

The Hinsdalean

Community journalism the way it was meant to be

Thursday, October 31, 2024

Hinsdale, Illinois

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While moms are away ...

... **grandmas play!** Hinsdale's Karen Roche enjoyed taking her granddaughter, Lilly, to the Hinsdale Public Library's Boo Bash Monday afternoon. Lilly was very patient while getting a temporary face tattoo at the Halloween party. The library's entire youth department was transformed into a Halloween destination with dozens of stations for the children — and their grandmas — to enjoy. Please turn to Page 28 to see another picture from the event. (Jim Slonoff photo)



Fall back!

Remember to set clocks back one hour at 2 a.m. Sunday.

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Hinsdale haunt

One teen's vision comes to life in Massacre Manor.

Page 15



Girls net third

Sixth-place doubles finish leads team to spot on podium.

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NEWS

D86 apology, defense over FOIA log

By Ken Knutson

kknutson@thehinsdalean.com

Hinsdale High School District 86 Board President Cat Greenspon apologized last week for confusion over the removal of responses to old Freedom of Information Act requests from the online public log.

While speaking at the Oct. 24 board meeting, Greenspon said the move to limit responses available in the log to just those from the current year and the prior two years was not well disseminated to the public.

"The board could have supported administrative decisions more by communicating better. We didn't. For that I apologize, We can do better," she said toward the end of the meeting.

But Greenspon stressed that the older records are still available to the public through the district

archive.

"There is not a nefarious plot to somehow limit information to the community," she stated. "To be clear, the FOIA log is still available. It's archived. It was not deleted."

Earlier in the meeting the board discussed the FOIA log in response to criticism from some community members about being unable to access FOIA material prior to 2022 on the district online portal.

During public comment, resident Yvonne Mayer accused the district of "big brother" behavior for limiting and tracking use of the log.

But district officials said links to hundreds of the records removed from the log at the start of the year had already been rendered obsolete due to the district switching software over the years.

"Every time we've made a transition, links were broken from FOIA

responses," Greenspon said.

The administration, directed at a policy committee in August 2023 to address the issue, decided to make publicly available up to three years of FOIA requests and their responses, while older ones would be archived and accessible through the FOIA request process.

Keith Bockwoldt, the district's chief information officer, said the process gives administrators the ability to update responses in cases where district policy has changed during intervening years.

"Having the archive process in place makes it more streamlined. We're still transparent. Records are still available upon request," Bockwoldt said.

Board member Jeff Waters, through questioning Deb Kedrowski, chief FOIA officer and administrative chief of staff, estab-

lished that the district is under no legal requirement to provide a FOIA log and that many comparable school districts do not.

"We do go above and beyond most other public-facing bodies," said Waters.

"The district releases a significant amount of information voluntarily," Kedrowski remarked.

Board member Asma Akhras underscored the importance of protecting student privacy when releasing records that may contain personal information.

The FOIA portal is available on the board of education's webpage, www.hinsdale86.diligent.community. The portal can be used to both access publicly released record and to submit FOIA requests electronically. Requests can also be emailed to Kedrowski at dkedrows@hinsdale86.org.



Three-way split

Several thunder storms moved through Hinsdale in the early hours of Friday morning, Oct.25. The storms swept across the village with flashes of light and loud crashes — and only one lightning strike reported at a home in the 700 block of South Stough. The

tree split three ways, with one large branch falling on the home, one branch falling across the street and the third branch falling in front of a neighbor's home. The main water line into the home was damaged as well, causing a break. (Jim Slonoff photo)

ONCE UPON A TIME



From the archives — This group of youngsters from Hinsdale are dressed in their homemade Halloween costumes in a photo taken in 1929. Halloween used to be a night of mischief and a bit of mayhem in Hinsdale — but tradition remains to dress up in costumes, albeit ones that are usually less spooky than those pictured here. This image comes from many of the glass slide negatives the Hinsdale Historical Society has in its collections.



Happy Birthday!
Kelan McInerney
turns 18 Nov. 1

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Letters to the editor
Our letters policy is published on Page 11.

Obituaries
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Three countywide elections are contested

DuPage County Board District 2



Who is Andrew Honig?
The Democrat is serving his second term

on the Lombard Village Board, a seat he was elected to in 2019 at age 21. While in college he led an organization that registered hundreds of people to vote. He is an accountant who holds a bachelor's in political science from North Central College and a master's in accountancy from Northern Illinois University.

Why is he running?

To be an effective and transparent leader who will continue to help people in the community. He wants to find ways to help deliver new and existing mental health services to DuPage residents.

Most important issue

The county must continue to have a balanced budget with fiscally pragmatic policies, both living within its means and funding the most crucial services to residents, such as mental health services.

Steps to address it

With mental health services comes an opportunity to address the opioid and drug addiction epidemic in DuPage. Awareness is a key component. Supports sheriff's officers carrying Narcan and drug remediation courtrooms. The new Crisis Recovery Center, set to open next summer, will address these issues and tackle the mental health crisis and ones perpetuated by drug addiction as well.

Other top priorities

- investing in more affordable housing in DuPage
- supporting small businesses and helping them thrive
- being transparent, including holding meetings with constituents
- serving as a bipartisan voice for the district



Who is Laura Hois?
The Republican has worked for more than 30

years as an attorney at various law firms, including McDonald's Corp. in Oak Brook and her own firm. Since 2021, she has led the battle for Downers Grove citizens against lockdowns, mask mandates, COVID vaccinations, critical race theory and more. She served as the Downers Grove Township clerk from 2013-17, ran for state representative in 2020 and has been a Republican committeeman for 14 years. She holds a JD with distinction from DePaul University College of Law and a bachelor's from the University of Illinois at Urbana-Champaign.

