in which students will work 40 to 60 hours outside of the school day in their field of choice, including accounting, business, finance, health care, law, marketing, medical research, physical therapy, real estate and veterinary medicine. Students must complete an interview prior to taking a position. For information or to offer an internship, contact Karen Russo using the information listed above.

JUST FOR KIDS

■ Lovin' Oven

Feb. 4 or 5
The Community House
415 W. Eighth St., Hinsdale
(630) 323-7500

Please turn to Page 24



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PULSE

Continued from Page 23

<https://www.thecommunity-house.org>

Kids will learn to bake cuisine for their Valentines and gain a couple tricks to use in the kitchen. Each class features gluten-free, dairy-free and traditional recipes. Feb. 4 is for ages 6-9; Feb. 5 is for ages 9-14. Time: 4 to 6 p.m. Cost: \$55. RR. MD

■ Candy Sushi

Feb. 10
Hinsdale Public Library
20 E. Maple St.
(630) 986-1976
<https://www.hinsdalelibrary.info>

Celebrate Valentine's Day early by making candy sushi. Time: 6:30 to 7:15 p.m. RR

LISTEN & LEARN

■ Parent-to-Parent: The Secret of Happy Parents

Feb. 3
Hinsdale Public Library
20 E. Maple St.
(630) 986-1976
<https://www.hinsdalelibrary.info>

Join Indre Jasinkaite to learn the secrets of a happier and calmer life and the keys to being a better parent. Time: 7 to 8 p.m. RR

■ Paying for College Without Going Broke

Feb. 4
Hinsdale Public Library
20 E. Maple St.
(630) 986-1976
<https://www.hinsdalelibrary.info>

Explore the complex world of need-based and merit-based financial aid and learn financial strategies for lowering one's EFC (Expected Family Contribution) along with tips for optimizing admissions and scholarship opportunities. The program is presented by My College Planning Team. Time: 7 to 8:45 p.m. RR

■ 'Screenagers Next Chapter'

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

Filmmaker and physician Dr. Delaney Ruston takes the conversation around screens and teens to the next level with "Screenagers Next Chapter: Uncovering Skills for Stress Resilience,"

including interviews with District 86 students. The film examines the science behind teens' emotional challenges, the interplay of social media and, most importantly, what can be done at school and at home to help them build crucial skills to navigate stress, anxiety and depression in the digital age. It is recommended for those in sixth grade and older and is part of the Community Speaker Series, co-presented by Hinsdale High School District 86 and Community Consolidated Elementary District 181 in conjunction with the District 181 Foundation and The Community House. Times: 9:30 to 11:30 a.m. or 7 to 9 p.m. RR

■ Print from the Palm of Your Hand

Feb. 13
Hinsdale Public Library
20 E. Maple St.
(630) 986-1976
<https://www.hinsdalelibrary.info>

Learn how to send a document from practically any device to the library to print. Time: 1:30 to 2:30 p.m. RR

NOTEWORTHY

■ Heather Pierson Acoustic Trio

Feb. 1
Unitarian Church of Hinsdale
11 W. Maple St.
<https://www.acousticren.com>

Hailing from New Hampshire's Mount Washington Valley, this trio bring their skills, quiet charm and down-to-earth honesty to bear on songs that bring to life the sounds of the streets of New Orleans, the valleys of Appalachia and everywhere in between. Time: 8 p.m. Tickets: \$18, \$16 for students and seniors.

■ Motown Reflections Revue

Feb. 1
Theatre of Western Springs
4384 Hampton Ave.
(708) 246-4043
<https://www.theatreofwesternsprings.com>

This group of professional male vocalists will present a tribute to Motown's greatest hits from such artists as the Four Tops, The Temptations, and other vocal groups. The

Please turn to Page 25



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Reflections have worked with such artists as Mary Wilson of the Supremes, Luther Vandross and Anita Baker. The show is a fundraiser and part of the theater's Performance Series. Time: 8 p.m. Tickets: \$35. MD

■ Hot Club of Cowtown

Feb. 7
McAninch Arts Center
College of DuPage
425 Fawell Blvd., Glen Ellyn
(630) 942-4000
<https://www.atthemac.org>

This trio returns to the MAC to celebrate its 21st anniversary, drawing from the great heritage of string-playing from Europe and the U.S. A private, pre-show cocktail and hors d'oeuvres reception, along with coffee and dessert at intermission, is available for an additional \$30. Time: 7:30 p.m. Tickets: \$35-\$45.

■ Klea Blackhurst

Feb. 14 & 15
Drury Lane
100 Drury Lane, Oakbrook Terrace
(630) 530-0111
<https://www.drurylane.com>.

Celebrate Valentine's Day weekend with this New York musical theater and cabaret star in "For the Love of Broadway: An Evening with Klea Blackhurst." Time: 7:30 p.m. Tickets: \$75-\$85.

ON SCREEN

■ 'Frida'

Feb. 5
McAninch Arts Center
College of DuPage
425 Fawell Blvd., Glen Ellyn
(630) 942-4000
<https://www.atthemac.org>

This biography of one of Mexico's best-known artists, Frida Kahlo, charts her life from feisty schoolgirl to her complicated relationship with Diego Rivera and becoming a world-renowned artist in her own right. The screening is part of the Global Flicks series. Times: 1:30 and 7:30 p.m.

