

The Hinsdalean

Community journalism the way it was meant to be

Thursday, January 9, 2025

Hinsdale, Illinois

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Hard pass on the fruitcake

Oak School fifth-graders not only sang “Everlasting fruitcake” by John Riggio, they got a chance to display their acting skills as the “fruitcake” made its way from student to student during the song. The fifth-graders along with students from each offered up a different tune during the annual Winter Sing Dec. 19, Please turn to Page 7 for more photos. (Jim Slonoff photo)



Year in review

Leaders of Hinsdale nonprofits take look back on 2024.

Page 5

Second act

Long-time banker tackles new challenges in retirement.

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Getting the gold

Four-time Olympian shares story with Hinsdale swimmers.

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NEWS

Some parkway trees getting winter trim

Village's cyclical tree pruning program started in November, will continue through April

By Pamela Lannom
plannom@thehinsdalean.com

Not many would describe the weather this week as ideal conditions for working outside. But for John Finnell and the village's forestry employees, it is.

"This weather right here, in the mid-20s with no snow, is fantastic," said Finnell, superintendent of parks and forestry. "Our equipment still works well in the 20s and the ground is frozen, so we're not doing a lot of damage to the turf.

"This is perfect weather for pruning," he said.

Village crews and contract workers are in the midst of the village's annual cyclical parkway tree pruning, which began in November and will continue through April. This year crews will prune more than

1,000 trees in an area bordered by Lincoln Street on the west, County Line Road on the east, the railroad tracks on the north and 55th Street. Crews in November and December already pruned 414 trees in the area.

Trees in village parkways are pruned every five years to help enhance their condition and shape, reduce storm-related damage and prevent interference with power lines and the movement of motorists and pedestrians.

It might seem counterintuitive, but winter is the best time to prune trees, Finnell explained. Trees are not expending energy to produce leaves or fight insects in the winter.

"There's less stress on the tree," Finnell said. "When we create wounds by pruning, the tree can respond to those wounds in the

spring and quickly overgrow them."

Pruning in winter does require a degree of skill.

"How can you figure out what's dead when there are not leaves on it?" he posed. "That's why we're trained."

The village has four arborists on staff — including Finnell — who have obtained certification from the International Society of Arboriculture. They also are trained to use village equipment.

"We have an aerial bucket truck. Our working height on that truck is 55 feet," Finnell said. "We definitely have training involved in that."

In addition to the cyclical tree pruning, the village will schedule individual trees for request pruning, crisis pruning, task pruning or species pruning.

"Request pruning is scheduled

based on reasonable resident requests. Crisis pruning is the removal of hazards or emergencies such as hanging limbs. Task pruning is for a particular purpose, such as removing branches infested with a pest or providing adequate height clearance along a street. Species pruning involves the grouping of all trees within a species for similar treatment if needed," Finnell wrote in an email.

Finnell and his crew take pride in maintaining almost 15,000 village-owned trees.

"Hinsdale has been a Tree City USA for 33 years," Finnell noted. "We have a heritage of maintaining our green spaces, our trees, that goes back to the '50s.

"I think that's one of the things that makes Hinsdale a unique place to call home."



Soccer central

Ethan Harvey rolls the ball out while players wait to be called to run out during the 5-Star Winter Soccer camp at Hinsdale Central Friday. Faye Newlin waits for her chance to participate and Jack Walsh times Nathan Wiesum as he dribbles the ball through the cones. (Steve Johnston/for The Hinsdalean)

ONCE UPON A TIME



Pictures from the past — Hinsdale’s building services supervisor, Jim Piontkowski, took this photo in 1979. At that time First Federal Savings was located at 54 S. Washington St.. Today the store front is home to Einstein Bros Bagels. 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.

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Pamela Lannom
 Editor, co-owner, Ext. 104
plannom@thehinsdalean.com

Jim Slonoff
 Publisher, co-owner, Ext. 105
jslonoff@thehinsdalean.com

Becky Campbell
 Senior designer, Ext. 102
bcampbell@thehinsdalean.com

Lisa Skrapka
 Account executive, Ext. 101
lskrapka@thehinsdalean.com

Ken Knutson
 Associate editor, Ext. 103
kknutson@thehinsdalean.com

Tina Wisniowicz
 Classified, service, legal
 account executive, Ext. 100
tinaw@thehinsdalean.com

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 Our letters policy is published on Page 11.

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Nonprofit leaders take stock of 2024

Reports reveal impact of agencies both locally and beyond Hinsdale area

By Ken Knutson

kknutson@thehinsdalean.com

Each January, we talk to the leaders of seven major nonprofit agencies in Hinsdale about their experiences over the previous year and ask them to share one wish for the current year.

The second article in this two-part series — focusing on Candor Health Education, Community Memorial Foundation, Hinsdale Humane Society and The Community House — will run Jan. 16.



Hinsdale Historical Society

The past year marked the 49th for the Hinsdale Historical Society. Katharine Andrew, society manager, said 2024 gave the organization good momentum heading into its half-century celebration.

"It has been wonderful to see the amount of support that we've gotten," she said.

From record registration for the annual Holly Jolly Trolley fundraiser to generous donations from people near and far, the historical society has been able to grow its services.

"We were able to expand the (Hinsdale History) museum's opening hours and launch a few education programs for adults," Andrew reported.

Those programs included one on caring for heirlooms and another on genealogy that Andrew led last fall.

"Those were really great," she said. "We wanted to see if there was an interest in Hinsdale, and there was. We're looking to expand on that this year as well."

In February, Immanuel Hall was the venue for "The Lights of Paris" exhibition featuring vintage posters promoting the Paris shows of Fullersburg native and pioneering dancer Loie Fuller. She's also the subject of new documentary, a clip of which was shown at the event.

"We worked with companies Heritage Auctions and the Triad Art Group to make that happen," she said.

A partnership with local Eagle Scout Greg Warren resulted in the teen

upgrading part of the museum to enhance displays for visitors.

"We're excited to put up rotating exhibits thanks to his efforts," she said.

Immanuel Hall has been getting its own interior makeover to make the space more conducive for society programs and outside events.

"We're repainting the main room and also installing display cork board on the lower half of the wall to be able to hang things for large exhibits without having to nail into the walls," Andrew said.

Community promotion of historic home preservation has meant more archival research projects for Andrew and her volunteers. But she's not complaining.

"It's a problem that we're happy to have," she said. "We enjoy teaching people the history of Hinsdale and engaging people to make them aware of our services."

Fundraising activity continues for the project to renovate the R. Harold Zook Home and Studio located at Katherine Legge Memorial Park.

"We want the building to be usable for people," said Andrew, not offering a timeline but hinting at the possibility of an announcement later this year.

The historical society participated in village events like the Wine Walk and Christmas Walk, she noted, and regularly receives inquiries for old documents — from as far away as Los Angeles.

"We've gotten a lot of people that stop in and email us with questions," Andrew said. "Even those whose family has been away for generations, they still appreciate their roots here."



HCS Family Services

It's hard to overstate the significance of 2024 for HCS Family Services.

"It was a true milestone," Executive Director Wendy Michalski said of the nonprofit's move over the summer from its longtime cramped quarters in Memorial Hall to its own building at 22 N. Elm St.

"I'm grateful for the support from the community and those who deeply

care about HCS working together to make that move happen."

The centerpiece is the John W. Otten Food Pantry, named in honor of the late, community-minded Hinsdale resident as part a grant of \$750,000 from the J. Norman Young MD Foundation to HCS.

"It's an example of neighbors caring for neighbors and that this pantry cares for neighbors by providing healthy and nutritious food," Michalski said.

The new space means no more time-consuming breaking down of large pallets of perishable food into small portions to transport from the main level of the hall to the food pantry in the basement via a tight elevator.

"We can now bring an entire pallet into the walk-in freezers and cooler," she said.

The large refrigeration units can keep produce fresh without having to cover it in ice blankets, as had been necessary previously.

"The walk-ins give us tremendous capacity to store," Michalski said. "It's such a more efficient operation, and we have greater ability to serve those in need in our community."

The need continues to be significant, with Michalski reporting that the pantry feeds about 400 families in an average week.

"It's higher than it ever was during COVID," she noted. "We served about 800 individuals through our holiday program."

Clients no longer have to line the block extending from the busy circle drive at Memorial Hall. They now cue in the Hinsdale Seventh-day Adventist Church parking lot before proceeding one by one for their curbside distribution.

"The clients are just so grateful to be away from the circle drive traffic," Michalski said.

A marketplace inside the new facility has begun welcoming those desiring in-person shopping. Before the space could open, Michalski said volunteers scrubbed down shelves and carts for a fresh start.

"Just so many people coming together to make that move happen," she said, praising everyone's efforts. "It really did take a village."

Dedicated rooms afford HCS and its partnering agencies the ability to address a range of other needs, such as counseling, diabetes education or spiritual support.

A refrigerated van courtesy of DuPage County means the agency can more safely transport rescued food from local grocery store partners back to the Hinsdale pantry and to its

One wish

Nonprofit leaders shared their hopes for 2025.

"To continue celebrating Hinsdale history and participate in preservation and research projects as well as fun events to engage the community." — **Katharine Andrew, society manager, Hinsdale Historical Society**

"To have the ability to continue feeding the number of neighbors who need the nourishment that we provide." — **Wendy Michalski, executive director, HCS Family Services**

"That all those who have contributed to Wellness House will feel our deep gratitude and that we will continue being a welcoming place for those we can serve, well beyond the next 35 years." — **Lisa Kolavennu, executive director, Wellness House**

other pantry site in at Anne M. Jeans School in Willowbrook.

"The quantity of fresh produce that we can provide now to our clients is so much more," emphasized Michalski, who added that a second refrigerated van will be arriving in the new year.

"We've just been so blessed to have the support that we have," she said.



Wellness House

Lisa Kolavennu, executive director of Wellness House, said the cancer patient support organization welcomed 17 percent more people to its programs in 2024 over 2023.

"The demand certainly continues to grow, and people are finding benefit and value in the programs here," she said. "The services are helping to support people during a vulnerable time in their lives."

Please turn to Page 6

NEXT WEEK

Hinsdale High School District 86 Board

6 p.m. Thursday, Jan. 9
Hinsdale Central High School
55th and Grant streets
www.hinsdale86.diligent.community/Portal/

On the agenda: 2025-26 staffing framework, weapons detection system support and stipend request, contract for in-person real-time captioning services

Hinsdale Historic Preservation Commission

6:30 p.m. Tuesday, Jan. 14
Memorial Building
19 E. Chicago Ave.
www.villageofhinsdale.org

On the draft agenda: public meeting on preservation incentive application for 4 E. Fifth St., sign permit reviews for 102 S. Washington (Studio W) and 5 W. Second (Hinsdale Dental Journey and Studio Giuseppe), KLM Lodge interior floor update

Nonprofit leaders take stock of 2024

Continued from Page 5

She said records indicate more than 50,000 have been served dating back to Wellness House's founding in 1990.

"That's a significant number since we opened our doors," she said.

The Cancer Health Equity Summit in the fall spearheaded by the organization was aimed at providing better access to care in underserved communities.

"It brought together over 80 health care professionals in oncology settings from across the Chicagoland area to discuss how to best serve patients and family members," she said. "That was an opportunity for Wellness House to demonstrate our leadership in this area. It's now going to become an annual thing.

Kolavennu said Wellness House continues to extend its programs and resources into a diverse range of neighborhoods throughout the region and even in other parts of the state.

"We were fortunate to be selected to deliver training to health care professionals throughout the state of Illinois," she said. "There's a desire to pair the really great quality care for people who are experiencing cancer we offer with those professionals to elevate the care they provide."

"We're coming at the issue from all different angles and thinking about all the ways we can help people who are going through cancer and support those who are supporting them," Kolavennu underscored.

At the Kay and Mike Birch Home of Hope in Hinsdale, about 75 percent of programs are in person and 25 percent online.

"We want to make our programs available for those who can't be in person, so we will continue to deliver them (remotely)," she said.

More than 3,000 people participated in May's annual Walk for Wellness, raising more than \$750,000 for the organization. The Wellness Ball in October was also a success, Kolavennu said.