Why is she running?

She is running to restore balance on the Democrat-controlled board to provide better representation; to fight for lower taxes, small government and freedom; and to listen and give power back to the people.

Most important issue

Restoring trust in elected officials, some of whom have forgotten they work for the people.

Steps to address it

Resolve the issues pertaining to elected officials' misconduct in open, honest and transparent manner. Supports board's recent decision to have state's attorney Bob Berlin file suit against county clerk Jean Kaczmarek to force her to perform her job. Wants auditor Bill White held accountable for failing to file quarterly audit reports as required.

Other top priorities

- support law enforcement, restoring "tough on crime" policies
- provide tax relief by limiting expansion of taxpayer-funded services
- reject "free everything" for illegals
- end costs for DEI

DuPage County Board District 3



Who is Lucy Chang Evans?
Requests for a response to The Hins-

dalean's candidate questionnaire went unanswered. On her website, www.lucyfordupage.com, the Democrat describes herself as a first generation Chinese American who has worked as a Secret Service agent and engineer and spent time as a stay-at-home mom. She has an MBA from the University of Illinois at Urbana-Champaign and a bachelor's in civil engineering from the University of Southern California in Los Angeles. She also holds project manager certification from the Project Management Institute.

Why is she running?

A DuPage County Board member since 2022, she wants to continue to serve her community on the county board. She is chair of the judicial and public safety committee and a member of the stormwater, transportation, environmental and intergovernmental committees.

Most important issue

She is focusing her work in her areas of expertise: safety, climate resilient infrastructure, transportation and mobility.

Steps to address it

None listed on website.

Other top priorities

See above.



Who is Baron Leacock?
The Republican is a first-time can-

didate who has worked on other campaigns and served on a U.S. congressman's campaign staff in Florida. The Hinsdale resident has worked in several industries, including real estate development, tax consulting and technology start-ups. Currently he trades options from home and watches his three young kids. A graduate of Hinsdale South High School, he has a bachelor's in psychology from Harvard University and a juris doctorate from Columbia University Law School.

Why is he running?

As the first U.S.-born son of proud immigrants, he recognizes the significance of being able to go to Harvard when his father grew up without running water or electricity. With rising costs, an increasingly toxic political culture and too many elected officials prioritizing politics over competent governance, many people are concerned about the future.

Most important issue

Restoring the culture of transparency, accountability, competence and resourcefulness to county government that seems to be at risk as of late.

Steps to address it

Elect candidates who are focused on solutions. Form coalitions of elected officials, professional civil servants and private citizens who care more about results than party or politics.

Other top priorities

- safe streets and schools
- holding the line on taxes
- fiscal discipline
- economic development
- protecting the vulnerable

DuPage County Forest District 3



Who is Linda Painter?
The incumbent Republican, who is also a

precinct committeewoman, has served as a commissioner since 2008. She has served as the Timberlake Civic Association president, Kiwanis Club treasurer, foster dog parent and member of the Argonne National Laboratory Community Leaders Round Table, Timberlake Women's Club and Sts. Peter & Paul Church Council. She has a bachelor's in nursing.

Why is she running?

She would like to use her knowledge and experience to continue the many initiatives and projects she has been working on. She has spearheaded improvements at Oldfield Oaks Dog Park (more picnic tables, benches along the dog park trail, more shade trees) and initiated directional signs and the new Waterfall Glen parking lot.

Most important issue

Continuing to keep forest preserves safe and provide safe access, safe trails and navigation aides.

Steps to address it

Install QR codes on trail mile markers that would direct a 911 operator to the exact location of an emergency in a preserve. Reconfigure trails in Waterfall Glenn to make the Cass Avenue trail crossing safer. Find ways to provide safer access, such as spur trails, to Green Valley from adjacent neighborhoods.

Other top priorities

- carefully acquire more land
- plant more trees and milkweed
- create accessible "Serenity Garden" at existing asphalt circle drive in Waterfall Glen
- monitor how tax dollars are spent
- communicate upcoming forest preserve events to residents via email



Who is Lester Vaughan?
The Democrat is a director of business

development who spent six years on the Darien City Council, four years on the finance and police committees and is the committeeman for his precinct. He has a bachelor's in computer science from Oral Roberts University.

Why is he running?

He believes it's time for new leadership. As father to two young children, he's motivated to ensure natural spaces and species are preserved and protected, to provide access to more people and to acknowledge science and address climate change. With more than 20 years of business and public service experience, he brings an understanding of local government and expertise in building coalitions.

Most important issue

Climate change, which is an ongoing critical threat to green spaces and forest preserves.

Steps to address it

Will advocate for a more sustainable DuPage through investments in renewable energy and will work tirelessly to champion the protection of forest preserves' nature areas, native species and historic buildings.

Other top priorities

- respond to citizens' needs
- spend tax dollars wisely
- get the word out about opportunities to connect with nature to help foster love of nature and historic spaces

Complete election coverage is posted online at thehinsdalean.com

NEXT WEEK

Hinsdale Firefighters Pension Board

9 a.m. Wednesday, Nov. 6
Memorial Building
19 E. Chicago Ave.

Hinsdale Historic Preservation Commission

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

On the draft agenda: public hearing on properties for inclusion on the Historically Significant Structures Property List, sign permit reviews for 9 E. First St. (Celestial Art Curation) and 19 W. First St. (Gone Crazy), Memorial Building plaques, Sixth Street improvement project, sign code update

Hinsdale Village Board

7 p.m. Thursday, Nov. 7
Memorial Building
19 E. Chicago Ave.
www.villageofhinsdale.org

Hinsdalean looking into alleged sexual harassment complaint

The Hinsdalean has filed a Freedom of Information Act request with Hinsdale High School District 86 to obtain more information about a complaint reportedly filed last month regarding a special education driver who had inappropriate interactions with a student.