■ 'Kinky Boots'

Feb. 6 & 9
McAninch Arts Center
College of DuPage
425 Fawell Blvd., Glen Ellyn
(630) 942-4000
<https://www.atthemac.org>

The Tony, Grammy & Olivier Award-winning musical from Cyndi Lauper and Harvey Fierstein tells the story

of Charlie, a factory owner struggling to save his family business, and Lola, a fabulous entertainer with a wildly exciting idea. Together they learn to embrace their differences and create a line of sturdy stilettos unlike any the world has ever seen. This program is part of the National Theatre Live series, broadcasting directly from the National Theatre stage in London. Times: 7 p.m. Feb. 6, 2 p.m. Feb. 9. Tickets: \$24

■ 'Sky and Ground'

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

This 2018 Syrian/German documentary follows a Syrian-Kurdish family as they make their way from their home in Aleppo, bombed out by the war, to a refugee camp on the Greek-Macedonian border during the greatest humanitarian crisis of recent time. Their ultimate goal is Berlin, to reunite with relatives and seek asylum, but first they must painstakingly journey 3,000 miles across Europe. Times: 1:30 and 7:30 p.m.

ON STAGE

■ 'The Cake'

Jan. 30-March 1
McAninch Arts Center
College of DuPage
425 Fawell Blvd., Glen Ellyn
(630) 942-4000
<https://www.atthemac.org>

The Buffalo Theatre Ensemble will perform this Bekah Brunstetter play set in Della's bakery in Winston, N.C. When Jen, the girl Della thinks of as her goddaughter asks Della to make her wedding cake, not for one bride but two, it's hard to follow one of her tried and true recipes as faith, family, food and love meet in the mix. The play, from a writer of NBC's hit "This is Us," contains adult themes and language. Time: 8 p.m. Thursdays to Saturdays, 3 p.m. Sundays. Tickets: \$42, \$40 for seniors.

■ 'Twelfth Night'

Jan. 31-Feb. 2
Madison Street Theatre
1010 Madison St, Oak Park
(630) 923-5226
<https://www.bamtheatre.com>

Continued from Page 24

BAMTheatre's production is a rousing contemporary musical adaptation of Shakespeare's classic romantic comedy about mistaken identity and self-discovery. It tells the story of Viola, a young heroine who washes up on the shores of Illyria, disguises herself as a man, is sent to court a countess and falls hard for a Duke. As she navigates this strange and wonderful new land, she finds her true self and true love in the process. Times: 7 p.m. Jan. 31 & Feb. 1, 2 p.m. Feb. 2. Tickets: \$18-\$22.

■ An American In Paris

Jan. 31-March 29
Drury Lane Theatre
100 Drury Lane, Oakbrook Terrace
(630) 530-0111
<https://www.drurylanetheatre.com>

Based on the Academy Award winner for best picture, "An American in Paris" brings to the stage breathtaking moments of dance set to the music of George and Ira Gershwin. Come away with Jerry Mulligan, an American GI doing his best to make it as a painter in the bustling city of Paris following the end of World War II. The storied streets of the City of Lights become the dance floor to a ravishing and passionate voyage into art, friendship, and love. Show times: 1:30 p.m. Wednesdays, 1:30 and 8 p.m. Thursdays, 8 p.m. Fridays, 3 and 8 p.m. Saturdays, 2 and 6 p.m. Sundays, 8 p.m. Wednesday, Feb. 5. Tickets: \$60-\$75, \$65-\$70 for preview shows Jan. 31-Feb. 6.

■ 'On Clover Road'

Feb. 6-16
Theatre of Western Springs
4384 Hampton Ave.
(708) 246-3380
<https://www.theatrewesternsprings.com>

The play by Steven Dietz, the second Forum production at TWS, is an edge-of-your-seat thriller about a desperate mother who hires a private investigator to find her runaway daughter. The play includes mature subject matter. Times: 8 p.m. Feb. 6-8 & 13-14, 2:30 and 8 p.m. Feb. 15, 2:30 and 7:30 p.m. Feb. 9, 2:30 p.m. Feb. 16. Tickets: \$22-\$24.

■ Hippet Ballerinas

Feb. 8
McAninch Arts Center
College of DuPage
425 Fawell Blvd., Glen Ellyn
(630) 942-4000
<https://www.atthemac.org>

Hippet fuses classical pointe technique with hip-hop and urban dance styles, creating a dance experience unlike anything seen before. Mixing current popular songs with the rhythms of African drums with Tchaikovsky, their performance leaves the audience energized about the future of ballet. A post-show discussion will be held with ensemble members. Time: 7:30 p.m. Tickets: \$40-\$50. RR

■ 'Jeeves Saves the Day'

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

Jeeves and Bertie are back in this world premiere production as Bertie, once again, finds himself suffering the slings and arrows of misfortune at the hands of his relatives. Caught between the magisterial machinations of his fierce Aunt Agatha and the plaintive pleadings of his cousin Egbert, not to mention the imperious Sir Roderick Glossup — who fully expects his daughter Honoria to save Bertie from his ill-advised bachelorhood — and it's another priceless predicament that only the redoubtable Jeeves can overcome. Times: 8 p.m. Wednesdays, Fridays & Saturdays and Thursday, Jan. 30; 3 p.m. Thursdays & Sundays; 4 p.m. Saturdays, Feb. 8-29. Tickets: \$34-\$44, \$29-\$39 for seniors and students, \$25 for preview shows Jan. 30 & 31.