"The events provide a significant amount of operating support," she said.

On the cusp of the Wellness House's 35th anniversary, Kolavennu related adapting to current needs has been key to the agency's thriving.

"One of the ways that we stay true to our roots is to continue to grow and be flexible in how we meet the needs of cancer patients," she said. "We've significantly expanded the number of people we've been able to serve.

"It's helping them with their quality of life and helping them cope with side effects of cancer treatment," she added.

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IN FOCUS



Welcoming winter

Oak School students held their annual Winter Sing Dec. 19. Students from each grade performed a different piece. (Jim Slonoff photos)

LOVE AND CELEBRATION



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POLICE BEAT

Hinsdale police released the following reports Jan. 7.

DUI arrest

Chaz Moy Chung, 24, 5705 Kensington Ave., Countryside, was arrested for driving under the influence of alcohol, driving with a blood-alcohol content higher than .08, illegal transportation of alcohol by a driver and speeding at 12:11 a.m. Jan. 5 in the 100 block of East Ogden Avenue. Chung submitted to testing that indicated he was over the legal limit before being charged and released to appear in court.

Domestic battery arrest

A 39-year-old Hinsdale man was arrested for violating an order of protection, domestic battery and interfering with the reporting of domestic violence Dec. 31 for making contact of an insulting or provoking nature with a family member and preventing the victim from calling 911. He was charged and taken to DuPage County Jail.

Retail theft

A suspect driving a U-Haul rental truck pumped \$119.18 worth of gasoline at Shell Gas Station, 210 E. Ogden Ave., and left without paying at 2:15 a.m. Dec. 31.

Wallet stolen

A woman reported her wallet was stolen while shopping at Whole Foods, 500 E. Ogden Ave., between 11:28 a.m. and 12:35 p.m. Jan. 5. Fraudulent charges were made on the credit cards that were in the wallet.

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

Police report results of holiday enforcement

The Hinsdale Police Department teamed up with the Illinois Department of Transportation and law enforcement agencies statewide this holiday season for the "Drive Sober or Get Pulled Over" campaign, targeting impaired drivers from Dec. 13 through Jan. 2.

The result? A safer holiday season with one impaired driving arrest, one zero tolerance arrest and 46 citations for seat belt, speeding, distracted driving and other traffic offenses.

"We can't stress it enough: Impaired driving is a deadly gamble," said Deputy Chief Thomas Lillie. "It's illegal, it's irresponsible and it puts lives at risk — yours, your passengers' and everyone else's on the road. Campaigns like 'Drive Sober or Get Pulled

Over' empower us to address this issue directly and send a clear message. If you're under the influence of alcohol, cannabis or anything else, don't drive."

During the campaign, Hinsdale police intensified enforcement efforts, conducting eight additional patrol details to deter risky behaviors and catch offenders.

The enforcement initiative, administered by IDOT and funded by the National Highway Traffic Safety Administration, underscores the collective commitment to safer roadways, particularly during high-risk times like the holidays.

"This effort isn't just about enforcement," Lillie said. "It's about protecting lives and ensuring every celebration ends safely for everyone."

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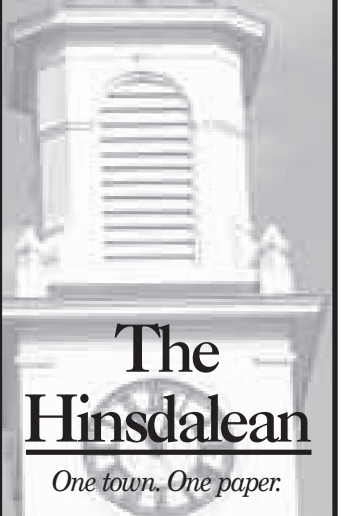
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■ "I became a blackjack dealer. It was a great experience. I refer to my job as a blackjack dealer as my first job in finance." — **Jim McMahon**

Former banker draws on journey to profit others

Adversity and unlikely choices were key factors in the success accrued by retired banker Jim McMahon.

"Wisdom comes from humility," McMahon writes in "Here's What We're Going to Do," the memoir/leadership guide the Hinsdale resident published earlier in 2024. From family strife to financial strains, McMahon found his way through to reach the heights of the community banking industry.

The oldest of five siblings, McMahon found himself early on thrust into a household management role.

"My poor mother had five of us before she turned 30. I think that drove her to drink," he said. "Very alcoholic environment, both my parents.

"I was making sure (my siblings) got up on time and got on the school bus," he continued. "I sensed a void, so I just stepped into it."

McMahon detailed a difficult episode at age 15 when he kept his father from attacking his mother during an argument.

"I thought I was going to get thrown down the stairs," he said. "But my father just walked away.

Fonder memories of his child-

hood include heavy snows and sub-freezing temperatures providing winter delights.

"We'd ice skate on Salt Creek from Fullersburg all the way to the (former) dam," he recalled.

McMahon headed to Marquette University following high school, while his mother and siblings moved to Las Vegas for a fresh start. When the college funds ran out after two years, McMahon used his last \$50 to enroll in casino dealer school.

"I became a blackjack dealer," he said. "It was a great experience. I refer to my job as a blackjack dealer as my first job in finance. It really helped me focus to keep track of all that was going on."

Eager to apply his aptitude with numbers, McMahon responded to an ad for bank manager training and moved to Utah to head up a branch. That ultimately led to a transfer to Chicago and a series of opportunities to advance his career, notably with Midwest Bank, where he was elevated to senior vice president and chief lending officer at age 31. He helped preside over the bank's steady growth and led the effort to establish a branch in Hinsdale.



JIM MCMAHON

GREW UP IN ELMHURST & OAK BROOK • MARRIED TO CATHY FOR 44 YEARS • ATTENDED ST. ISAAC JOGUES & FENWICK ACADEMY • SWAM IN HIGH SCHOOL • WORKED AS CASINO DEALER IN LAS VEGAS

McMahon would go on to sell two banks — fortuitously right before the Great Recession — and then pivot to become a bank revitalizer as the country recovered.

"A bank in Northbrook was hanging on by its fingernails. We did our due diligence and said, 'I think for \$8.5 million we can get in there and rescue it before the FDIC liquidates it,'" McMahon said. "Fixing a

broken bank is a lot harder than starting a bank. You've got a lot of things that were not clearly disclosed when you took over."

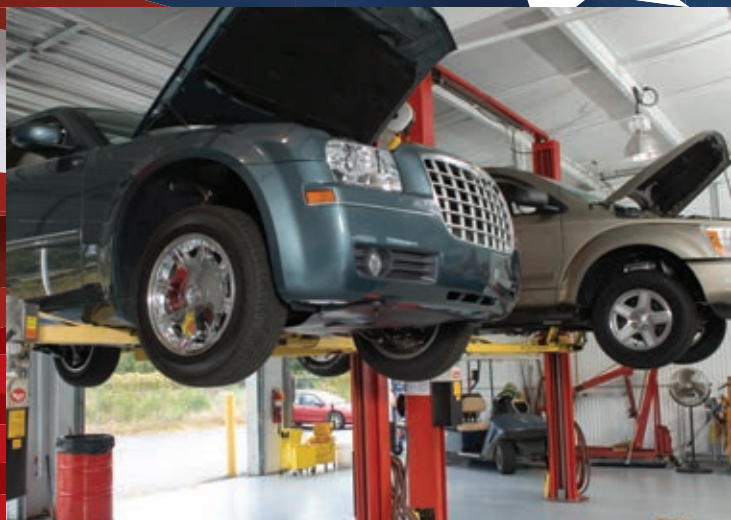
He officially retired 18 months ago, but actually just began a new chapter he calls McMahon Executive Coaching, coming alongside those aspiring to be in corporate C-suite. He can offer insights on writing a business

plan, strategic planning and dealing with regulators and other topics.

And, of course, he penned his book — as well as trimmed his waistline.

"I went from 80 pounds of fat down to four," he said. "I'm over at the health club between 5 and 5:30 every morning, seven days a week."

— story by Ken Knutson, photo by Jim Slonoff



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OPINION

EDITORIAL

Start 2025 by making a gift to save lives

January is National Blood Donor Month, and the American Red Cross is urging citizens to make an appointment to donate lifesaving blood or platelets as the new year dawns to help keep the blood supply strong this winter.

The start of the year is one of the most challenging times to collect blood products, according to the organization. Severe winter weather often thwarts blood drive efforts.

"Snow and ice caused about 16,000 blood and platelet donations to go uncollected last winter," said Paul Sullivan, senior vice president of Donor Services for the American Red Cross, in a statement. "In addition, hazardous weather conditions can make it tougher to move vital blood products across the Red Cross network, potentially affecting deliveries to hospitals in some locations."

The active cold and flu season is another hurdle, as people may refrain from donating as they rest and recover from illness. Over the last 20 years, Red Cross statistics reveal that the number of people donating blood to the Red Cross

has fallen by about 40 percent. When fewer people donate blood, even small disruptions to blood donations can have a huge impact on the availability of blood products and dramatic consequences for those in need of emergency blood transfusion.

Blood products are currently going to hospitals faster than blood donations are coming in, and in recent weeks, the Red Cross has had to limit distributions of type-O blood products — among the most transfused blood types — to hospitals.

Thankfully, residents have opportunities nearby to share with those in need. As of press time, these are next local Red Cross-sponsored blood drives with spots available (visit www.redcross-blood.org and type 60521 in the zip code search field to sign up for a time).

- 9 a.m. to 2 p.m. Monday, Jan. 20, at Advocate Good Samaritan Hospital, 3815 Highland Ave., Downers Grove

- 10 a.m. to 3 p.m. Wednesday, Jan. 22, at American Legion Post 1941, 900 S. La Grange Road, La Grange

As an incentive, donors who give blood, platelets or plasma through Jan. 26 automatically will be entered for a chance to win a trip for two to Super Bowl LVIX in New Orleans.

Right in town, the Tuthill Family Pet Rescue & Resource Center, 21 Salt Creek Lane in Hinsdale, will host a blood drive from 10 a.m. to 3 p.m. Monday, Feb. 3. Visit www.hinsdalehumanesociety.org/events for more information.

If those dates don't work with your schedule, take advantage of either of the two agencies in neighboring Westmont that accept blood donations year-round: Versiti at 6317 Fairview Ave. (www.versiti.org) and Vitalant at 1133 Fairview Ave. (www.vitalant.org).

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

COMMENTARY

Good advice, not resolutions, best start to 2025

I can't remember the last time I made a New Year's resolution.

Nor can I remember the last time I kept a New Year's resolution — which is why I stopped making them.

Weeks of indulging in eating, drinking, gift-giving and making merry can leave us feeling a mix of regret and panic. We look at the scale or checkbook balance and say, "No more!" But after a couple of weeks (or even a couple of days), our concern wanes — along with our will power.

Instead of making resolutions, I like to look at the start of a new year as a time to pause and reflect on the things I handled well over the past year and the areas where there is room for improvement.

I also enjoy reading and hearing the plethora of advice available in the early days of January, with the hope of implementing some of it over the course of the year. Here are a few of my favorites.

- Let them.

This directive is in the title of a new book by Mel Robbins called

"The Let Them Theory." Robbins, an award-winning podcast host and best-selling author, was on the Today show Monday morning talking about her book and the importance of recognizing the things we can control and the things we can't.

"No matter what's going on outside of you, the power is always inside of you," she told host Hoda Kotb. "Any time you feel stressed or annoyed or frustrated, just say, 'Let them.' You immediately feel your shoulders drop and it's almost like you're allowing something without allowing it."

Stoicism, Buddhism, the serenity prayer, detachment theory and radical acceptance all embrace this notion, Robbins noted.

"You are actually taking all of that power and wisdom and applying it in modern life," she said.

"Any time you try to control another person or something hap-



Pamela Lannom

pening that's outside of your control, you just create stress and frustration for yourself," she said.

- Consider therapy

This suggestion ranked 25th on a Good Housekeeping list of "easy to keep" resolutions for 2025, which isn't bad — although I question its placement after "Add cleaning tasks to your calendar" and "Become a plant owner." I do like how the suggestion was framed: "We all lean on friends and family for support, but is this the year that you finally make a move to unpack your mental health?" the item reads.