Attempts to obtain the complaint from attorney Roy McCampbell, who is reportedly representing the family, were unsuccessful. McCampbell, in an email, suggested that the recent loss of his family member was a

complicating factor.

"I would appreciate not mentioning the attorney's name at the law firm; it will put me in a bad standing position on a move forward basis," he wrote.

McCampbell did not deny that the complaint had been filed.

A reporter who posted a story about the complaint Oct. 24 online did not identify the party from whom he received a copy of the complaint.

There is no request for the document on the district's FOIA log.

Change batteries when setting the clocks back

Residents are reminded to turn their clocks back one hour when daylight-saving time ends at 2 a.m. Sunday, Nov. 3.

The Hinsdale Fire Department urges residents to change their smoke alarm and carbon monoxide detector batteries when changing their clocks before going to bed Saturday night.

These alarms should be installed in all sleeping room, hallways that lead to sleeping areas, basements and

each additional level of the home. Smoke alarms should be mounted on the ceiling 4 inches from the wall. Wall mounts should be 4-12 inches from the ceiling. Do not install near draft areas (windows, vents, etc.). When installing a new detector, write the date installed on the back of the unit.

Residents with questions should contact the fire department at (630) 789-7060 or fire@villageofhinsdale.org.

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Incumbent faces challenges for his seat

U. S. House 4th District



Who is Lupe Castillo?

Requests for a response to The Hinsdalean’s candidate questionnaire went unanswered. On her website, www.lupe4congress.com, the Republican candidate describes herself as a wife, mother and conservative.

Why is she running?

Castillo said she is staunch supporter of law enforcement, the rule of law and the military.

Most important issue

Fixing the immigration process and border security

Steps to address it

Construction of the southern border wall needs to be completed, and the government needs to end the catch-and-release policy concerning those found to have immigrated illegally.

Other top priorities

- eliminating taxes on Social Security benefits and tips
- becoming energy independent as a nation



Who is Jesús “Chuy” Garcia?

The incumbent Democrat is seeking his fourth term in Congress. He previously served on the Cook County Commission from 2010-18, as a state senator from 1993-98, and a Chicago alderman from 1986 to 1993. He holds bachelor’s and master’s degrees from University of Illinois Chicago.

Why is he running?

Experienced leadership is needed to face today’s issues. He wants to create a future that balances progress with the values residents hold dear, ensuring the community remains a place they’re proud to call home. Protecting the community requires a commitment to strong, balanced policies.

Most important issue

Economic stability and the stress middle-class families feel from rising costs

Steps to address it

Secure investments to support local initiatives and promote job growth in sustainable industries. Garcia will advocate for investments in clean energy infrastructure that protect the community’s health and property values while creating jobs. These steps will foster a vibrant, resilient local economy.

Other top priorities

- advancing clean energy initiatives
- defending reproductive rights
- enhancing community safety by investing in proven programs that address the root causes of crime



Who is Ed Hershey?

Hershey is running as a candidate for the Working Class Party. A high school science teacher in the Chicago Public Schools, Hershey holds bachelor’s and master’s degrees.

He has served as a delegate for the Chicago Teachers Union for more than 11 years. Hershey also ran for 4th Congressional District seat in 2022.

Why is he running?

Hershey believes the working class needs its own political party representing its own interests and protecting workers’ standard of living against policies benefiting corporations and big developers.

Most important issue

U.S. involvement in the expanding war in the Middle East, along with the conflict in Ukraine and potentially China.

LOVE AND CELEBRATION



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POLICE BEAT

Hinsdale police distributed the following reports Oct. 29.

DUI arrests

• Nathan P. Ramones, 22, 2438 Westbrook Drive, Franklin Park, was arrested for driving under the influence of alcohol, improper lane use, operating an uninsured vehicle, driving a vehicle with expired registration and obstructing an officer at 2:32 a.m. Oct. 26 at Ogden Avenue and Route 83. Ramones refused to comply with booking procedures and was charged with obstructing. He also refused to submit to testing to determine his blood-alcohol content. He was charged and released to appear in court.

• Adam P. Lekkas, 29, 930 Newberry Ave., LaGrange Park, was arrested on a felony count of methamphetamine possession, driving under the influence of alcohol, driving with a blood-alcohol content higher than .08, driving without a valid license (never issued), improper lane use, possession of open alcohol, failure to signal when changing lanes and operating a motor vehicle with suspended registration at 10:35 p.m. Oct. 26 at Ogden Avenue and Washington Street. Police were dispatched to a report of a reckless driver. The suspect appeared to be under the influence and was in possession of a pink powdery substance that tested positive for methamphetamine along with open bottles of beer. He submitted to testing that indicated he was over the legal limit before being charged and released to appear in court.

Warrant arrest

Yeosmar J. Pech, 20, 3003 S. Kedvale Ave., Chicago, had an active arrest warrant out of DuPage County when police found him walking into traffic at 2:27 p.m. Oct. 24 in the 500 block of East First Street. He was taken to the Woodridge Police Department, where the warrant originated.

Identity thefts

• Fraudulent transactions were made against the bank account belonging to a resident of the 200 block of Meadowbrook Lane Oct. 15. The incident was reported Oct. 23.

• Someone used the identity of a resident of the 700 block of Taft Road to open fraudulent credit card accounts Oct. 23.