SENIOR SCENE

■ AARP Driver Safety Program

Feb. 11-12
The Community House
415 W. Eighth St., Hinsdale
(630) 323-7500
<https://www.thecommunityhouse.org>

People 50 and older who wish to update their driving skills can take this classroom-only session. Many insurance companies offer a discount to drivers who have taken this program. Payment is due the first day of class,

with checks made payable to AARP. Participants must attend both days to receive a certificate. Time: noon to 4 p.m. Cost: \$20. RR, MD

SIGN UP NOW

■ Next Chapter Social Club

Feb. 6
Hinsdale Public Library
20 E. Maple St.
(630) 986-1976
<https://www.hinsdalelibrary.info>

Join the library for no-bake cooking and learn to make sweet treats to take home in this program for individuals age 16 or older with developmental disabilities. Time: 6:30 to 7:30 p.m. RR

■ Singing Valentines

Feb. 14
(331) 444-2740
<https://www.chorusofdupage.com/valentines>

Quartets from the Chorus of DuPage will deliver singing Valentines throughout Chicago and suburbs. Choose from custom, premium, standard and telephone delivery ("ringing" Valentine). The Valentines can be sent to offices, homes, senior residences, hospitals, businesses and restaurants. Hours: 8 a.m. to 8 p.m. Cost: \$25-\$100.

SPECIAL EVENTS

■ Music school open house

Feb. 1
Bel Canto Music Academy
92 Burr Ridge Parkway,
Burr Ridge
(630) 587-5106
<https://www.belcantomusicacademy.com>

Visitors can tour the academy's studio and receive free registration fee when signing up for any lessons. Hours: 9 a.m. to 3 p.m.

■ Enchanted Railroad

Through Feb. 23
Morton Arboretum
4100 Route 53, Lisle
<https://www.mortonarb.org>

The popular Enchanted Railroad pulls into the arboretum, where families can experience tiny versions of tree collections from around the world and more than 10 model trains winding through the intricate two-level display. Pick up timed tickets at the visitor center information desk Hours: 10 a.m. to 4 p.m.

Please turn to Page 26

Continued from Page 25

weekdays, 9 a.m. to 4 p.m.
weekends. Admission: \$15,
\$13 for seniors 65 and older,
\$10 for kids 2-17 and free for
children under 2. MD

STEPPING BACK

■ Grace Kelly: American Princess

Feb. 13

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

In this historical portrayal, award-winning actress and historian Leslie Goddard portrays the woman who transformed from a Hollywood superstar to a real-life princess. Beneath her cool, gracious smile, Grace Kelly was a young woman who yearned for her father's approval and worked hard as a wife and mother. A buffet lunch will be served prior to the presentation. Time: noon to 2 p.m. Cost: \$25. RR, MD

TEENS & TWEENS

■ Teen Valentine's Day Party

Feb. 14

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

Come by after school for a showing of "To All the Boys I've Loved Before" and cupcake decorating. Time: 3:30 to 5:30 p.m. RR

WEE ONES

■ Animal Adventures

Tuesdays, Feb. 4-18

Lake View Nature Center

17W063 Hodges Road,
Oakbrook Terrace
(630) 789-7090
<https://www.villageofhinsdale.org/pr>

Kids ages 4-6 will be introduced to the wonderful world of animals and their habitats through creative exercises and hands-on learning. They should dress in weather-appropriate clothing. This is a drop-off class. Times: 9 to 11 a.m. or 12:30 to 2:30 p.m. Cost: \$48. RR

■ Handprints: Messy Mixed Media

Fridays, Feb 7-March 13

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

Kids ages 3-6 can explore art making in this messy class, inspired by a different theme presented each class. The program is drop-off optional; children must be toilet independent or use pull ups and should bring an old or oversized shirt for a smock. Time: 11:45 a.m. to 12:30 p.m. Cost: \$115. RR, MD

■ Nature Tots

Second and fourth Fridays through May 22

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

Toddlers ages 1 1/2-3, with an adult, will explore the wonders of nature through "loose parts" play while learning teamwork and sharing skills. There will be outside play each class. Time: 9:30 to 10:30 a.m. Cost: \$10 per class.

Pet pic of the week



Jeffrey is a handsome Border Collie mix who is just 1 year old. He weighs 40 pounds and will be best suited to a family with children 8 years of age or older. His adoption fee is \$200 and he has been neutered and is up to date on all of his vaccinations. Meet this handsome boy and all of the other pets at the Hinsdale Humane Society Tuthill Family Pet Rescue & Resource Center at 21 Salt Creek Lane. The shelter is open from 2 to 8 p.m. Tuesday, noon to 6 p.m. Wednesday through Friday and 10 a.m. to 4 p.m. Saturdays and Sundays. For more information, call (630) 323-5630 or visit hinsdalehumanesociety.org. (photo provided)

WINE & DINE

■ Chef Fest

Feb. 6

Drury Lane Theatre & Conference Center
100 Drury Lane, Oakbrook Terrace
(311) 221-0388
<https://www.emhfoundation.org/events>

This 20th annual Elmhurst Memorial Hospital Foundation event includes a variety of signature menu items produced by chefs from more than two dozen prominent local restaurants, bakeries and caterers, who

donate their time and talent. Proceeds from the event support service enhancements to ensure Elmhurst Hospital maintains its commitment to delivering state-of-the-art healthcare. Time: 6 to 7 p.m. cash bar reception, 7 to 9 p.m. food tasting. Tickets: \$75.