The stigma that surrounds addressing mental health issues is not as strong as it once was, which is promising. I long for the day when we look at seeing a therapist as no different than getting a check-up with our family doctor.

- Get out of your own head

I found a number of different suggestions that all boiled down

to focusing less on ourselves and more on something or someone else.

Focusing on gratitude, spending time in nature, volunteering, doing daily acts of kindness, traveling, discovering a new hobby — all interrupt our tendency to ruminate over things that have gone wrong.

Dan Harris' "Happier" podcasts more than once have talked about a Buddhist parable called "The Second Arrow." The first arrow is the one that is shot through you, which causes physical pain. The second arrow is our reaction to the first arrow, which can cause emotional pain. Instead of accepting what is, we wonder why things didn't unfold differently. Why did someone shoot us with an arrow? Why were we in the forest in the first place? Questions like these just create more suffering.

I'd love to hear the advice you hope to follow in 2025. Shoot me an email at the address below.

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

■ The stigma that surrounds addressing mental health issues is not as strong as it once was, which is promising.

GUEST COMMENTARY

Five things to let go of in 2025

From a polarizing election, military conflicts and a Bears season filled with utter disappointment, 2024 was quite a year! Don't get me wrong, 2024 was filled with many amazing moments, but I'm ready to welcome



Gabriela Garcia

3. Holding on to bad relationships

If someone in your life brings you down instead of lifting you up, it's time to reconsider the relationship. Whether it's an intimate relationship, an old friendship or even a toxic family member,

life is too short to spend time with those who bring out the worst in you.

4. Comparing yourself to others

Comparison is the killer of happiness. You're probably not comparing yourself to a celebrity but to the mom at school drop-off with impeccable style or one of your neighbors with a larger home. When we tally ourselves against others, it lifts us from the moment we are living and forces us to desire a moment in which we are not.

5. Not believing in yourself

How often do you think to yourself, "What gives me the right to do this? I have no idea what I'm doing." Maybe you suffer from impostor syndrome, the nagging fear of being found out as not being smart, talented, or experienced enough. It's time to let go of thoughts that you're not good enough. If you don't believe in yourself, who else will? You are stronger and smarter than you can ever imagine.

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

1. Seeking outside approval

How often do you look to others before making a personal or professional decision? This year, be confident in your choices and stop seeking outside approval. If you want to do something, do it. Who cares what your MIL or best friend thinks?

2. Neglecting your health

This year, I made a doctor, optometrist, and dentist appointment for every family member. Even our pets had multiple vet visits. So, when I recently came down with a 104 fever, I was shocked to realize that I had neglected to make any appointments for myself. This year, I will stop neglecting my physical and emotional health and prioritize them like my morning cup of coffee. I can't take care of my family's needs until I take care of mine first.

CARTOONS

Foundation leader thanks participants, sponsors

Thank you to all of our sponsors, donors and attendees for supporting Serving Chicago Style Foundation's mission and inspiring the next generation through sports and education.

Our first annual Rally for a Cause Dec. 24 raised total revenue of \$22,000. We

are thrilled to support the work of the Love Like Sean Foundation and Chicago Youth Centers.

Thank you again for your sponsorship. — **Caroline Dolehide, Hinsdale, founder, Serving Chicago Style Foundation**



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Requirements

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

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

Submission

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

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

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ASK AN EXPERT

MARY FERGUSON, DIRECTOR OF COMMUNITY RELATIONS

How can people exercise their brains?

We've all heard of aerobics as a way to keep our bodies healthy. Neurobics, on the other hand, isn't nearly as well known but may be as important to mental fitness as cardio is to physical fitness.

"Our brains are continuing to grow," said Mary Ferguson, director of community relations at The Birches assisted living and memory care in Clarendon Hills.

On Wednesday, Jan. 15, Ferguson's colleague, Patti Terkovich, will present "Building Your Mental Muscle" as part of Hinsdale Public Library's Successful Aging series. From 11:30 a.m. to 1 p.m., attendees of all ages will learn about the structure of the human brain and learn tools to keep it healthy.

"It's pretty chock full of information," Ferguson said of the presentation, which Terkovich, a certified dementia practitioner, has shared throughout the community for several years.

The program will begin with an

anatomy lesson of the brain, including its various regions and each region's function. Next, participants will learn about neurobics, a term introduced by neurobiologist Lawrence Katz more than 20 years ago, and learn how to exercise each part of the brain with different activities and exercises.

Just like muscles, Ferguson said, the brain becomes lazy when it's not challenged. Challenges and new experiences are like exercises for the brain, creating growth and new pathways.

Ferguson used the example of a rearranged grocery store to illustrate how change can challenge the brain.

"Most of us follow a certain pattern in the grocery store," she said. But when the canned food aisle becomes the toilet paper aisle, that weekly errand suddenly isn't as simple as it was the week before. While potentially frustrating, such challenges are good for the brain, Ferguson said.

In her presentation, Terkovich will encourage people to create challenges of their own as they make their way through their daily lives.

"That's a great way to keep your brain healthy," said Ferguson. Eating with your non-dominant

hand or taking a new route to work are examples of simple yet effective neurobic exercises, Ferguson said. And while crossword puzzles and sudoku are good for the brain, switching up your puzzle routine to include something new is even better.

Neurobics involves all five senses, all of which are controlled by the brain. Ferguson said taking time to smell your morning coffee, taste and feel your food, and admire the colors in a landscape all are exercises for the brain that fall under the umbrella of mindfulness.

"Mindfulness is such a key part of neurobics," she said. Mindfulness has other benefits, too.

"When you're more engaged in your life, you have a happier life," Ferguson said.

Ferguson said program participants will go home with a better knowledge of their brain and tools for how to keep it healthy.

"It's a fun program," she said.

While there is currently a wait list for the Jan. 15 presentation, "Building Your Mental Muscle" will be presented again Feb. 18 as part of the Clarendon Hills Park District's senior programming, Ferguson said.

— by Sandy Illian Bosch



Mary Ferguson, director of community relations at The Birches, said exercising every part of the brain is important to cognitive health. Her colleague, Patti Terkovich, will share ways to challenge the brain and keep it healthy during a Jan. 15 program at the Hinsdale Public Library. (file photo)

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OBITUARIES

Darlene F. "Rita" Babiak

Darlene F. "Rita" Babiak, nee Hauser, 79, of Westmont, died Jan. 4, 2025.

Rita and her husband Paul owned and operated Hinsdale Medical Center Pharmacy where Rita worked as a pharmacy technician.

She was preceded in death by her husband, Paul L. Babiak; and her siblings, Harry, Ron and Larry Mattes.



Babiak

She is survived by her children, Heather (John Kane) Babiak-Kane and Jim (Amanda) Babiak; her grandson, Gregory Babiak; her siblings, Steve (the late Jean), Don (Debbie) and Bonnie (the late Bill) Skidmore.

Interment will be private at Clarendon Hills Cemetery in Darien. Sullivan Funeral Home in Hinsdale handled the arrangements.

Eric Bergstrom

Eric K. Bergstrom, 75, of Okatie, S.C., passed away Dec. 28, 2024.

He was born in 1949 in Chicago, the son of Carl W. and Beverly (Mower) Bergstrom. After several moves around the country, the family moved to Hinsdale. Eric graduated from Hinsdale Central High School in 1967. He continued his education at the University of Illinois, earning bachelor's and master's degree in mechanical engineering.

He worked enabling power generation for millions of people for Sargent and Lundy in Chicago and Dallas, and Gilbert Commonwealth/Parsons in Reading, Penn., and Moncks Corner, S.C. His career came full circle as he came back to Sargent and Lundy before



Bergstrom

retiring.

Eric enjoyed playing golf and the occasional fishing trip. He believed in helping the cause of defeating childhood cancer and became a donor to St. Jude Children's Research Hospital.

He is survived by his sons, Keith Bergstrom and Craig Bergstrom; and his sister, Marsha (George)

Georgiopoulos.

He was preceded in death by his sister, Vicki Esparza.

Eric will be buried near family at Clarendon Hills Cemetery in Darien. By his request, there will be no formal memorial service.

Memorials may be made online to St. Jude Children's Research Hospital at www.stjude.org.

David George Dickerson

David George Dickerson, 73, died at his Hinsdale home Dec. 30, 2024.

Dave was a 1969 graduate of Hinsdale Central High School. He received his bachelor's degree in engineering from Northwestern University and his MBA from Northwestern University School of Business.

Dave worked for almost 50 years in the HVAC and building automation industry. He founded and ran Control Engineering Corp. for more than 25 years. As a business leader, Dave had a drive to help those who worked with him, enjoying most the opportunity to mentor young engineers.

Beyond his professional life, Dave worked to give back to the Hinsdale community he called home. He volunteered as a member of the board of trustees and buildings and grounds committee at Union Church. He also spent decades with Troop 10 of Hinsdale, where he earned the rank of Eagle Scout as a teen, and later oversaw it as a Scoutmaster for several years while his sons were members.

A 40-year member of the Chicago Yacht Club, Dave was an exceptional sailor, well known by Lake Michigan racers for his many victories, consistent enthusiasm for the sport and a voice that could carry across the lake. He served



Dickerson

on multiple committees at CYC, focusing on bringing racing and sailing to everyone. Dave chaired the Crew U program for several years, and helped create the Rookie Regatta Series, ensuring that new Chicagoans could share in his joy of the sport. Dave also served as a member of the CYC Offshore Fleet Committee and as a representative on the board of CASRA, helping to coordinate the Monroe Skyline Series.

As the skipper of Paradigm Shift, Dave raced nearly every race available to him. He earned multiple Skyline Series wins, and could run two full halyards of "brag flags" up the mast. In 2021, Dave completed one of his long-held goals, joining the Island Goat Sailing Society by completing his 25th Race to Mackinac. He was always grateful to his sons and crew for his success on the lake.

Dave is survived by his wife, Mary; his two sons, Ben (Amanda) and Tim (Treasure); his siblings Paul, (Beth), Jeanne and Anne; and many cousins, nephews and nieces.

Dave's family will finalize plans for a celebration of his life in the near future.

In lieu of flowers, memorials be made online to Troop 10 Hinsdale at www.Troop10Hinsdalefundraising.com or the Chicago Yacht Club Foundation at thechicagoyachtclubfoundation.com.

Thomas Daniel Flanagan

Thomas Daniel Flanagan, 87, of Oak Brook passed away peacefully Dec. 25, 2024.

Tom was a dedicated husband and father, always glowing with pride for his children, known for his generosity and sense of humor. He was the founder of Flanagan | Bilton, a risk taker, and entrepreneur.

He is survived by his wife, Connie Flanagan, nee Kezios; his children, Michael, James (Jennifer), Thomas, John (Caroline) of Hinsdale, Pamela (Louis) Devaleix and Kelley Flanagan; his grandchildren, Thomas, Olivia,



Flanagan

Alina and Ames; and many nieces and nephews.

He was preceded in death by his brother, James (Bridget) Flanagan.

A funeral Mass took place Jan. 7 at St. Isaac Jogues Church in Hinsdale.

Interment was private.

In lieu of flowers, memorials may be made online to St. Jude Children's Research Hospital at www.stjude.org or The Academy at Ocean Reef at www.oracademy.org/giving.

Sullivan Funeral Home in Hinsdale handled the arrangements.

Kenneth W. Fuller

Kenneth W. Fuller, 78, passed away Jan. 1, 2025, at his home in Hinsdale.

He was born to Lloyd and Dorothy Fuller in 1946 in Hinsdale and lived a life defined by dedication, faith and love. Growing up alongside his brothers — Walter, Douglas and Donnie — Ken began his lifelong career straight out of high school, helping build and grow the family business into a legacy that stands as a testament to his perseverance and commitment.

An avid fisherman, Ken spent countless days casting his line in the serene waters of Rainy Lake, Marco Island and Lake Cora. His love for fishing was more than a pastime — it was a way of life. "Fish on," he would often say, a phrase that captured his unwavering passion for the sport and the joy it brought him.