Items reported stolen

• A wallet was taken from an unlocked car while it was parked in the 600 block of North Grant Street between 3 and 5 p.m. Oct. 21.

• Someone was observed on surveillance video stealing packages that had been delivered to the front porch of a home in the 500 block of South Lincoln Street at 12:13 p.m. Oct. 24.

Vandals hit building

Graffiti was spray painted on a building in the 300 block of West Chestnut Street between Oct. 20 and 22.

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.

Engagement and Wedding Announcements...
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■ As a child Maggie understood little of the medical rationale behind the dozens of procedures she was subjected to.

Teen's adversity prompts advocacy for others

Maggie Akers' parents knew she was failing to thrive as an infant, but they didn't know why. Eating was clearly a painful ordeal for her. Rounds of testing yielded no answers, and physicians were baffled. Finally at 20 months old — after enduring 13 endoscopies — Maggie was diagnosed with a chronic condition called eosinophilic esophagitis, or EOE. The disease causes her esophagus to become inflamed and constrict.

"Food gets stuck and it's really painful," she said. "Throwing up is a big thing."

Maggie depended on a surgically inserted feeding tube until age 4, and subsisted largely on a prescription formula she could more easily digest for many years after that. When Maggie was in elementary school, her mom Julie heard about the CURED Foundation (an acronym for Campaign Urging Research into Eosinophilic Disease), which raises money to learn more about how to treat it.

"I remember passing out CURED bracelets to my classmates at school," she said.

Now a 15-year-old Hinsdale sophomore, Maggie decided it was time to do her part for the cause by organizing a benefit

at her family's Hinsdale home last week. The event drew about 80 people to learn from experts about EOE and offer their contributions to help advance medical science's approach to it. By the end of the evening, \$52,000 had been collected. Maggie was among those addressing the guests.

"I don't mind public speaking that much, but right before I went up I got a little nervous," she admitted.

In her remarks she thanked her loved ones.

"Not everyone has the amazing family and friends that I had to get me through this," Maggie said, also expressing gratitude to close friends Lily Oosterbaan and Raegan Hutter, also an EOE patient, for helping her plan the event.

"And we started a junior board, and they helped us set up," she noted.

As a child Maggie understood little of the medical rationale behind the dozens of procedures she was subjected to. Today she's much more informed about her health care requirements.

"Now getting my surgeries I actually understand what (the doctors) are saying and know why I'm being treated," she



MAGGIE AKERS

YOUNGER SISTER TO SYDNEY & KAYLEE • PLAYS LACROSSE AT CENTRAL
• IS CONSIDERING A CAREER IN PEDIATRIC MEDICINE, AMONG OTHER FIELDS • DAUGHTER OF JULIE & JEFF

said.

Becoming aware of the larger EOE community has helped her persevere.

"There's four people on our block alone that we found out had it," Maggie remarked.

Her current diet has few restrictions, but flare-ups will occur with little warning that compel her to abstain from dairy products, gluten and other triggering foods.

"I'll know because my stomach becomes painful, my esophagus is painful," said Maggie, who takes a prescription to help.

She's thankful for the awareness-raising work of the CURED Foundation.

"They really helped my mom get information when I was younger," she said. "It's a community of parents who can talk to each other and be

there for each other."

Maggie still bears the scar near her belly button from when the feeding tube was her lifeline.

"I could get it closed up but I decided I didn't want to," she said. "Everything I've been through is such a big part of my life, and it showed me that I can get through anything."

— story by Ken Knutson, photo by Jim Slonoff

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OPINION

EDITORIAL

Your vote for any race helps advance democracy

Tuesday is Election Day, the most momentous occasion that our representative democratic republic observes. The United States is a democracy because its citizens govern themselves. It is representative because people choose elected officials by free and secret ballot.

Many of us may take this regular exercise in self-governance for granted, to the point that participation in it feels less than urgent or meaningful.

We respectfully dissent from such an orientation. Voting is the lifeblood of our American identity, and the more involvement, the more good our nation's heart can deliver both at home and around the world.

Naturally the presidential election captures the headlines, but county and state races are just as important, as well as those for Congressional seats and our representatives in Springfield.

To help inform readers, The Hinsdalean has published charts providing candidate information. This issue features candidate charts on the DuPage County Board and DuPage County Forest Preserve District Board races on Page 5 and the U.S. House 4th District on Page 7. Visit www.thehinsdalean.com to see last week's charts for the Illinois House 45th and 82nd district races.

Additionally, voters are being asked in a DuPage

County Forest Preserve District Board referendum to decide whether to approve a 35-cent property tax increase to carry out improvements to current properties and to acquire additional land for public use. More details are available on our website (look under "News" for Decision 2024).

Illinois citizens are also will decide whether to amend the state constitution to create an additional 3 percent tax on income greater than \$1 million for property tax relief for homeowners with smaller incomes.

These are meaningful matters, and your input is essential. Consider these reasons to cast your ballot:

- Those who don't vote relinquish any right to complain about the failures of elected leadership or flawed governmental policy. If you want responsible representation, take your responsibility to vote seriously.

- When the self-interested go to vote and those less driven stay home, it leads to a disproportionate amount of power going into the hands of just a small slice of the population. That's when representative democracy begins to break down.

- Democracy needs considerable nourishment and encouragement from citizens to reach full-scale dimensions. Nonprofit organizations are



much more likely to survive and thrive where public esteem and confidence in government is exceptionally high.

- All voter demographics and election information is contained in public records that politicians use to guide their actions. Locations with high levels of non-voters will naturally be ignored, which typically spawns resentment and anger and may cause even more disengagement and lower voting rates. While a community's residents are not going to agree on every issue, they should all be of the same mind that showing up to vote means officials will be much more likely to show up for their challenges and concerns.