■ Corks & Forks

Feb. 21

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

Guests at this inaugural event will taste 12 specially chosen unique wines, each paired with a tapas-style course. This event is presented by the village of Hinsdale, The Lodge at Katherine Legge Memorial Park, Hinsdale Wine Academy and Taste of Home Catering. Tickets are on sale through Feb. 14, available individually or for tables of eight (\$20 surcharge). Time: 6:30 to 9:30 p.m. Tickets: \$64. RR

Key

RR - registration required

MD - member discount

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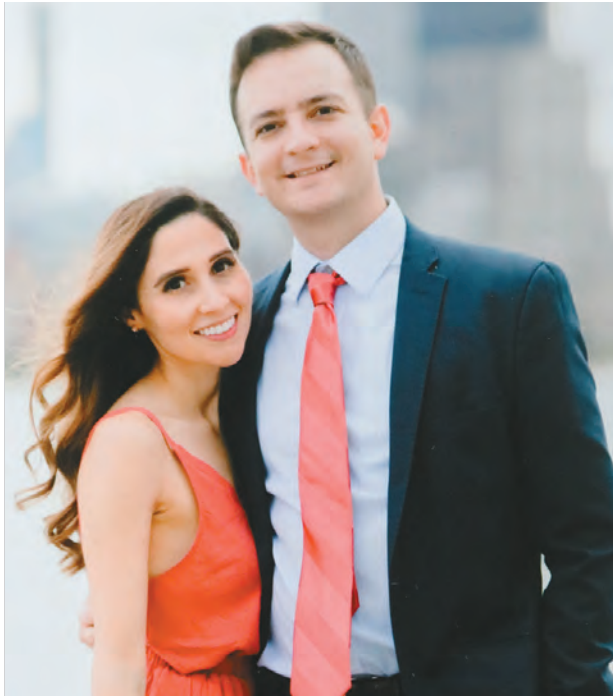
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ANNOUNCEMENTS



Jacqueline Quezada and Ryan Cauley

Jacqueline Quezada and Ryan Cauley have announced their engagement.

Jacqueline is the daughter of Josefina and Jacinto Quezada of El Monte, Calif. She is a 2004 graduate of Arroyo High School in El Monte and a 2007 graduate of the University of California, San Diego. She holds a master's in educational counseling and currently works as a counselor at Bartlett High School.

Ryan is the son of Sharon

and Thomas Cauley of Hinsdale. He is a 2006 graduate of Hinsdale Central High School, a 2010 graduate of the University of Southern California and a 2013 graduate of the University of Iowa School of Law. He received a master's in health care law from Georgetown University in Washington, D.C., and is an associate at Much Shelist in Chicago.

The two became engaged in September. They reside in Hinsdale.

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— Dan Schaber

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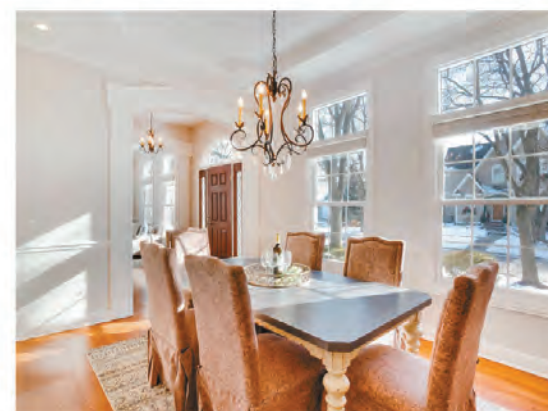


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L	Y	E				E	M	M	Y			L	A	D	Y

Is this your license plate?

Is this your license plate?
Does it belong to someone you know?



The owner of this car is a winner of an
Ultimate Car Wash
compliments of Fuller's and The Hinsdalean.
Call **630-323-4422**
to claim your prize.

Yes, I'm a real Hinsdalean!



YES, I'm a real Hinsdalean!
Today's picture is at:

Name: _____
Address: _____

Send your answer to: The Hinsdalean
7 W. First St., Hinsdale, IL. 60521
or email: tinaw@thehinsdalean.com

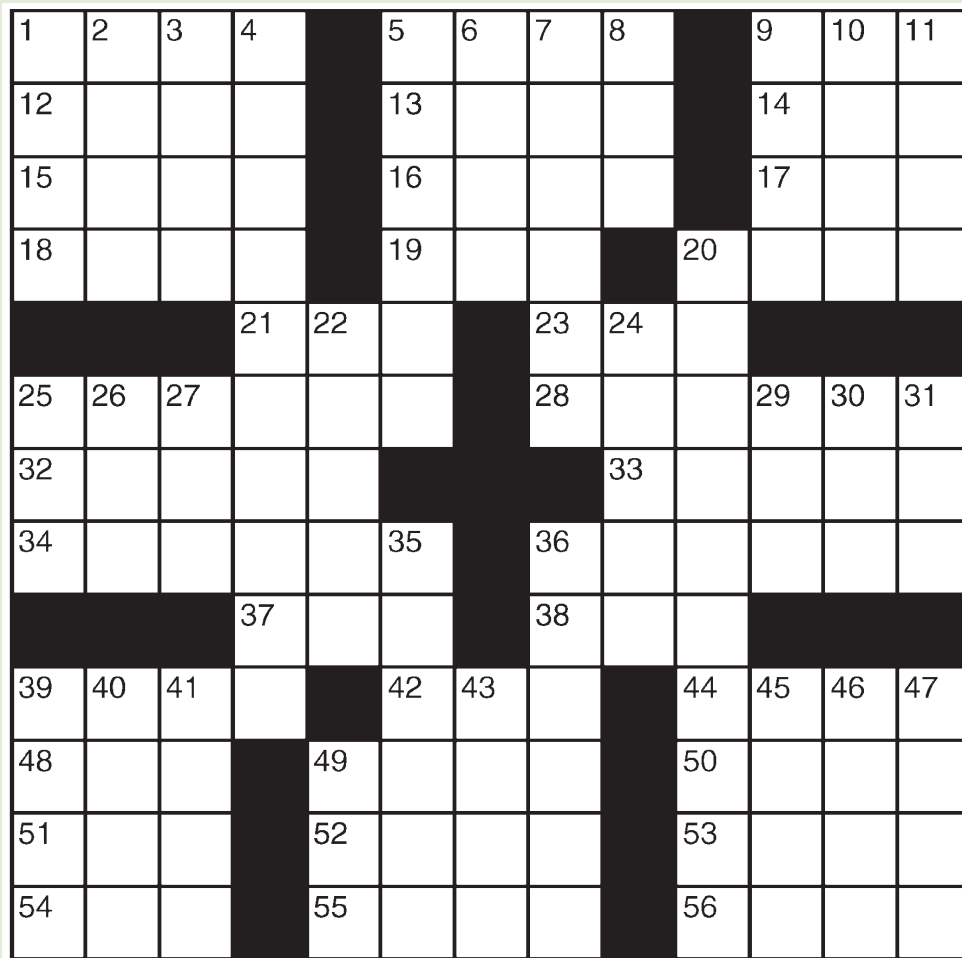
One winner will be chosen monthly from all correct entries and receive a Fuller's Ultimate Car Wash gift card.