Ken's passion for life extended beyond the lakes. His devotion to his church was unwavering, reflecting the faith that guided him. Early in life, he had aspirations to become a preacher, and though his path led elsewhere, his spiritual foundation remained steadfast.

Ken shared 50 years with his loving wife, Nancy, nee Elliston, creating memories that will endure forever. Together, they raised a family of nine children, 38 grandchildren, and 13 great-grandchildren.

Ken leaves behind a legacy not only of hard work and dedication but also of unwavering faith. As a final wish, he chose Psalm 127:1 to be etched on his tombstone, a verse that embodies



Fuller

the values he lived by: "Unless the Lord builds the house, the builders labor in vain."

Ken Fuller was a man who lived with purpose, loved with all his heart, and left an indelible mark on everyone fortunate enough to know him.

He is survived by his children, Carolyn, Robert (Kathy), Lawrence, Dorothy, Daniel (Lana), Joseph, Priscilla and Laura; his grandchildren, Edward (Orquidia), Hillary (Haskell), Conor, Rachel, Jacob, Rebecca (Ray), Alyssa (Shane), George, Grace, Hayden (Evaggelia), Devin, Sydney, Levi, Curtis, Lee (Corrina), Dylan, Daniela, Jessica, Brianna (Shawn), Jordan (Austin), Hunter, Trenton, Ethan, Anthony, Isabel, Sandro, Aaliyah, Angie and Nancy; his great-grandchildren, Cassidy, Eddie, Rosalie, Killian, Cormac, Hayes, Audrey, Avery, Payton, Quinn, Liam, Eli and Demi; his brothers, Walter (Beverly) and Don (Kathy); and his siblings-in-law, Mary Kay (Andy) Trilla and Cindy (Mike) Glavan.

He was preceded in death by his daughter, Rebekah; his grandson, Brandon; his brother, Doug (Lizzy); and his brother-in-law, Larry (Jill) Elliston.

A funeral service was held Jan. 6 at Grace Lutheran Church in Western Springs.

Interment was at Bronswood Cemetery in Oak Brook.

In lieu of flowers, memorials may be made to Grace Lutheran Church, 4101 Wolf Road, Western Springs.

Brian Powell Funeral Directors of Hinsdale handled the arrangements.

Obituaries are published free each week in The Hinsdalean. Information may be mailed, faxed or e-mailed to news@thehinsdalean.com. Obituaries will be edited for style and space. The Hinsdalean, 7 West First St., Hinsdale, IL 60521, (630) 323-4422, Fax (630) 323-4220. Obituaries are also available online at www.thehinsdalean.com.

OBITUARIES

Timothy Joseph Leahy

Timothy Joseph Leahy, 64, a man known for his optimism, humor, kindness and generosity, passed away Dec. 30, 2024.

Tim lived a life filled with tremendous love and faith in God. Born in 1960 to Thomas and Patricia Leahy, Tim had a zest for life. He loved his bride of 40 years, Rory. He loved his family and his (wide, wide circle of) friends. He loved God and his faithful Notre Dame community.

He loved his alma mater, the University of Illinois Urbana-Champaign and rooting on the White Sox. He loved to run and play hoops. He loved his work in advertising, marketing and sales, proudly earning his MBA from Kellogg School of Management.

He loved supporting causes close to his heart: American Cancer Society, Misericordia and Ronald McDonald House Charities. He loved wedding dance floors, trivia, Rolling Rock and a hot mic.

Tim dedicated his whole life to fighting cancer, founding Hoops For Life in Hinsdale in 1988. Hoops For Life raised more than \$4 million dollars for American Cancer Society. Earlier this year, Tim became a cancer warrior



Leahy

himself, fiercely fighting until his final days. He was a beacon of faith, kindness and bravery that will forever reside in the hearts of those who knew him. His family finds solace in knowing that his spirit lives on through the love he instilled in them.

He is survived by his wife, Rory Leahy, nee Losos; his children, Erin (Aaron) Vick, Colleen (Justin) Pellino, Patrick Joseph Leahy and Molly Leahy; his grandchildren, Joan and Maisie Vick; and his siblings, Kathy (Darryl) Owens, Tom (Mary) Leahy and Mary (Tom) Fey.

He was preceded in death by his son, Joey Leahy; his grandson, Leo Pellino; and his parents, Thomas and Patricia Leahy.

A funeral Mass was held Jan. 4, at Notre Dame Catholic Church in Clarendon Hills.

Interment was private at Bronswood Cemetery in Oak Brook.

In lieu of flowers, memorials may be made online to the American Cancer Society at www.donate.cancer.org, Misericordia Heart of Mercy at www.misericordia.com or Ronald McDonald House Charities at www.rmhc.org.

Sullivan Funeral Home in Hinsdale handled the arrangements.

Martha Elisabeth Miller

Martha Miller, 81, of Racine, Wis., Chicago and lately of Hinsdale died peacefully Dec. 26, 2024 at her senior residence home.

Martha was born in Wisconsin to Richard and Jean Miller, the youngest of their three children. The family home in Racine was at the shore of Lake Michigan, and the lake was an important constant for Martha.

After graduating high school in Wellesley, Mass., Martha attended Lawrence University in Appleton, Wis., graduating with a bachelor's in English literature and in European intellectual history. Her first career position was with Leo Burnett Advertising. She worked subsequently for other marketing agencies before joining Demy and Associates as a speech writer and marketing consultant to Fortune 500 companies. She became vice president and continued to advise and write copy for their clients until the closure of that business. Martha then became a freelance ghost writer, newspaper columnist, editor of several PhD theses and author of several books, many speeches and technical presentations. She was able to grasp fundamental issues in multiple fields — law, medicine, marketing, nursing and religion — and write cogently about them in the style of her client.

Martha was passionate in her involvement with family, friends and the counseling of persons in recovery. She was direct and insightful, helping individuals to reach clarity and



Miller

purpose in their daily lives. She loved children and related easily and comfortably to them, with mutual respect, fun and engaging activities. She deeply loved her nephews and nieces who were always delighted to be with her. Her imaginative sense of fun and her creativity infused those around her with delight. She loved horses all her life, especially her own Willie (Sweet William), continuing teaching horsemanship and riding after she herself no longer rode.

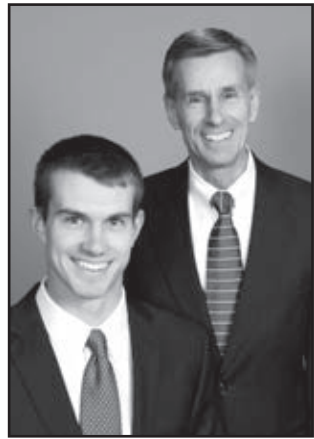
Martha is survived by her sister, Linda (Michael) Warren; her nephew, Joseph (Michelle) Warren; her nieces, Deborah YouMee (Jesse) Collins, Susan (Ake) Pettersson-Miller and Ellie (Will) Boeseweter; her sister-in-law, Janet Miller; and her "sister-by-choice," Christine Massie.

She was preceded in death by her brother, Greg Miller; and her nephew, Jonathan Warren.

A funeral and memorial service will be held at 5 p.m. Saturday, Jan. 25, at The Church of the Holy Nativity, 275 S. Richmond Ave., Clarendon Hills.

A reception will follow at the Parish Hall. Memorials may be made to Church of the Holy Nativity, 275 S. Richmond Ave., Clarendon Hills, IL 60514; Grateful House, 412 Wesley Ave., Oak Park, IL 60302; or a charity of choice.

The Cremation Society of Illinois handled the arrangements.



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What's in a name?
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Find health from inside out

New year good time to explore meditation, sound bathing and other therapies

By Ken Knutson

kknutson@thehinsdalean.com

Visions of fresh opportunities and healthier personal habits typically accompany a year's birth. But the uncertainty of what lies ahead can also foster or compound one's anxiety level.

Nourish the soul and manage stress with practices that make space for calmness amidst the daily churn of chores and external pressures. Hinsdaleans need not look far for help looking inward as these programs reveal.

Sounds of serenity

Sound bathing may not be a familiar concept to many, but Dana Kraszczyński, sound healer and meditation coach, would like to introduce more people to the therapeutic practice.

"The natural sound used in sound bathing is different because there's not any special rhythm or melody to it," she said. "It's easier to just focus on the feeling of the sound overall and just relax into it."

Kraszczyński will lead a Sound Meditation program from 7 to 8 p.m. Wednesday, Jan. 15, at the Hinsdale Public Library, 20 E. Maple St. Using crystal bowls, chimes, a flute and a sound pyramid among other instruments, she'll present this alternative to the breath-centered approach of traditional meditation.

"I do find that often time folks that have struggled with focusing on the breath often find that sound bathing is more accessible because of its focus on something external," Kraszczyński said.

The idea is to trigger people's parasympathetic nervous system, which helps

the body relax.

"People report improved mood afterwards," she said. "People are often saying they're ready to go to bed because they're so relaxed."

For the new year Kraszczyński aims to help attendees "set intention" and direct energy toward their goal.

"When they settle into the sound, they can better interact with that intention," she said. "I'll often have them hum with me to use their own voice to activate the vagus nerve."

Chairs will be provided, and participants are also invited to bring a yoga mat for floor meditation.

"It's a safe space," Kraszczyński said, noting that a question and answer session will follow the program. "It doesn't really require any physical abilities or any background to be able to participate."

"I would suggest giving this a try," she added.

The program is free but registration is required. Visit www.hinsdalelibrary.info or call (630) 986-1976.

Put your mind to it

Meditation instructor Stephanie Frantz invoked the image of stacked round stones to illustrate the benefits of the practices she teaches.

"They look like they might fall, but they stay balanced," she said of the stone tower. "Meditation doesn't solve your problems. It's just going to help you handle them better."

The Chopra Center-certified Frantz will lead the four-week Mindfulness Meditation workshop from 1 to 1:50 p.m. Thursdays from Jan. 16 to Feb. 6 at The Community House, 415 W. Eighth St.

She said she'll share classic meditation and breathing techniques to



relieve stress and increase an overall sense of well-being. Mindfulness meditation, she said, heightens awareness both of one's surroundings and internal state.

"People will learn two simple mindfulness meditations and some breathing techniques to help them calm down in the moment," she said of the program.

She noted that physical fitness tends to be emphasized over mental well-being in society.

"Most people stop training their brain and don't spend very much time in the moment. They're worrying about what's going to happen next or what's happened in the past, and then they start creating stories around those worries," Frantz said. "These (techniques) help people to just to stay in the moment in a non-judgmental way and focus on their breath using a mantra. You're training yourself to detach from your thoughts."

Frantz expects people notice benefits including lower blood pressure and deeper sleep. And the effects can ripple out.

Dana

Kraszczyński, sound healer and meditation coach, will present her Sound Meditation program at Hinsdale Public Library Jan. 15, one of a handful of opportunities locally for residents to experience ways to focus the mind and be present in the moment. (photo by Devri Ray)

"If you're more peaceful, that impacts everyone around you. You're doing your little part for the collective consciousness," she said.

Such practices need to become habitual to be truly healthy.

"Like exercise and dieting, it only works if you do it. It takes personal commitment," she said.

The cost for the workshop is \$97, with a discount for keyholders. To register, visit www.thecommunityhouse.org or call (630) 323-7500.

Coping through cancer treatment

Those on the cancer journey may find their previous methods of emotional therapy lacking, according to Rev. Ally Vertigan, chaplain in the supportive oncology department at Rush University Cancer Center.

"Sometimes folks have found the tools and faith traditions that had provided comfort for them aren't holding up in light of a significant diagnosis," she said.

Vertigan will present

other ways for cancer patients and survivors to navigate the path ahead in Nurturing the Soul from 6:30 to 8:30 p.m. Tuesday, Jan. 14, at Wellness House, 131 N. County Line Road. Meditation, labyrinths, gratitude and writing/journaling are among the practices she will invite people to explore to cope with the physical, mental and spiritual aspects of cancer in daily life.

"It's about trying to find way that people can reflect on what they're going through and feel more connected to others or to a higher power," Vertigan said. "A lot of folks that I've worked with describe that everything they thought they knew just kind of gets shaken up when they get a diagnosis like this."