- While people may believe — particularly in a presidential race — that their individual votes may not matter, remember that elections are made of solely individual votes. And remember those individuals who gave their lives defending the country so that we could continue to enjoy that right.

COMMENTARY

Agency works to help domestic violence survivors

I had the privilege of serving as the moderator for a panel discussion on domestic violence at Pillars Community Health's Bags and Bubbles event Sunday at The Elm in La Grange.

I know about Pillars mostly through Buddy's Place, which we attended as a family after Ainsley's grandmother died and she struggled with the loss. I know a little about Pillars' women's shelter, Constance Morris House, from dropping off donations there.

But I learned a lot about domestic violence — and what Pillars is doing to help survivors and break the cycle of abuse — at the event. As this is the final day of Domestic Violence Awareness Month, I thought I'd share some of what I learned with you.

One of the most troubling facts I heard is that it takes, on average, seven attempts for a victim to leave an abuser. The abuser often promises to change or agrees to go to couples counseling to lure his or her partner back. Before long, the cycle begins again.

Domestic violence is more than

just physical abuse. It can involve emotional abuse and sexual intimidation. Abusers can control their victims by restricting finances and tracking their whereabouts.

Abusers also might isolate their victims from family members and friends or make threats to take away the victims' kids or their pets.

Signs of abuse in people we know can range from changes in behavior, isolating, carrying work clothes at all times, always using cash instead of a credit card and wearing long sleeves in hot weather (to hide bruises).

It never occurred to me that someone might not realize they were in a relationship that involved domestic violence, but it's not uncommon. The abuse often starts slowly and gradually escalates.

One woman shared that she went to the doctor after experiencing physical and mental health issues, and her doctor asked if she might be experiencing domestic violence.



Pamela Lannom

That same day she read a Pillars' poster in the women's restroom and answered yes to 28 out of 30 questions that indicate if a person might be a victim of abuse. She finally realized what had been wrong.

One of the most poignant moments of the morning was when a survivor chose to share her story. Five years ago, she and her 7-month-old daughter showed up at the Constance Morris House, where she received a place to stay, clothing and counseling.

"More than that, they helped give me a voice," she said. "You guys saved my life."

Attendees at the event brought new handbags, totes and backpacks filled with essential everyday items to help those trying to heal from domestic violence. Volunteers from the Hinsdale Junior Woman's Club were on hand to check in guests and help carry the donations to a staff member's car. The club gave Pillars a grant to pay for

kitchen appliances at Constance Morris House as part of the shelter's renovation.

Donations to the Hope Chest in La Grange also might benefit domestic violence survivors who arrive at the shelter in need of clothes, shoes and other items. The upscale resale boutique sells gently used women's clothing, footwear and accessories to the general public, with proceeds supporting the shelter. Between 1994, when the shop opened, and 2021, sales raised more than \$1 million for Constance Morris House.

There is so much more Pillars does, I don't have the space to write about it all here.

As I mentioned Sunday morning, the topic of domestic violence is a sobering one. But leaving the event, I felt hope — hope for the work Pillars is doing, hope for survivors and hope that people will continue to be generous in supporting Pillars' work.

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

OPINION

GUEST COMMENTARY

Marathon tiring, even for just a fan

Early on a recent Sunday morning, I walked to the train station. It was a beautiful day, and I was meeting my son Will in the city. I carried a big plastic bag with me; in it were handmade pieces of love.



Kelly Abate

I was on my way to watch Will's girlfriend, Holly, run the Chicago marathon. I had crafted posters in her favorite colors, red and green, (with feathers no less!), to hold when she ran by. They were rolled up in my bag, along with posters for my nephew Alex, who was also running.

I have lived in the Chicago area for all of my adult life, but I'd never been to a marathon. I've known friends who have run it, friends who have volunteered at it and friends who simply went to watch the spectacle. Finally, it was my turn. Holly, Alex, and Will gave me reason to go.

It was awesome. So many people lining the streets, on the "el", in Grant park. So much energy, everywhere. It was a little overwhelming, but I loved it.

We were able to track Holly and Alex by using an app. Will had discussed with Holly where he thought we might watch her run past, and we tried to find her as many times as we could. It was not easy!

The course was a circuitous route through every corner of the city. We walked from el station to marathon spot to el station

to marathon spot, rinse and repeat, several times. I loved every minute of being with my son, having him shepherd me to the designated cheering site and tolerate my enthusiasm when we caught glimpse of

Holly. It was exciting and I was proud. But also, as I mentioned, a little overwhelmed. So many people!

(Unfortunately, my nephew Alex was too speedy for us to catch; we just couldn't find him. But he knew we were trying our best, fighting the crowds and cheering for him nonetheless.)

I had several friends with family members and friends running. My phone was ablaze with texts updating us on locations, runners' status and cheering locations. I felt like a part of something iconic, something Chicago, something "bucket list." And I wasn't even running.

Holly did great. She finished her race running. When we found her afterward, she was wrapped in a tin-foil blanket, medal around her neck, smile spread ear to ear. I was so proud of her and of my son, for supporting his girlfriend with so much pride and love, and for allowing me to share in this moment.

The marathon was overwhelming, and I didn't even run it! I'd do it again in a heartbeat.

— Kelly Abate is a contributing columnist. Readers can email her at news@thehinsdalean.com.

LETTERS TO THE EDITOR

Don't trash pumpkins, smash them at Nov. 9 event

Please bring your rotting pumpkins and gourds to The Community House on Saturday, Nov. 9. Don't throw them in the trash! Smash them in the Hinsdale Rotary "Pumpkin Smash" bin that will be located at The Community House parking lot, 415 W. Eighth St. in Hinsdale, from 8 a.m. to noon.