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Page 34 • January 30, 2020 • The Hinsdalean

MIND GAMES

- ACROSS**
- 1 ITEM ON STAGE
5 RELAXATION
9 "HELP!"
12 EMANATION
13 PICTURE OF HEALTH?
14 DEMONIC TYKE
15 DANCE LESSON
16 GREEN LAND
17 GRAZING AREA
18 LOAFER, E.G.
19 WRESTLING SURFACE
20 SMALL HORSE
21 TEAR
23 EGGS
25 OUGHT NOT
28 PLUNDER
32 JELLIED DISH
33 FLAT
34 NEPTUNE OR POSEIDON
36 MAKES BABY FOOD, MAYBE
37 ID COUNTERPART
38 ALLOW
39 "IRONSIDE" STAR
42 DEFINITE ARTICLE
44 "PHOOEY!"
48 PAST
49 DESKTOP SYMBOL
50 SHELTERED
51 UNDER THE WEATHER
52 FILLY'S BROTHER
53 MOUNTAIN GOAT
54 CAUSTIC CHEMICAL
55 TV TROPHY
56 "- AND THE TRAMP"



- DOWN**
- 1 JUST SAY NO
2 NAOMI'S DAUGHTER-IN-LAW
3 SANDWICH TREAT
4 EMPTY THREAT
5 FREE FROM A DUTY
6 MET MELODY
7 TAILOR, HUMOROUSLY
8 STORM CENTER
9 MISSILE SHELTER
10 PORTENT
11 FIX, IN A SENSE
20 EVIDENCE OF FRAUD
22 DISGUISED, FOR SHORT
24 COST
25 "MORE," TO JOSE
26 WORK WITH
27 HOT TUB
29 WORD IMPLIED IN "BEEN THERE, DONE THAT"
30 BORN
31 GOLFER ERNIE
35 E-BUSINESS
36 MORE THAN ENOUGH
39 KIND OF BOND
40 PRE-SWAN
41 PORTRAYAL
43 IAN OR CELESTE
45 JESSICA OF "FANTASTIC FOUR"
46 PREPARED TO DRIVE
47 ALLURING
49 LEMIEUX MILIEU

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

Weekly SUDOKU

by Linda Thistle

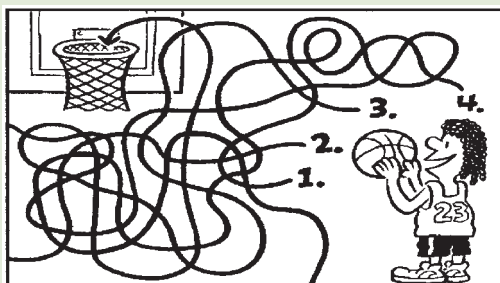
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6	1			7		3	
		5		2		6	9

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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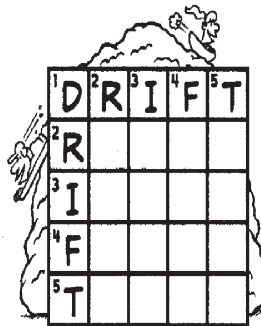


SLAM-DUNK this one on the first try! See if you can guess which is the winning shot.

DON'T BE SNOWED IN! At right is a word square. You are challenged to find the four five-letter words that match the definitions below. All words used must read the same both across and down.

1. A pile of snow (DRIFT, in place). 2. One source of news. 3. A work avoider. 4. Feudal estates. 5. Trunk of the human body.

1. Drift. 2. Radio. 3. Idler. 4. Fiefs. 5. Torso.



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

HOROSCOPES

February 2020 Horoscopes • Week 1



CAPRICORN

CAPRICORN – Dec 22/Jan 20
You have plenty of events coming up to keep you busy, Capricorn. You may have to pick and choose which ones to attend because you simply can't do them all.



ARIES

ARIES – Mar 21/Apr 20
Transitional issues pop up this week, Aries. You are not quite sure which direction you should go. A close friend or advisor can help you navigate the way.



CANCER

CANCER – Jun 22/Jul 22
Cancer, there are some major changes in the way you feel this week, and it could take a few days to work through all of the emotions. But you'll get a handle on things.