"They're ready to explore things that they haven't needed to before that hold up to their life experience," she added. "How can we draw nearer to those questions and engage with them to draw nearer to our own humanity and others?"

There is no fee, but registration is required. Visit www.wellnesshouse.org or call (630) 323-5150.

PULSE



Folk/blues group the Donna Herula Trio will perform Jan. 11 in Hinsdale as part of the Acoustic Renaissance Concert series. See Page 24 for details. (photo provided)

ARTFULLY DONE

■ **A Year in Practice: Winter**
Mondays, Jan. 13-Feb. 24
Mayslake Peabody Estate
1717 W. 31st St., Oak
Brook
www.dupageforest.org
(630) 206-9566

Experience the season by investigating seasonal rituals and awakening cycles of creative expression with nature during nature walks, art journaling, poetry and collage. Time: 9:30 a.m. to noon. Cost: \$170. RR

■ **Watercolor Series**
Fridays, Jan. 17-March 28
Mayslake Peabody Estate
1717 W. 31st St., Oak
Brook
www.dupageforest.org
(630) 206-9566

Beginning and intermediate artists will learn watercolor and gouache techniques from a scientific illustrator of the Chicago Field Museum. Explore the surface structure and coloration of plants and animals while studying color

mixing, color layering, and other techniques. There may be some outdoor exploration, weather permitting. The program is for ages 18 and up. \$200 per person. Time: 4 to 6 p.m. Cost: \$200. RR

■ **Artist reception**
Jan. 21
Hinsdale Public Library
20 E. Maple St.
www.hinsdalelibrary.info
(630) 987-1976

Meet Darien's Laura Lein-Svencner, the library's next featured artist, whose collage exhibit, "Sheltered Ideas, Home," will be on display this winter in the Quiet Reading Room. Time: 6:30 to 7:30 p.m.

CASTING CALL

■ **'Bleacher Bums'**
Jan. 12
Westmont Community
Center
75 E Richmond St.
www.westmontparks.org/
wpa
Set in the outfield bleachers of Chicago's beloved Wrigley

Field, this slice-of-life comedy about a group of devoted (and sometimes dysfunctional) Cubs fans is a love letter to baseball, camaraderie and the unique community of fans who make it all so special. Auditioners will do cold reads from the script. Scenes can be reviewed at the website above. Rehearsals will take place from 6 to 9 p.m. Wednesdays and noon to 4 p.m. Sundays. Performance dates are March 27-30. Time: 12:30 to 2:30 p.m. time slots.

GREAT OUTDOORS

■ **Sunrise Hike**
Jan. 12
Little Red Schoolhouse
Nature Center
9800 Willow Springs Road,
Willow Springs
www.fpdcc.com
(708) 839-6897
Come join this "before hours" hike to experience the dawning of a new day. Time: 6:45 p.m. RR

Please turn to Page 22



When your Current Home is Not Working...

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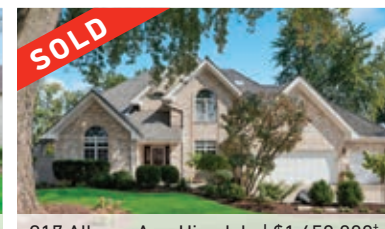
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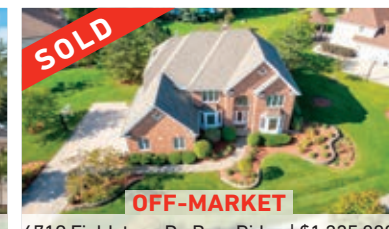
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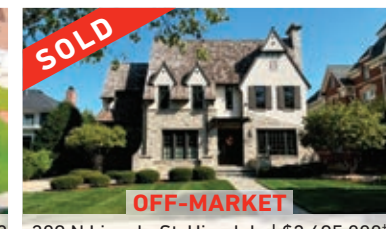
734 S Bodin St, Hinsdale | \$1,550,000



917 Allmen Ave, Hinsdale | \$1,450,000



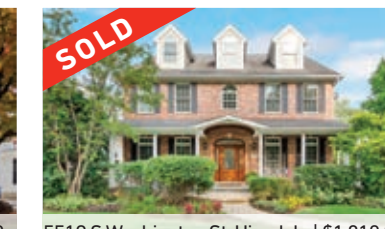
6719 Fieldstone Dr, Burr Ridge | \$1,225,000



309 N Lincoln St, Hinsdale | \$2,695,000



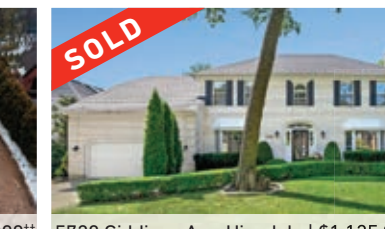
325 N Lincoln St, Hinsdale | \$1,505,000



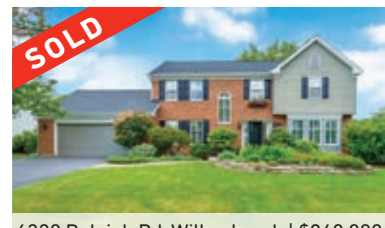
5519 S Washington St, Hinsdale | \$1,810,000



202 Covington Ct, Oak Brook | \$2,100,000



5728 Giddings Ave, Hinsdale | \$1,125,000



6320 Raleigh Rd, Willowbrook | \$840,000



314 The Lane, Hinsdale | \$1,750,000



406 Naperville Rd, Clarendon Hills | \$1,810,000



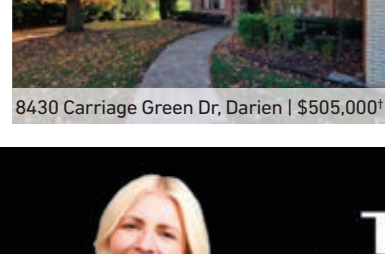
9 Hidden Lake Dr, Burr Ridge | \$1,550,000



906 S Grant St, Hinsdale | \$2,100,000



37 Thornhill Ct, Burr Ridge | \$625,000



8430 Carriage Green Dr, Darien | \$505,000

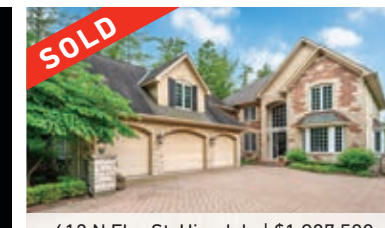
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521 N Oak St, Hinsdale | \$565,000



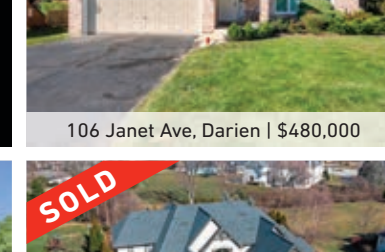
422 S Adams St, Hinsdale | \$1,650,000



643 S Lincoln St, Hinsdale | \$1,830,000



821 S Thurlow St, Hinsdale | \$1,500,000



106 Janet Ave, Darien | \$480,000



701 Taft Rd, Hinsdale | \$1,960,000



5604 S Garfield St, Hinsdale | \$2,500,000



478 Uvedale Rd, Riverside | \$783,500



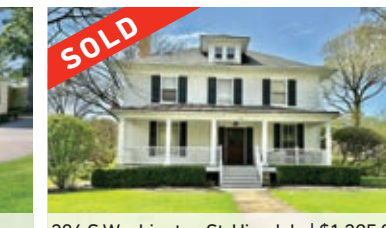
642 S Bodin St, Hinsdale | \$1,385,000



304 E Hawthorne Blvd, Wheaton | \$605,000



105416 Carrington Cir, Burr Ridge | \$470,000



304 S Washington St, Hinsdale | \$1,395,000



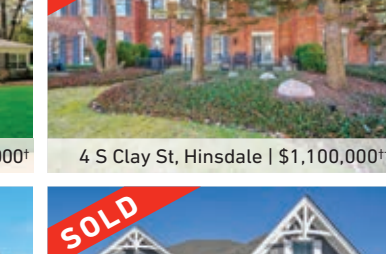
249 Coe Rd, Clarendon Hills | \$999,900



921 E Madison St, Hinsdale | \$1,942,500



337 E 59th St, Hinsdale | \$1,160,082



4 S Clay St, Hinsdale | \$1,100,000



671 W Mary Ct, Elmhurst | \$1,145,000



611 S Washington St, Hinsdale | \$2,375,000



1025 Laurie Ln, Burr Ridge | \$1,000,000



331 The Lane, Hinsdale | \$1,900,000



533 Austin St, Downers Grove | \$925,000



337 Western Ave, Clarendon Hills | \$806,500



120 S Elm St, Hinsdale | \$1,875,000



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*Buyer Represented. **Buyer & Seller Represented. *MRED, LLC, closed sales Hinsdale 1/1/2024-10/31/2024. **Total market shares Hinsdale & Chicago 1/1/2024-12/31/2024. *MRED, LLC, based on closed sales data for Larysa Domino, 1/1/2024-12/31/2024 vs 1/1/2023-12/31/2023.

The dinner I make when I don't feel like cooking

Have you ever had best of intentions to eat healthy and stock your fridge with good food, only to find that after all that effort you suddenly have no desire to cook?

I find this feeling usually hits me mid-January when my resolution-driven will power starts to wane. I had to laugh when I saw an



Amy McCauley
Tales from the table

Instagram post with a picture of a tasty cheese- and guacamole-topped taco with a caption that read "I have a fridge full of groceries and all I really want to eat is tacos," because I've been there.

This is why my new year's resolutions rarely extend to my refrigerator. I personally have found that if I want to make a lasting change

in my eating habits, then I need to take a more realistic look at how much time and energy it's going to take. It's easy to make ambitious meal plans on Monday, but that won't help me on Friday night when I'm tired and hungry.

In order to keep myself eating well and cooking, I found that I need to be honest about how much time I actually have to cook. Some nights have to be quick to get dinner squeezed in between all the after-school activities. So, I try to be kind to myself and plan something easy on those crazy days. The other important factor that keeps me cooking is making sure I am making flavorful dishes that I want to eat.

One of the healthy, but still satisfying, meals that I like to make is this ginger soy salmon. It's a sheet pan dinner that cooks in 25 minutes and everyone in my family loves it. The sauce has fresh ginger, honey, sriracha and soy sauce. I like to serve it over jasmine rice or instant rice noodles, but it would be good over brown rice too. This is one my go-to dinners that I make when I need a quick and delicious meal.

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

Roasted Ginger Soy Salmon



- 4 tablespoons soy sauce
 - 4 tablespoons rice wine vinegar
 - 1 tablespoon vegetable oil
 - 2 tablespoons honey
 - 3 teaspoons peeled and grated ginger
 - 1 to 2 teaspoons sriracha
 - 2 teaspoon toasted sesame oil
 - 1 ¼ pounds center cut salmon cut into 4 portions
 - 1 bunch of asparagus
 - 2 tablespoons vegetable oil
 - 3 cups cooked jasmine rice
- Preheat the oven to 375 degrees. Make the ginger soy sauce. In a small bowl whisk

together the soy sauce, vinegar, oil, honey, ginger, sriracha and sesame oil.

Reserve half of the sauce for serving at the end and place the other half in a large zip-top bag to use as a marinade for the salmon.

Marinate the salmon in the ginger soy sauce for a few minutes while you cut the asparagus into 3-inch spears. Then place the asparagus in a medium sized bowl and coat them with 2 tablespoons of oil and a small pinch of salt.

Place the salmon fillets skin side down on a rimmed sheet

pan lined with parchment paper. Cook the salmon for 20 to 25 minutes. When the salmon has 8 minutes left add the asparagus to the sheet pan and allow it to cook for the remaining time.

Serve the roasted salmon and asparagus over jasmine rice and generously spoon the ginger soy sauce on top. This recipe serves four.

Note: This recipe can also be made with broccolini. Trim the broccolini like the asparagus and season with 2 tablespoons of the reserved ginger soy sauce. Add it to the pan when the salmon has 8 minutes left to cook.