Why do this? It's pretty simple. If you throw your pumpkins and gourds in the trash, Republic Services will haul them away, load them into the Republic landfills, and there, your pumpkins and gourds will rot and create methane gas.

Methane gas is a colorless, odorless, flammable gas that is considered a potent greenhouse gas that traps significantly

more heat than carbon dioxide. Methane is a major contributor to climate change.

The Hinsdale Rotary "smashed" pumpkins and gourds will be taken by Republic to the Romeoville compost heap. In six months, your pumpkins and gourds will create great compost that will be used by landscapers and others.

And most importantly, they will not create methane.

So — in cooperation with "Scarce", Republic Services, The Community House of Hinsdale, and Hinsdale Rotary, "come SMASH with us" on Saturday, Nov. 9th, 8 a.m. to noon at The Community House of Hinsdale! — **Tom Norton, Hinsdale Rotary**

Leacock the right choice for DuPage County Board seat

I have lived in DuPage County for over 30 years, and Baron Leacock has earned my trust and support. Baron is running for the DuPage County Board, District 3. I encourage you to vote for him.

I have gotten to know Baron, his wife and children. Baron grew up in Darien and graduated from Harvard University undergraduate and Columbia University for law school. Now he lives in Hinsdale with his lovely wife, and they are raising their three children here.

Baron is like many of us who love our

community and want to keep it safe and thriving. Baron is committed to ensuring we have safe communities and schools, holding the line on taxes and protecting the vulnerable.

I am confident that Baron will serve the Hinsdale and DuPage County with integrity and independent leadership. I encourage you to vote for him!

Expanded early voting started Oct. 21, and you can cast your vote at Hinsdale Village Hall or any other approved location. — **Colleen Wilcox, Burr Ridge**

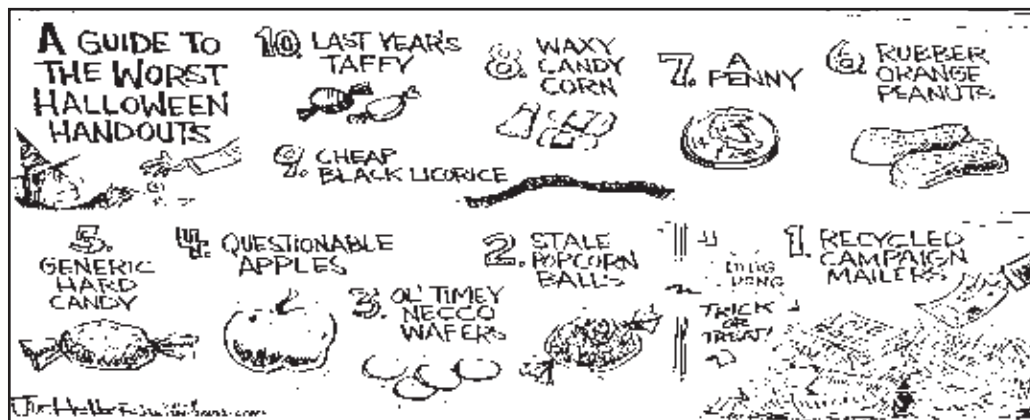
Late Dr. Brian Moran was a great friend and a lifesaver

I lost a great friend this month, as did many in the Hinsdale area.

But Dr. Brian Moran was much more than just a friend. He spent much of his life working with, and saving thousands of men's lives, including mine. His dedication to those with prostate cancer was world renown. And his commitment to encourag-

ing all men to get tested was relentless.

I hope every man reading this will consider getting tested in Brian's honor. Thankfully I caught mine in time, and it eventually directed me to my old friend, who promptly saved my life. RIP to one of my true heroes. — **John Bourjaily, Hinsdale**



LETTERS POLICY

Requirements

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

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

Submission

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

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

Questions?

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ASK AN EXPERT

MEREDITH ONION, PASTOR & POLICE CHAPLAIN

What does a police chaplain do?

The stress, anxiety and trauma of a tragic event often extends far beyond the people who are injured in an accident, own a property impacted by fire or are the victim of a crime.

Pastor Meredith Onion said witnesses and first responders also can be negatively impacted by a traumatic situation. Her job as volunteer emergency chaplain for the Hinsdale Police Department is to be available to all of them.

"I meet people where they are," said Onion, who has served as volunteer emergency chaplain for about 18 months. She said her job as chaplain is to provide a calming presence during an otherwise stressful and even chaotic situation. Sometimes, she responds directly to the scene of an accident, fire or emergency situation. Other times, her presence is required after the fact to help people, including officers, cope with the impact of what has happened.

How Onion intercedes during any situation depends solely on those affected, she said. Sometimes, her help is as simple as offering a glass

of water. Other times, she prays with people and even offers them resources to manage their mental health after an event.

One family who experienced an unexpected death didn't have a church at which to hold funeral services. Onion offered to host the event at First Congregational Church of Western Springs, where she serves as senior associate minister.

Onion said she never planned to become chaplain for a police department, but her background, education and experience all come together in the role. Prior to earning her master's of divinity at Loyola University, Onion earned a degree in criminal justice and served as an adult probation officer. She then went on to earn a master's degree in business and began a career in human resources.

"Oddly enough, the American Medical Association was looking for someone who had a human resources background and a security background," said Onion, who eventually climbed to the position of vice president of human resources for the AMA.

It was during her time as a caregiver for her parents and three children that Onion, a longtime

member of the church in Western Springs, began to feel a pull toward ministry.