LIBRA

LIBRA – Sept 23/Oct 23
Your time has been stretched too fast and too much, Libra. The stress may be on and you're feeling it. However, the remedy is to delegate some of your tasks and lighten your load.



AQUARIUS

AQUARIUS – Jan 21/Feb 18
Aquarius, even though you think certain situations require your undivided attention, you're really not involved at all. Avoid reading into things and wait for news to come to you.



TAURUS

TAURUS – Apr 21/May 21
Taurus, you are a team player, but this week you may need to fly solo for a bit to get a handle on all of your tasks. Once things get settled, the team mentality can be restored.



LEO

LEO – Jul 23/Aug 23
Big news arrives this week with much fanfare, Leo. The excitement will start early in the week and culminate by Thursday or Friday. Expect to be surprised.



SCORPIO

SCORPIO – Oct 24/Nov 22
Scorpio, you're not one for being overly emotional and sappy, but this week you can't hold back the feelings any longer. Don't hesitate to share your feelings.



PISCES

PISCES – Feb 19/Mar 20
It is time to assess your priorities, Pisces. What do you want to get accomplished over this week? You can knock out one or two items.



GEMINI

GEMINI – May 22/Jun 21
Gemini, if you feel like your hard work is not paying off, then you may need to use this opportunity to speak with a supervisor. This can spark changes you feel are necessary.



VIRGO

VIRGO – Aug 24/Sept 22
Relationships can't be the stuff of movies all the time, Virgo. Sometimes you have to go with the flow and make the most of the small daily moments.



SAGITTARIUS

SAGITTARIUS – Nov 23/Dec 21
If you are looking for inspiration, look no further than the close friends or relatives who are around you. They will have plenty of ideas that can get you fired up.



A kickline is part of every pom performance at Hinsdale Central, which can make finding the right piece of music a challenge, the co-captains said. The crowd at the pep rally Friday loved the kickline. (Jim Slonoff photos)

Cheerleaders, pommers rev up Red Devils

Continued from Page 38

we chose to go to those away games," she said.

Cheerleaders have more than 30 sideline cheers in their repertoire and also prepare cheers with stunts or tumbling to perform during the first and third quarters. And then there are the bigger routines, for Pack the Place and Homecoming pep rallies and games.

Because so many girls are involved in each stunt, making adjustments to a routine if someone is hurt or sick takes a significant amount of time. Perfecting new stunts takes time, too, she said — which means the cheerleaders have to start preparing for the pep rally long before the pommers do.

"It's always funny to see," Lucente said. "We're all jealous. The pommers will practice twice a week and they learned their whole thing in three days."

The pommers do learn quickly. That was evident from Monday afternoon's practice in the cafeteria, where the girls were learning a routine to "Finest Hour" to perform Feb. 7.

But their routines — just like the cheerleaders' — require a lot of preparation time, senior co-captains Olivia Parrillo, Sofia Malamazian and Rachel Thompson said.

"It's a lot of meeting up at a house on a Sunday (or) Saturday, and we basically start with picking a song, cutting the music," said Parrillo, an Oak Brook resident. "We meet up and then we'll choreograph

until we run out of ideas."

The three estimate they spend about a quarter of their preparation time choosing a song or a mix.

"The music is the hardest part," said Thompson of Hinsdale. "We need music that gives us a good kick line."

Then they devote another six hours to choreography. There the challenge is making each routine look fresh.

"That's something we've been working really hard to do this year," Parrillo said. "We kind of have a repertoire of our basic signature moves. We try to minimize the amount of those that we put into each dance."

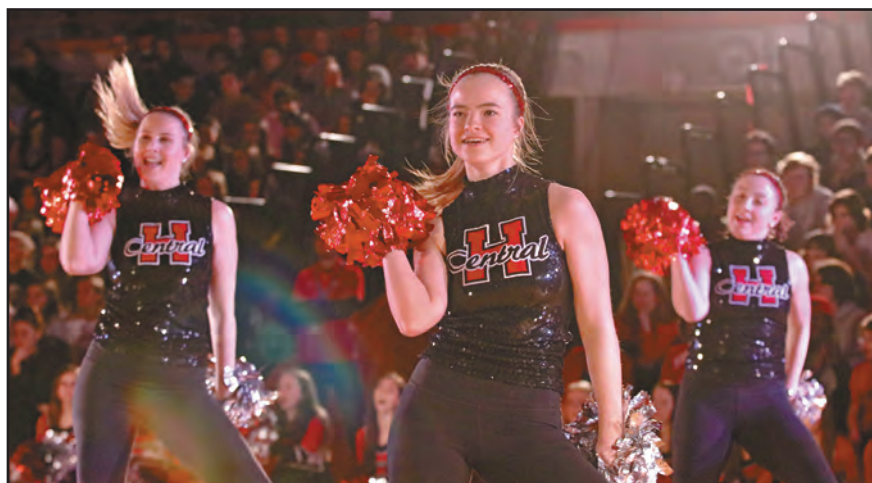
The three all started taking dance lessons when they were kids and did so until sophomore year, when they decided to focus on poms.

"It's really rewarding dancing at halftime and just hearing the crowd hype us up in the kickline," said Malamazian, who lives in Clarendon Hills.

Like the cheerleaders, pommers perform at all home boys and girls varsity basketball games.

As a result, the girls have to make bigger time commitment than coach Maeve Andrews did when she was in poms at Central. Practice time isn't the only thing that has changed since Andrews graduated in 2010.