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Saturday, Jan. 11th, 2025—9:00-11:00AM

Preschool Open House Visit Day

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Continental Breakfast: 9:00-10:00am

Music Together® Class-Sign up for a session:

9:15, 9:45 or 10:15am

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Zion Lutheran

Zion Lutheran Early Childhood Center
204 S. Grant Street Hinsdale (630) 323-0065
Email: zionlutheranecec@gmail.com
Website: www.zionhinsdale.org

Music Together.
Mattix Music Studio

Continued from Page 17

HEALTH & WELLNESS

■ Self-Care Saturday

Jan. 11
Mayslake Peabody Estate
1717 W. 31st St., Oak
Brook
www.dupageforest.org
(630) 933-7248

Use organic lavender to create an eye pillow, moisturizing salt scrub and lavender

sachets to use at home. The program is for ages 18 and up. Time: 10:30 a.m. to 12:30 p.m. Cost: \$64. RR

■ Heart Saver CPR/AED

Jan. 25
Hinsdale Fire Department
121 Symonds Drive
www.villageofhinsdale.org/
pr
(630) 789-7090

Taught by the members of the Hinsdale Fire Department,

this course is for those 14 and older with little to no medical training and teaches how to perform CPR, use an AED and provide first aid, and covers medical, injury and environmental emergencies. Participants will receive an American Heart Association certificate. Time: 8 a.m. to noon. Cost: \$50. RR

JUST FOR KIDS

■ Take Home Craft: Make a Snowflake

Jan. 17
Hinsdale Public Library
20 E. Maple St.
www.hinsdalelibrary.info
(630) 986-1976

Kids in kindergarten through second grade can stop by the library between 9 a.m. and 6 p.m. and pick up a kit to make a snowflake with Q-tips at home. RR

■ Graphic Design

Wednesdays, Jan. 22-Feb. 26
The Community House
415 W. Eighth St.
www.thecommunityhouse.org
(630) 323-7500

Kids in fourth through sixth grade will learn how to make professional posters and art that people want to pay for,

Please turn to Page 24

January Highlights at Hinsdale Public Library



High School Money Smarts Lunch & Learn

Saturday, Jan. 11, 12:30 p.m.

Financial advisors Nora Hernandez and Clare Nawrocki will cover bank accounts, vital financial terms, and budgeting.



Tales as Old as Time

Monday, Jan. 13, 10 a.m.; preschoolers/families

Join us for singing, storytelling, and a meet-and-greet with Belle from Beauty and the Beast. Presented by Parties with Character.



Lunar New Year

Saturday, Jan. 25, 2 p.m.

Celebrate the Year of the Snake with us! We'll have crafts, games, snacks, and a children's talent show.



Drop-in Coffee and Conversation

Every Wednesday, 10 a.m.

Join your friends and neighbors for free coffee each Wednesday morning. Discuss current events and new books or simply relax.



Winter Art Reception: Laura Lein-Svencner

Meet our featured artist and enjoy refreshments
Thursday, Jan. 21, 6:30-7:30 p.m.

Laura's collages are a combination of symbolism, form, meaning, and spiritual content; she finds that the edges of the paper—some clean, some raw, and some torn—reflect life itself. Meet Laura on Jan. 21 and enjoy the exhibit all winter.



Register online today at
hinsdalelibrary.info/events

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2ND-8TH GRADE**

**Alice
by heart**

**MARCH 1ST
HIGH SCHOOL**

Full Details at www.StageDoorFineArts.com

PULSE

Continued from Page 22

and ultimately design posters and ads for real organizations with good causes. Students will need a Chromebook or a laptop; iPads are OK but less functional. Time: 4 to 5 p.m. Cost: \$187. RR, MD

LISTEN & LEARN

■ Finding the Perfect Earbuds or Headphones

Jan. 16
Hinsdale Public Library
20 E. Maple St.
www.hinsdalelibrary.info
(630) 986-1976

Discover the features that make wireless earbuds and headphones stand out to find the perfect match for one's audio needs. Time: 7 to 8 p.m. RR

NOTEWORTHY

■ Donna Herula Trio

Jan. 11
Unitarian Church of Hinsdale
11 W. Maple St.

www.acousticren.com
(630) 941-7797

This Chicago-based folk blues group performs fun, lively and heartfelt versions of traditional blues songs as well as original songs that tip the hat to the tradition. Streaming tickets also are available. Time: 7 p.m. Tickets: \$20.

ON STAGE

■ 'Goodnight Moon and the Runaway Bunny'

Jan. 16
McAninch Arts Center
College of DuPage
421 Fawell Blvd., Glen Ellyn
www.atthemac.org
(630) 942-4000

Kids in pre-K through second grade can experience this Mermaid Theatre of Nova Scotia production of beloved stories brought to life with endearing animal puppets, stunning scenic effects and evocative music. Seating assignments are provided the day of the show. Times: 9:45 & 11:30 a.m. Tickets: \$10. \$15 for children and stu-

dents.

SENIOR SCENE

■ Hinsdale Memory Cafe

Jan. 22
Hinsdale Public Library
20 E. Maple St.
www.hinsdalelibrary.info
(630) 986-1976

Join this social gathering of individuals living with dementia and their caregivers. Activities may include education, music, games and arts. The program is sponsored by The Birches. Time: 2 to 3 p.m. RR

SIGN UP NOW

■ Winter Spice Club

Register before Jan. 13
Hinsdale Public Library
20 E. Maple St.
www.hinsdalelibrary.info
(630) 986-1976

Register to receive a kit containing a featured spice, information about the spice and two recipes highlighting it. Then return the box to the library, including the spice jar,

to receive a new selection Feb. 10. The program is for library cardholders only. RR

SPECIAL EVENTS

■ Craft Supply Swap

Jan. 18
Clarendon Hills Public Library
7 N. Prospect Ave.
www.clarendonhillslibrary.org
(630) 323-8188

The library's meeting room will be filled with gently-used art and craft supplies including fabric, specialty papers, supplies for drawing, painting, needlework and other crafts. People are invited to come, browse and take what they like. Those with gently used supplies to donate may bring them to the library Friday, Jan. 10, or Saturday, Jan. 11. Time: 10 a.m. to 2 p.m.

TEENS & TWEENS

■ Babysitters Certification

Jan. 11
The Community House

415 W. Eighth St.
www.thecommunityhouse.org
(630) 323-7500

In this American Red Cross course, ages 11-15 will develop skills in leadership and professionalism, safety and safe play, and first aid through video, activities, hands-on skills training and discussion for a complete learning experience. Participants must be present for the entire class to receive certification, and should bring a sack lunch. Time: 9 a.m. to 4 p.m. Cost: \$110. RR, MD

■ Money Smarts Lunch & Learn

Jan. 11
Hinsdale Public Library
20 E. Maple St.
www.hinsdalelibrary.info
(630) 986-1976

Financial advisors Nora Hernandez and Clare Nawrocki will equip teens with knowledge about savings and checking accounts, vital financial terms and budgeting to make well-informed financial decisions and effectively

Please turn to Page 26

OAK BROOK - DRURY LANE

Chicago Home Show

Jan. 11th & 12th ❖ Sat. & Sun. 10am - 5pm

See the Latest Products & Services & Speak With Experts Who Will Help You Remodel, Repair & Refresh Your Home. All With ONE Visit!

100's of the Latest Home Products & Services On-Site! Including:

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- ❖ Additions & Design-Build!
- ❖ Tesla Power Wall & Solar Systems!
- ❖ Roofing & Gutter Protection!
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Nestled on a serene half-acre wooded lot, this stately traditional residence offers an inviting blend of classic charm and modern amenities. The comprehensive level of meticulous updates is evident in every square inch of this home. Inside, you'll find generous room sizes throughout, including an extraordinarily large and open kitchen, breakfast room, and family room - perfect for gatherings. The first-floor sunroom provides a peaceful retreat with views of the lush landscape. The updated bathrooms feature high-end natural stones including Carrara marble, Calacatta marble and brushed travertine. A two-car attached garage and an oversized laundry/mud room combination add convenience. Outside, enjoy the private in-ground pool, ideal for relaxation and entertaining. With proximity to highly acclaimed schools, including Oak Elementary, Hinsdale Middle and Hinsdale Central High School, this home is perfect for those seeking top-tier education.

 **bryanbombagroup**



THIS HOME'S STORY...

EVERY HOME HAS A STORY.
LEARN WHAT MAKES THIS HOME UNIQUE.

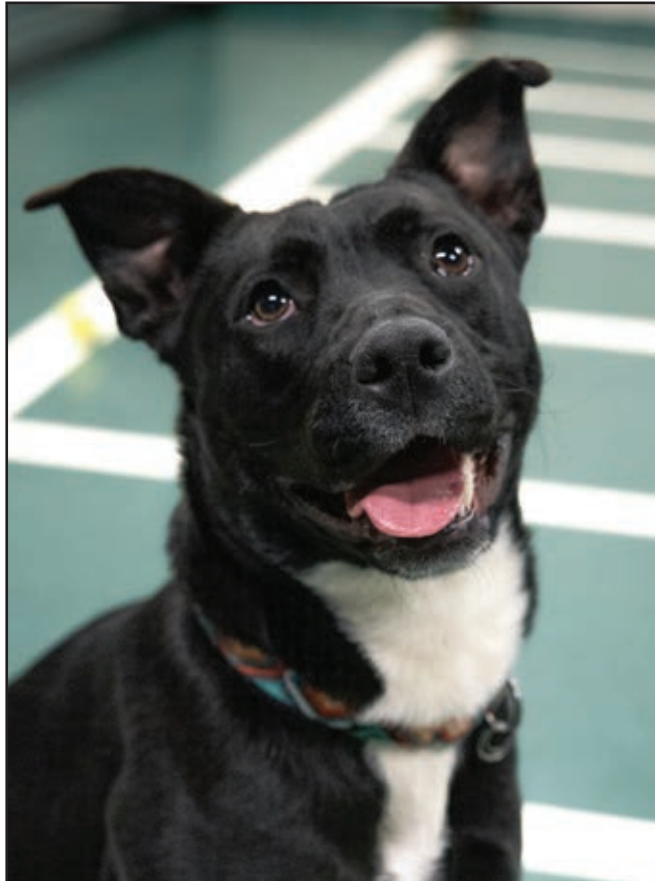


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Pet pic of the week

Get ready to fall in love with this playful, energetic sweetheart who's bursting with personality and charm. Mooney is a tennis ball pro, a stuffed toy fanatic and the ultimate belly rub enthusiast. Mooney is searching for an active, fun-loving family who can match her zest for life. She thrives on new adventures, long hikes, agility challenges, and — most importantly — creating unforgettable memories with her favorite humans. Stop by the Hinsdale Humane Society Tuthill Family Pet Rescue & Resource Center and see why this loving, spirited pup will make your family complete. For more information, visit www.hinsdalehumanesociety.org or call (630) 323-5630. (photo provided)



Continued from Page 24

manage money. A pizza lunch is included. Time: 12:30 to 1:30 p.m. RR

■ Teen Art Workshop

Jan. 13
Hinsdale Public Library
20 E. Maple St.
www.hinsdalelibrary.info
(630) 986-1976

Join this open art hour and create art with peers. Each week various art supplies will be provided along with new ideas and techniques to try. Time: 5 to 6 p.m. RR

WEE ONES

■ Tot Hoopsters

Fridays, Jan. 10-Feb. 14
The Community House
415 W. Eighth St.
www.thecommunityhouse.org
(630) 323-7500

Kids ages 3-5 will learn the fundamentals of bouncing, catching and shooting as they are introduced to basketball and develop motor skills and hand-eye coordination in

skills and games. Times: 11:15 a.m. to noon Fridays. Cost: \$97. RR, MD

■ Tales as Old as Time with Belle

Jan. 13
Hinsdale Public Library
20 E. Maple St.
www.hinsdalelibrary.info
(630) 986-1976

Preschoolers with an adult can enjoy singing, storytelling and a meet and greet with Belle from "Beauty and the Beast." Time: 10 to 11:30 a.m. RR

■ Children's Story Time

Jan. 15
Bemis Woods-South
Ogden Avenue west of Wolf Road near Western Springs
www.fpdcc.com
(312) 533-5751

Listen to a nature-themed children's book read aloud by the fire, followed by an activity. Meet in Grove 7. Time: 9 to 10:30 a.m.