"I really thought I was being called to be a chaplain in a hospital," Onion said. But she soon realized that while the role of chaplain is important, it doesn't allow for the ongoing relationships she enjoys as a pastor.

Onion learned of the need for volunteer chaplains for the area's police departments through the La Grange Ministerium.

"I just felt like it was a really, really good fit," she said of her initial meeting with Hinsdale Police Chief Brian King.

Since then, she has met and come to know many members of the Hinsdale department. Some she has met during ride-alongs on their patrol shifts, while others she has met during calls where her help was needed. She got to know even more officers while attending the recent police and fire open house.

Every Hinsdale officer has Onion's phone number and can call any time they need her help.

"I'm there for the officers," she said, and anyone else who needs her help.

— by Sandy Illian Bosch

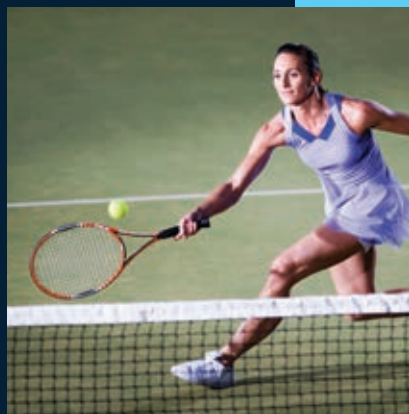
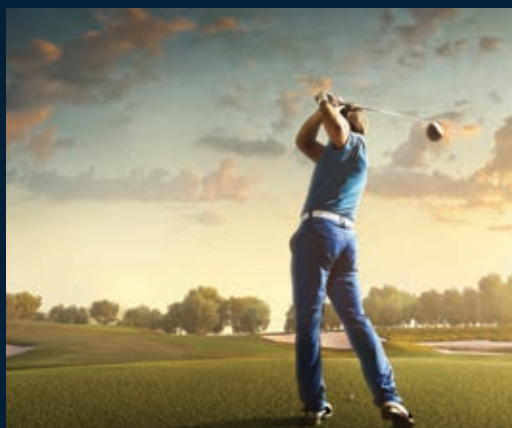


As emergency volunteer chaplain for the Hinsdale Police Department, Meredith Onion serves as a calming presence in otherwise stressful situations. (photo provided)

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Primary Care, Personalized

At Rush Concierge Medicine, we take your health care personally.

We understand that your health and well-being affect every aspect of your life. We will work with you to prioritize your health by focusing on your wellness goals. Whether you want to stay active, better manage a chronic condition, or seek a more personalized health care experience, we are by your side. Rush Concierge Medicine is a membership-based primary care practice that focuses on highly personalized, accessible care. Our clinic is conveniently located in downtown Hinsdale.

As a member, you'll have a personal physician and nurse navigator as your partners in every aspect of your health. Your team is always a simple call, email or text away — 24 hours a day, seven days a week. With same- or next-day appointments available, they'll prioritize your concerns quickly.

"With concierge medicine, you have access to your doctor and nurse any time, and we really serve as your quarterback in care," says Luan Elezi, MD, family medicine physician with Rush Concierge Medicine. "Our goal is to help you open up and discuss your health concerns so we can establish an open relationship and true partnership."

Better Access, More Time

To build this partnership, Rush Concierge Medicine is tackling two of the biggest challenges in health care: difficulty accessing care and not having enough time with your doctor.

"Our patients are in the office for 90 minutes to two hours for their comprehensive physical," says Marie Runyan, RN, BSN, concierge nurse navigator. "Many concerns come out when you have more time together, so that helps us really get to know you."

The goal of breaking down these time and access barriers is to foster a strong partnership between you and your care team — which can ultimately help improve your overall health and wellness.

"Concierge medicine is more personalized and convenient," Runyan says. "For example, if you wake up not feeling well, we'll get you in right away. You'll see your physician who knows you, your health history, your medications and your background."

Concierge medicine also makes it easier to manage the complexities of health care. "We will help you navigate everything from annual wellness exams to chronic illnesses and beyond," Runyan says. "Knowing we're there as your partner takes the pressure off of you to juggle it all."

Investing In Your Health

A lot of people find their way to concierge medicine when they are ready and able to invest in their health. "Our goal is to optimize your health and focus on prevention so we can help you be more proactive with your health rather than reactive," says Elezi.

To do this, Rush Concierge Medicine provides recommended screening and prevention testing specific to your needs. Your care team will work with you to determine if a deeper dive into different aspects of your health would be helpful based on your history and risk factors.

"Many of our patients are prioritizing their health, and they come to us looking for ways to prolong their life through prevention," Elezi says. "By offering much more comprehensive testing, we can do more proactive disease prevention because we have more data to guide it."

Concierge medicine can also be a game changer if you're managing chronic conditions. Your concierge medicine team will help you coordinate appointments with your specialists and navigate the system, ensuring that nothing falls through the cracks.

"When you're seeing five different specialists, there's so much information, and there can be so much disconnect between providers," Elezi says. "We know exactly who you see, all your medications, all your concerns, and all your appointments. That allows us to collaborate with your specialists, advocate for you and make sure everyone is on the same page."



Become a Member

If you're interested in becoming a member of Rush Concierge Medicine, you can schedule a complimentary meet-and-greet with the concierge medicine team to get a feel for the practice and providers.

To schedule a meet-and-greet or to learn more about Rush Concierge Medicine, visit rush.edu/concierge-medicine or call (630) 724-1680. Rush Concierge Medicine is located at 32 E. 1st St. in Hinsdale.



OBITUARIES

Jane Goldthwaite

Jane Goldthwaite, nee Ehret, 92, of Hinsdale, died Oct. 27, 2024, after a short illness.