"It's increasingly gotten more competitive," said Andrews, who went on to dance at Miami of Ohio. "Most of the girls do come from a competitive background and we have a lot of girls try out



Greer Lagor (top photo), Rachel Thompson (bottom center) and their fellow pommers offer an energetic performance during Pack the Place pep rally Friday afternoon.

every year. I think that's why it's starting to get more selective than when I was here."

For the students and their coaches, the relationships they form are one of the biggest rewards. Hoffman started as a freshman coach at Central

and has worked her way up to junior varsity and varsity.

"I've been able to work with the particular group of girls since they were just starting out," she said. "I've been able to see them grow and develop their skills. I really enjoy the

relationships that I'm able to build with the girls over the years."

Thompson agreed. "I definitely love all the friends I've gotten to meet," she said. "I think we're really close after spending four years together."

STUDENT ATHLETE PROFILE



Name: Kendall Butler
Year: senior
Hometown: Hinsdale

What do you like about playing basketball?

I enjoy the team because you see where everybody’s strengths are and develop relationships with each other on and off the court.

When did you start playing?

The first time was in elementary school playing in the Jodie Harrison program. My dad was the coach.

How has your game improved since freshman year?

My shot is better, and I realize the importance of practicing outside of our scheduled practices to help the team.

What’s your goal for the season?

To do better than last year, just improve in our games and to be a better team.

How would your teammates describe you?

That I’m very competitive on the court and hate to lose, even in practice. Also, I hope they would describe me as someone they can look up to.

How do you show senior leadership?

I’ve had the team over a couple of times for pasta parties, and it’s just a lot of fun to get to know the girls and bond outside of practice

helps. It’s important to show the commitment it takes to be on a varsity sport.

How do you get energized before a game?

We always just blast music in the locker room, like “I Will Survive”

Do you have siblings?

Two older brothers. I can beat them both in basketball.

Do you have any special talents?

I can make a three-leaf clover with my tongue.

Why does coach Karen Persinger like having Butler on the squad?

Kendall demonstrates all the qualities we value in the girls basketball program. Her determination and drive has motivated her to put in the extra work in and out of the season. She has a high basketball IQ and is a great leader on and off the floor. Kendall is the type of player every team needs and every coach loves. She has been consistent and reliable. Kendall has a nose for the ball and always comes up with a key rebound when needed. She is notorious to making important defensive stops during close games, makes unselfish extra passes and can knock down shots. She is a tough athlete who has played through injury and given her all for the program over the last four years.

— profile by Ken Knutson,
photo by Jim Slonoff

RESULTS

Basketball, boys Jan. 29 @ Lincoln-Way Central V loses 61-63 Nelson, 17 points, 3 rebounds, 2 assists, steal Cain, 16 points, 3 rebounds, assist, steal Sessa, 9 points, rebound Quast, 8 points, 2 rebounds, 2 assists, 2 steals Isaacson, 7 points, 5 rebounds, assist, steal, 2 blocks Schiavitti, 2 points, 3 rebounds, 2 assists, steal St. John, 2 points, steal Herbst, assist Northey, block Jan. 25 @ Hinsdale South V loses 44-54 Isaacson, 25 points Jan. 24 vs. York V wins 42-35 Isaacson, 18 points	Cernugel, point	Gymnastics, girls Jan. 25 @ York Varsity Invite V places 10th with 130.225 points Vault Austin, 26th (tie), 8.7 Koulouris, 39th (tie), 8.3 McLaughlin, 45th (tie), 8.25 Baroni, 47th, 8.225 Uneven bars Widfeldt, 17th, 8.325 Sommers, 20th (tie), 8.175 Marino, 22nd (tie), 8.125 Austin, 30th (tie), 7.95 Balance beam Koulouris, 30th, 8.1 Sommers, 32nd, 8 Austin, 36th, 7.825 Widfeldt, 41st, 7.55 Floor exercise Austin, 8th (tie), 8.9 Widfeldt, 32nd, 8.025 Marino, 36th (tie), 7.925 Sommers, 40th, 7.825 All-around Austin, 14th, 33.375	Swimming, boys Jan. 25 @ St. Charles Invite V places 4th with 183 points 1-meter diving Furlong, 6th, 299.3 Kassir, 8th, 267.6 200-yard medley relay Lahmann, Cho, Tischke, E. Ozgen, 5th, 1:40.61 200-yard freestyle Cochlan, 8th, 1:54.67 Jin, 9th, 1:54.88 200-yard IM Benington, 4th, 2:02.75 Cho, 9th, 2:09.83 50-yard freestyle E. Ozgen, 9th, 22.75 Shvydkoy, 13th, 23.51 100-yard butterfly Tischke, 9th, 56.49 Carter, 10th, 58.01 100-yard freestyle Cochlan, 6th, 51.38 Lahmann, 7th, 51.54 500-yard freestyle Bokos, 9th, 5:08.48 Carter, 11th, 5:12.23 200-yard freestyle relay E. Ozgen, Cochlan, Daw, Benington, 4th, 1:30.69 100-yard backstroke Benington, 2nd, 53.33 Lahmann, 6th, 56.42 100-yard breaststroke Cho, 4th, 1:02.29 Song, 7th, 1:03.76 400-yard freestyle relay Benington, Tischke,	Cochlan, Daw, 4th, 3:22.52 Jan. 24 @ OP-RF V loses 63-123 200-yard medley relay Lahmann, Cho, Cochlan, Tischke, 2nd, 1:39.6 A. Daw, Fix, Carter, E. Ozgen, 3rd, 1:45.42 200-yard freestyle Benington, 2nd, 1:46.67 Shvydkoy, 5th, 1:55.97 Bokos, 6th, 2:00 200-yard IM A. Daw, 3rd, 2:07.16 Cochlan, 4th, 2:09.42 S. Daw, 6th, 2:19.65 50-yard freestyle Tischke, 4th, 23.19 E. Ozgen, 5th, 23.38 B. Ozgen, 6th, 25.11 1-meter diving Furlong, 2nd, 194.45 Kassir, 3rd, 175.3 Ortiz, 4th, 139.75 100-yard butterfly Lahmann, 2nd, 55.06 Cochlan, 5th, 56.17 Carter, 6th, 59.93 100-yard butterfly Benington, 3rd, 50.49 Jin, 4th, 51.84 Gilbert, 6th, 54.17 500-yard freestyle Bokos, 3rd, 5:11.62 Carter, 5th, 5:12.89 Shvydkoy, 6th, 5:18.5 200-yard freestyle relay Tischke, Fix, Benington, Jin, 2nd, 1:33.22	Gilbert, A. Daw, B. Ozgen, Cho, 3rd, 1:34.68 100-yard backstroke Lahmann, 2nd, 56.02 E. Ozgen, 4th, 1:00.55 S. Daw, 6th, 1:01.58 100-yard breaststroke Cho, 3rd, 1:03.55 Song, 4th, 1:04.76 Fix, 6th, 1:09.15 400-yard freestyle relay Benington, Tischke, Cochlan, Lahmann, 3:24.91 Gilbert, A. Daw, B. Ozgen, Shvydkoy, 4th, 3:30.61
Wrestling Jan. 24-25 @ Stag Invite V places 6th with 102 points 106 pounds Tavoso, 3rd, 15 points 120 pounds Perez, 4th, 12.5 points 138 pounds Song, 5 points 160 pounds Aviles, 5th, 11 points 170 pounds Kruse, 1st, 25.5 points 195 pounds Meyers, 6th, 9 points 220 pounds Robinson, 3rd, 22 points 285 pounds Gatewood, 2 points					