Key

RR - registration required
MD - member discount

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T	I	N	G		P	E	T	I	T	I	O	N	
P	E	T	U	N	I	A			S	H	A	D	S
				R	A	T		E	N	E			
B	U	T	T	E		P	E	T	R	I	F	Y	
O	S	U			Y	A	K				P	O	E
P	E	T	I	T	E	S			F	L	O	P	S
				V	E	T			B	I	O		
E	V	I	T	A		P	E	T	N	A	M	E	
P	E	T	U	L	A	N	T		E	M	I	L	
P	R	O	B		N	I	T		R	O	L	L	
S	Y	N	E		N	N	E		S	R	A	S	

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CERTIFICATE NO. 79599 was filed in the office of the County Clerk of DuPage County on December 31, 2024 wherein the business firm of

WAGGIN' TAILS PROFESSIONAL PET CARE

Located at 4832 Oakwood Avenue, Downers Grove, IL. 60515 was registered; that the true or real name or names of the person or persons owning the business, with their respective post office address(es), is/are as follows: Roberta K. Macal, 4832 Oakwood Avenue, Downers Grove, IL. 60515.

IN WITNESS WHEREOF, I have hereunto set my hand and Official Seal at my office in Wheaton, Illinois, this 31st day of December A.D. 2024.
Jean Kaczmarek
DuPage County Clerk

Published in The Hinsdalean January 9, 16 & 23, 2025.

The object of a New Year is not that we should have a new year. It is that we should have a new soul and a new nose; new feet, a new backbone, new ears, and new eyes. Unless a particular man made New Year resolutions, he would make no resolutions. Unless a man starts afresh about things, he will certainly do nothing effective. Gilbert K. Chesterton

Public Notices

CERTIFICATE NO. 79601 was filed in the office of the County Clerk of DuPage County on January 6, 2025 wherein the business firm of

WAXING THE CITY WHEATON

Located at 263 Rice Lake Square, Wheaton, IL. 60189 was registered; that the true or real name or names of the person or persons owning the business, with their respective post office address(es), is/are as follows: Adam Small, 430 N. Adams Street, Hinsdale, IL. 60521.

IN WITNESS WHEREOF, I have hereunto set my hand and Official Seal at my office in Wheaton, Illinois, this 6th day of January A.D. 2025.
Jean Kaczmarek
DuPage County Clerk

Published in The Hinsdalean January 9, 16 & 23, 2025.

CERTIFICATE NO. 79600 was filed in the office of the County Clerk of DuPage County on December 31, 2024 wherein the business firm of

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IN WITNESS WHEREOF, I have hereunto set my hand and Official Seal at my office in Wheaton, Illinois, this 31st day of December A.D. 2024.

Jean Kaczmarek
DuPage County Clerk

Published in The Hinsdalean January 9, 16 & 23, 2025.

CERTIFICATE NO. 79596 was filed in the office of the County Clerk of DuPage County on December 27, 2024 wherein the business firm of

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Located at 889 S. Lorraine Ave., Apt. 206, Wheaton, IL. 60189 was registered; that the true or real name or names of the person or persons owning the business, with their respective post office address(es), is/are as follows: Joshua Bassett, 889 S. Lorraine Ave., Apt. 206, Wheaton, IL. 60189.

IN WITNESS WHEREOF, I have hereunto set my hand and Official Seal at my office in Wheaton, Illinois, this 27th day of December A.D. 2024.

Jean Kaczmarek
DuPage County Clerk

Published in The Hinsdalean January 2, 9 & 16, 2025.

Public Notices

UNITED STATES OF AMERICA STATE OF ILLINOIS

COUNTY OF DU PAGE

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT

ESTATE OF HELEN B. GIORDANO DECEASED

CASE NUMBER
2024 PR 000939

Notice is given of the death of Helen B. Giordano whose address was 5420 Subiaco Dr. #236, Lisle, IL. 60532. Letters of Office were issued on December 19, 2024 to Kenneth Giordano, 355 S. School St., Lombard, IL. 60148, as Independent Administrator whose attorney is Mark C. Metzger.

NOTICE TO HEIRS AND LEGATEES

Notice is hereby given to all creditors, persons and unknown heirs, who are heirs or legatees in this cause.

To probate a Will, and whose name and address is not stated in the petition to admit the Will to probate, an order was entered by the court on December 19, 2024 admitting the Will to Probate. Within 42 days after the effective date of the original order of admission, you may file a petition with the court to require proof of the Will by testimony of the witnesses to the Will in open court or other evidence, as provided in section 6-21 of the Probate Act of 1975 (755 ILCS 5/6-21). You will also have the right under the Probate Act of 1975 (755 ILCS 5/8-1), to contest the validity of the Will by filing a petition with the court within 6 months after the admission of the Will to probate.

The estate Will be administered without Court Supervision, unless under section 28-4 of the Probate Act of 1975 (755 ILCS 5/28-4) any interested person may terminate independent administration at any time by mailing or delivering a petition to terminate to the Circuit Court Clerk.

Claims against the estate may be filed in the Office of CANDICE ADAMS, Circuit Court Clerk, 505 N. County Farm Rd., Wheaton, Illinois, or with the representative or both on or before *June 27, 2025 any claim not filed within that period is barred. Copies

Public Notices

of a claim filed with the Circuit Court Clerk must be mailed or delivered to the representative and to the attorney, if any, within 10 days after it has been filed with the Circuit Court Clerk.

Name: Mark C. Metzger
DuPage Attorney Number: 208026
Attorney For:
Kenneth Giordano
Address: 1807 W. Diehl Rd., Ste. 105
City/State/Zip: Naperville, IL. 60563
Telephone: 630-615-6380
Email: mark@markmetzger.net

Published in The Hinsdalean December 26, 2024, January 2 & 9, 2025.

Equal Housing



It is the intent and goal of this newspaper to have each advertiser who wishes to place a covered advertisement in the newspaper comply with the Fair Housing laws. Any advertisement which is perceived to contain language contrary to these laws will be rejected or changed to remove the offending reference. There may be situations where it is not clear whether particular language is objectionable. Such advertisements should be referred to a supervisor for consideration and determination. Under certain circumstances, advertisers may claim that because of the nature of the housing being advertised, they are not subject to the Fair Housing laws. Such claims are irrelevant for purposes of considering advertisements for publication in this newspaper. Every housing advertisement published in this newspaper is subject to the Fair Housing laws.

- H**ometown
- I**n town
- N**eighborhood
- S**coops
- D**elivered free
- A**ward Winning
- L**ocal
- E**ach Thursday
- A**t your door
- N**ews
- READ IT AND REAP!**

MIND GAMES

- ACROSS**
- 1 SCREEN STAR LAMARR
 - 5 ABRUPT TURN
 - 8 WILD PARTY
 - 12 HALF A SEXTET
 - 13 EQUI-
 - 14 TENNIS GREAT ARTHUR
 - 15 CRYSTAL-TAPPING SOUND
 - 16 SOLICIT
 - 18 FUNNEL-SHAPED BLOOM
 - 20 HERRINGS' COUSINS
 - 21 SQUEALER
 - 22 CHEMICAL SUFFIX
 - 23 MONTANA CITY
 - 26 SCARE BADLY
 - 30 BUCKEYES' SCH.
 - 31 TIBETAN BOVINE
 - 32 "ULALUME" WRITER
 - 33 DRESS STORE SECTION
 - 36 BROADWAY DUDS
 - 38 CAT DOC
 - 39 LIFE STORY
 - 40 MADONNA ROLE
 - 43 "CUTIE," E.G.
 - 47 PEEVISH
 - 49 ACTOR JANNINGS
 - 50 "NO -!" ("SURE THING!")
 - 51 QUIBBLE
 - 52 SANDWICH OPTION
 - 53 "AULD LANG -"
 - 54 AWAY FROM SSW
 - 55 LADIES OF SPAIN (ABBR.)

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16			17				
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40	41	42				43				44	45	46
47					48				49			
50					51				52			
53					54				55			

- DOWN**
- 1 URL OPENER
 - 2 TOLEDO'S LAKE
 - 3 FORCE
 - 4 DAIRY CASE BUY
 - 5 "HUSH!"
 - 6 ON THE AEGEAN, SAY
 - 7 INHERITED
 - 8 TUB USER
 - 9 CHINA SETTING
 - 10 NOT BAREFOOT
 - 11 COOP GROUP
 - 17 "... IT ROMANTIC?"
 - 19 SCOT'S REFUSAL
 - 22 "A SPIDER!"
 - 23 JAZZY STYLE
 - 24 EXPLOIT
 - 25 BOY KING
 - 26 MAS' MATES
 - 27 WALL ST. DEBUT
 - 28 DANDY GUY
 - 29 "YOU BET!"
 - 31 HOWEVER
 - 34 ICU HOOKUP
 - 35 POND DUCK
 - 36 IN SHAPE
 - 37 HERMITS
 - 39 DAVIS OF "JEZEBEL"
 - 40 ACTOR OMAR
 - 41 QUITE
 - 42 LAY -- THE LINE
 - 43 NABOKOV NOVEL
 - 44 LOVE GOD
 - 45 "... 18" (URIS NOVEL)
 - 46 RIGHT ANGLES
 - 48 RAGGEDY DOLL

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

Weekly SUDOKU

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

solution

1. Rage 2. Enigma;
3. Scowl; 4. Bedlam

Today's Word
LEDGE

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the found letters to form the mystery word which will complete the grid.



Your clerk will be with you again as soon as we can coax him of the window.

- Fury: **GEAR**
- Mystery: **GEMANI**
- Grimes: **COWLS**
- Chaos: **AMBLER**

TODAY'S WORD

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

HOROSCOPES

January 2025 Horoscopes • Week 3



CAPRICORN

CAPRICORN – Dec 22/Jan 20
Clear communication is needed right now, Capricorn; otherwise, you may fall victim to hearsay or crossed signals. Get the facts before sharing your opinion.



ARIES

ARIES – Mar 21/Apr 20
Aries, charm is one of your strongest attributes. This week your magnetism is magnified and can work to your advantage. You might attract people who can help with a situation.



CANCER

CANCER – Jun 22/Jul 22
Cancer, others are supportive of a new project you recently proposed. Maintain that support by staying focused on the tasks at hand. It's time to move things along.



LIBRA

LIBRA – Sept 23/Oct 23
Libra, allow some time to pass by before offering an assessment. Responding too quickly might produce a knee-jerk reaction that could prove regrettable down the road.



AQUARIUS

AQUARIUS – Jan 21/Feb 18
Start contemplating big changes pertaining to your employment situation, Aquarius. An opportunity might come along that proves too good to pass up.



TAURUS

TAURUS – Apr 21/May 21
Taurus, it is never easy to reevaluate finances and cut back. However, this is the week when you likely have to keep your credit card in your wallet; otherwise, the bills add up.



LEO

LEO – Jul 23/Aug 23
You are open to new activities and friendships, Leo. Luckily, you may not have to work too hard to make these things happen. Bring new members into existing friend groups.



SCORPIO

SCORPIO – Oct 24/Nov 22
Take extra care dealing with a sticky situation at work, Scorpio. You may need to be very careful about checking for mistakes in detail-oriented tasks without stepping on any toes.



PISCES

PISCES – Feb 19/Mar 20
The feelings you have for someone will help you overlook any imperfections you have noticed, Pisces. Keep your relationship strong by focusing on this person's good points.



GEMINI

GEMINI – May 22/Jun 21
Gemini, now is the time to turn great opportunities into big ideas. Make a plan of action and spell out the steps necessary to see an opportunity come to fruition. Ask for help, if needed.



VIRGO

VIRGO – Aug 24/Sept 22
Do whatever it takes to have some quality time to yourself, Virgo. This may include taking a trip or booking a relaxing day at a nearby spa.



SAGITTARIUS

SAGITTARIUS – Nov 23/Dec 21
You might need to bargain to get something you want this week, Sagittarius. Figure out what you are willing to give up and then identify a person you can work with.

SPORTS — ROUNDUP

STUDENT ATHLETE PROFILE



Chloe Black Hinsdale

When did wrestling become your pursuit?