Instant replay



Hinsdale Central’s Nic St. John eyes the situation on the offensive end of the court as he looks for an opening against conference rival York on Friday Night. The Red Devils outlasted the Dukes 42-35 before an energized Pack the Place home crowd. (Jim Slonoff photo)

SPORTS



Twenty-six girls are on the varsity cheerleading squad this season at Central, about half of which are shown here cheering on the boys basketball team Friday night. The girls have almost three dozen cheers to use during games. (Jim Slonoff photos)

Cheerleaders, pommers rev up Red Devils

From game-time cheers to half-time performances, squads invest significant prep time



Ana Suchy cheers at the boys home basketball game Friday night against York High School.

By Pamela Lannom
plannom@thehinsdalean.com

Four minutes.
That's how long Hinsdale Central cheerleaders and pommers performed at the Pack the Place pep rally Friday. But each four-minute routine involved several songs, dozens of girls, weeks of practice and countless steps.

"We started working on it in November," said Franny Lucente of Hinsdale, a senior on the cheerleading squad and one of its leaders. "We practiced four times a week (except for winter break) and then we've been working on it ever since."

Lucente started cheering in fifth grade with Falcons Cheerleading. She continued through eighth grade and also was a cheerleader at Hinsdale Middle School in seventh grade. She's been on the football and basketball squads all four years at Central and said her level of experience is not unusual.

"Most of us started in middle school with Falcons," she said. "Only one or two people come on every year with no experience, and we kind of take them under our arm and get them to learn all the skills."

Coach Ilyssa Hoffman, who is



Central seniors Alexandria Hui (from left), Franny Lucente, Sofia Rosas and Olivia Fallon pump up the crowd at the Pack the Place pep rally. Lucente, an experienced flyer, said she still gets nervous. "Right before you go up, it's so nerve-wracking. Once you hit the stunt and you're up there, it's a lot better," she said.

in her ninth season of coaching at Central and sixth as head varsity coach, said the number of girls who try out varies from year to year. But earning spot gets harder as students get older.

"It definitely gets more competitive as you move up to varsity," she said. "The frosh-soph team is usually a little bigger than the varsity team. Obviously we look for increased skills and certain skill

levels to be able to make the varsity squad."

The squad cheers at all home boys and girls varsity basketball games and at select away games, Hoffman said.

"This coming month there are two away games that are happening on Friday nights, but no home games throughout the week, so

Please turn to Page 36

Registration for 2020 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. 2014 up to age 12
- Registration will close on 2/15, if your son/daughter is not registered before 2/15 they will NOT be able to play

HLL Website - Please follow accordingly:

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



Workout Day - 9:00 am - 12:00 pm Jan. 26th at HCHS Field House

- 6YO - 9:00am
- 7YO - 9:45am
- 8YO - 10:30am
- 9YO and New Kids 10-12YO - 11:15am

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 2020 Season Schedule

- Registration starts 12/16/19
- Player Evaluation 1/26/20
- Registration closes 2/15/20
- HLL draft 2/29/20
- Practices start week of April 1, 2020 (weather permitting)
- Opening Day tentatively 4/5/20
- Watch your emails for more info!



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COMMUNITY ROOM**

**THURSDAY, JANUARY 30
7-8:30pm**

SEATING IS LIMITED. REGISTRATION IS REQUIRED.

Please email sue@bryanbomba.com or
call **630-286-9242** to register.

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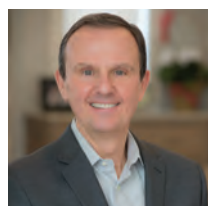
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