My sophomore year I had a friend who asked me to join wrestling with her since I was not doing a winter sport. I enjoyed it a lot and met so many great people. It was such a good experience I decided to stick with, and now I love the sport.

How have you grown in the sport since then?

My sophomore year I actually was really bad — I think I only had one win. At some point something clicked and I started to improve my skills. But it's been a lot of work to do that.

What's your goal for your senior campaign?

I really want to be able to qualify for state, so I've just been trying to work harder, beat more opponents, show up to practice and give it my all whenever I can.

How would your teammates describe you?

Energetic, peppy, motivated.

Do you have any pre-meet rituals?

I have to wear this pair of ICEE socks to every meet. I also listen to music, any type of rock music that can help get me a little bit angry before I step on the mat, songs that will get me

amped up.

Has there been a high point this season?

Last month at the East Aurora tournament I went to double overtime in the championship match, and I definitely saw an improvement in how I was able to compete.

Do you feel like a Central girls wrestling pioneer?

As part of the first girls wrestling team here, I feel like I've definitely helped let people know that wrestling is a girls sport, too, not just for guys.

Are you any other activities at Central?

I played flag football and am planning on doing track and field once wrestling is done.

How do you like to relax away from school?

I like to bake, especially red velvet cake and cookies.

Why does head coach Jason Hayes like having Black on the team?

She is the captain of the team, and she leads by her actions and works extremely hard. She is at every practice ready to learn and competes hard during her matches. She is a great leader both on and off the mat to the team. All the other girls look up to her on the team.

— profile by Ken Knutson, photo by Jim Slonoff

RESULTS

Basketball, boys

Jan. 4 @ Hersey
V wins 70-46
Dec. 26-30 @ HC Holiday Classic vs. Brother Rice (championship)
V wins 52-51
Buzelis, 18 points, 9 rebounds, 5 assists, block
Howell, 10 points, 10 rebounds, 3 assists, 2 steals, 4 blocks
Dell, 11 points, 2 rebounds, 2 assists, steal
Kozys, 6 points, 3 rebounds, 2 assists, steal, block
Orozco, 2 points, 3 rebounds, assist, block
Bero, 3 points, rebound
Thick, 2 points vs. Niles North
V wins 78-77 (OT) vs. Burlington Central
V wins 70-65 vs. Plainfield East
V wins 64-35

Basketball, girls

Jan. 7 @ Hinsdale South
V wins 60-47
Dec. 23-29 @ Wheaton North Holiday Classic vs. Palatine (5th place game)

V wins 51-40

Dolan, 17 points, 8 rebounds, 2 assists, 3 steals
Skinner, 10 points, 8 rebounds, 5 assists, 6 steals, 3 blocks
Sherpitis, 12 points, 3 rebounds, 2 assists, 2 steals
Darwish, 7 points, 3 rebounds, 2 assists, 2 steals, 2 blocks
Gin, 6 points, 4 rebounds, 4 steals
Giannini, point, 8 rebounds, 2 assists
Quast, rebound vs. Bartlett
V wins 59-32 vs. Glenbrook South
V loses 36-63 vs. Elk Grove
V wins 54-16

Gymnastics, girls

Dec. 21 @ New Trier Invite
V places 7th with 127.725 points
Vault
Driscoll, 11th (tie), 8.7
Danhaussen-Brun, 26th (tie), 8.225
Hannah, 34th (tie), 8.15
Kennedy, 41st, 7.95
Uneven bars
Driscoll, 14th, 7.95
Hannah, 29th, 7.325

Danhaussen-Brun, 38th, 7.1
Kaminskaite, 39th, 7.075
Balance beam
Inabnit, 2nd, 8.8
Hannah, 14th, 8.1
Nawracaj, 27th, 7.475
Driscoll, 30th, 7.375
Floor exercise
Inabnit, 13th (tie), 8.7
Hannah, 22nd, 8.45
Driscoll, 25th, 8.3
Danhaussen-Brun, 31st, 8.05
All-around
Driscoll, 13th, 32.325
Hannah, 15th, 32.025
Danhaussen-Brun, 20th, 30.725

Swimming, boys

Dec. 21 @ Neuqua Valley Invite
V places 1st with 640 points
200-yard medley relay
Bey, M. Vatev, Guo, Suliga, 1st, 1:34.62
Shiell, Benington, Byrne, Adamo, 5th, 1:41.03
200-yard freestyle
N. Pelinkovic, 2nd, 1:45.05
Chase, 4th, 1:48.6
Feiro, 5th, 1:48.62
200-yard IM

Bey, 1st, 1:54.05
M. Vatev, 2nd, 1:55.73
Norman, 7th, 2:03.14
50-yard freestyle
L. Vatev, 1st, 21.35
Adamo, 8th, 22.79
Pavlovic, 10th, 23.32
1-meter diving
Zloza, 2nd, 451.65
Kassir, 7th, 363.65
Devata, 9th, 318.1
100-yard butterfly
Guo, 1st, 50.12
Benington, 5th, 54.18
Shiell, 7th, 54.76
100-yard freestyle
L. Vatev, 1st, 47.13
Suliga, 4th, 49.27
Chase, 6th, 50.06
500-yard freestyle
N. Pelinkovic, 2nd, 4:46.28
Feiro, 3rd, 4:53.05
G. Pelinkovic, 4th, 4:56.15
200-yard freestyle relay
Bey, M. Vatev, Suliga, L. Vatev, 2nd, 1:25.95
Abbott, N.
Pelinkovic, Chase, Pavlovic, 4th, 1:31.96
100-yard backstroke
Guo, 1st, 51.39
Bey, 3rd, 53.39
Adamo, 4th, 54.04
100-yard breast-

stroke
M. Vatev, 1st, 57.87
Benington, 8th, 1:01.98
Norman, 12th, 1:05.09
400-yard freestyle relay
L. Vatev, Guo, Suliga, N. Pelinkovic, 1st, 3:08.01
Chase, Feiro, Abbott, Adamo, 5th, 3:18.37

Wrestling, boys

Jan. 3-4 @ Red Devil Quad vs. Round Lake
V wins 41-30 vs. Addison Trail
V wins 39-36 vs. Waubonsie Valley
V wins 45-28 vs. Wheaton North
V loses 22-56 vs. Schaumburg
V loses 16-58 vs. Sandburg
V loses 5-76

Wrestling, girls

Jan. 4 @ Naperville Central Invite
190 pounds
Black, 2nd
125 pounds
Neskopic, 6th
155 pounds
Salazar, 6th

Instant replay



Hinsdale Central's Joshua Blase-Sanchez competes in the 120-pound weight class during the 58th annual Rex Whitlatch Invite Dec. 20 at Hinsdale Central. The host Red Devils finished in 22nd place with 38 points. (Jim Slonoff photo)

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SPORTS

Olympian inspires young athletes

Jason Lezak, a four-time gold medalist, speaks to Hinsdale Swim Club members

By Pamela Lannom
plannom@thehinsdalean.com

At the 2008 Summer Olympics in Beijing, a 32-year-old Jason Lezak and his U.S. teammates defeated their vaunted counterparts from France in the 4x100-meter freestyle relay to win gold.

"This was the best race of my life," he told Hinsdale Swim Club members at a special clinic Saturday. "We were going up against a French team that was the favorite. We were not supposed to win this race."

Seconds later, swim club members were watching the race on the jumbotron at the Don Watson Aquatic Center at Hinsdale Central. USA not only won gold, it broke the world record.

"That might be the most incredible relay swim I've ever seen in my life," one of the announcers said.

"That was one of the most unbelievable team efforts we've seen in history," another announcer chimed in.

When the video ended, the young swimmers burst out in applause.

But Lezak, a four-time Olympian, wanted the kids to know success was not the only hallmark of his 31-year competitive swimming career. It was marked by many years of doubt and disappointment, starting with his first race at age 5, the 25-yard backstroke. It took him a full two minutes to swim the length of the pool.

A year later, the California native broke a 30-year-old county record in the same race. And then, in 1984, his parents took him to the summer Olympics in Los Angeles.

"I knew that one day I wanted to get on that podium, hear that national anthem and get that gold medal," Lezak said. "I showed up to that pool every single day thinking about going to the Olympics, and I worked really hard."

He became one of the fastest swimmers on his team, but gradually he lost sight of his dream.

"I went to being one of the slowest swimmers on my team over the next couple of years," he said. "I wasn't doing what it takes to achieve that kind of success."

Lezak looked around at his high

school teammates and noticed they had a different approach.

"They showed up to practice every day with a big smile on their face. They wanted to be there. They were having fun," he said.

He changed his attitude and, with hard work, became fast enough to earn a scholarship to the University of California Santa Barbara. He qualified for his first Olympic trials the summer after his freshman year. Before the race, he began to doubt that he belonged there.

"I was convincing myself how great all these other people were," Lezak said. "I wasn't focusing on myself."

He came in second-to-last.

He went back to college and, feeling that his dream was crushed, found himself just going through the motions and eventually getting kicked off the team. He said he realized despite his disappointing experience at the trials, he could still pursue his dream of being an Olympian. He created a contract listing all the steps he was going to take and presented it to his coach in an effort to get back on the team.

Lezak finished a successful college swimming career and decided to continue training with the hopes of qualifying in two years for the next Olympics. He found himself on similar ground at the trials.

"I still have world record-holders and gold medalists swimming next to me," he said, but he kept the focus on himself. "I knew I could go out there and beat anyone."

Lezak qualified for a spot and went to Sydney in 2000 for his first Olympics age 24. And, as had happened before, the outcome was not what he had desired. The 4x100 freestyle relay team, which had been dominant for years, lost to the home team and earned a silver medal. He did, however, capture his first gold medal as part of the 4x100 medley relay.

At his second Olympics in 2004 in Athens, he won bronze as part of the 4x100 freestyle relay team and gold again in the 4x100 medley relay.

"We came together as a team and smashed the world record, won gold," Lezak said. "When you're on a relay it's not just four



Jason Lezak, who won eight medals in four Olympic games, spoke to Hinsdale Swim Club members Saturday, participated in a training clinic and signed autographs for swimmers like 8-year-old Jack Baker of Hinsdale. (photo provided)

people swimming as fast as you can. It's about four people wanting it for each other."

At 28, he easily could have retired. But he still wanted to win gold in the 4x100 freestyle relay and the 100-meter freestyle. He continued training and, when his coach left, decided to be his own coach, leading many to label him old and crazy.

"Nobody believed in me. Nobody thought I was going to do it," he said.

Lezak described cold, 60-degree days in California, drawing laughs from the crowd on a bitter cold day with a high in the teens. But he pressed on.

"At 32 years old, I wound up breaking my own American record and qualified for the Olympic games," he said.

France had four faster swimmers in the 4x100 freestyle relay in Beijing in 2008, but Lezak had two previous Olympic experiences to motivate him. And some amazing teammates, including Michael Phelps.

In the final 15 meters of the final leg, as swimmers had watched earlier, Lezak surged ahead to win the gold.

"We had to go above and beyond what people thought we were capable of to achieve that," he said. "It was an amazing feeling."

He said he looked up in the

stands to see President Barack Obama waving at him.

"Cool, the president is waving at me," he recalled thinking. Then reality set in. "He's waving at Michael Phelps, not me."

He won his first individual medal, a bronze, in the 100-meter freestyle, and then it was time to swim another relay with Phelps. If the swimmers won gold in the 4x100 medley relay, it would be Phelps' eighth gold medal in one Olympic games. And they did.

"You guys will probably never see someone win eight gold medals in the Olympics. I was part of two of those races," Lezak said.

He made one final trip to the Olympics in 36, earning a silver medal in the 4x100 free relay. He said he enjoyed soaking in the experience.

"It was about the journey — how hard I had worked, how much I had sacrificed," Lezak said.

He retired at age 36 and since that time has been traveling the U.S. and the world sharing stories with swimmer and families.

"I didn't always achieve everything I set out for," he said. "I could have given up many times in my career."

Lezak encouraged the swimmers to work hard, be willing to make sacrifices and be confident.

"One of the biggest things is believe in yourself," he said.



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