She was born in Toledo, Ohio, in 1932 to E. James and Nora Broderick Ehret. The family relocated to Beverly on the South Side of Chicago, where Jane lived until she married the love of her life, Jack. Jane was a devoted member of St. Barnabas parish. Jane attended Mount Mary University, and after graduation she began her career as an elementary school teacher.

After teaching, she worked for WCFL radio as a continuity director. After Jack's passing in 1977, she returned to teaching for many years. She then went to work at the law firm of Carey, Filter, White and Boland as their receptionist until her retirement. There she formed countless friendships in the office and with their clients. Jane loved to listen to people and get to know them and find a connection. Jane and Jack lived in Oak Park from 1967 until 1996 when Jane moved to Hinsdale, where she lived independently until her final days. Jane loved being an identical twin with Joan, and they had many adventures around the world together.

Jane gave back to her community in many roles, including being president of Marillac House Foundation and volunteering for the Ascension Altar and Rosary Society and West Suburban Hospital gift



Goldthwaite

shop. Jane had many lifelong friends who she cherished, but always met new ones wherever she went. Jane loved traveling, dogs, golf, tennis, Manhattans, her Mac Jack group, gardening, bird watching and cheering for her favorite teams — the White Sox, Notre Dame and The Bears. Most of all she loved her family and spending time with them. Jane was a devoted Catholic and a breast cancer survivor.

She was preceded in death by her husband, John "Jack" W. Goldthwaite; and her siblings, Noanette Byrnes-McCormack, John Ehret and Joan Stephenson.

She is survived by her children, Ellen Goldthwaite (Lewis) Walker, Mary Jane (Roy McCampbell) Goldthwaite and John W. (Tracey) Goldthwaite III; her grandchildren, Sophie Jane, Jack Henry Douglas Walker, Roy John "RJ" and Samuel Broderick "Brody" McCampbell, and Jack IV, Lola Jane, Mimi Anne and Gianna Grace Goldthwaite; and her brother, retired U.S. Navy Capt. James (Honey) Ehret.

Visitation is from 3 to 5 p.m. Sunday, Nov. 3, at Sullivan Funeral Home, 60 S. Grant St., Hinsdale

Family and friends will meet at 10 a.m. Monday, Nov. 4, for a funeral Mass at Ascension Catholic Church, 808 S. East Avenue, Oak Park.

Interment is at Mount Carmel Cemetery in Hillside.

Jeffrey Willard McCollum

Jeffrey Willard McCollum, 74, of Burr Ridge, passed away unexpectedly and peacefully Oct. 18, 2024, surrounded by his family.

Jeffrey was born in Hinsdale in 1950 to Theodore Willard and Ann Ambler McCollum. Jeffrey was married to his beloved wife, Mary Lou for 52 years, and together they built a life filled with love and laughter.

Jeffrey spent his professional career in the security services industry, owning his own businesses (Midwest Security and Oak Brook Security) before joining Suburban Lock, where he spent the remainder of his career providing commercial and professional clients with a suite of access and security solutions. Upon his retirement, he continued to serve his neighborhood as a crossing guard, initially with Madison School and most recently Oak School, both in Hinsdale, watching over the next generation with care and kindness.

Jeffrey had a deep love for the outdoors, especially birds and protecting the places they need. He cherished spending time in nature, often sharing these moments with his family. When not enjoying nature, there wasn't a professional or college football or base-



McCollum

ball game he missed, watching on television while listening to his favorite sportscasters. He will be remembered for his infectious laugh, warm spirit, unwavering dedication to his loved ones, and his passion for life's simple joys.

He is survived by his wife, Mary Lou, nee Scarano; and his children, Jeffrey of Hinsdale, Jennifer and Patrick.

Friends, families and students of Madison and Oak Schools are invited to attend a celebration of Jeffrey's life from 3 to 7 p.m. Friday, Nov. 1, at the Burr Ridge Park District, 15W400 Harvester Drive. In lieu of flowers, memorials may be made online to the American Cancer Society at www.donate.cancer.org or the National Audubon Society at www.audubon.org.

His cousins, Cynthia (Ron) Theidel Jamison, Claudia (Charlie) Theidel Hunter and Richard (Devnie) Theidel are working with Hinsdale Nurseries and Oak School families and administrators on purchasing a tree to be planted on the grounds of Oak School in memory of Mr. Jeff. A private interment will happen at a later date at Bronswood Cemetery in Oak Brook.

Drew Allan Parsons

Drew Allan Parsons, 69, passed away from natural causes Oct. 20, 2024.

He was born at Hinsdale Hospital. He attended Hinsdale Central High School, class of 1973, and went on to earn his MBA from the University of Utah.

He was an avid skier, fly fisherman and loved the outdoors. He had a long career in human resources for FMC, Kraft, PepsiCo, the University of New Mexico and lastly with



Parsons

Sandia Labs in Albuquerque.

He was preceded in death by his parents, Bob and Vita Parsons.

He is survived by his older brothers, David (Susan) and Dennis (Sally); and many nieces and nephews.

A memorial service will be held at a later date. Memorials can be made online to Animal Humane in Albuquerque at www.animalhumanenm.org.

Jack Joseph Smith

Jack Joseph Smith, 29, of Hinsdale, died Oct. 23, 2024.

He is survived by his parents, Mark M. and Katherine L. Smith, nee Kimball; his sister, Kelly N. (Matt) Brumfield; his grandmother, Anne Kimball; his aunts and uncles, Patrick (Tracy) Kimball, Kevin (Alissa) Kimball, Peter B. Kimball, Debbie (BJ) Marquardt, Bernadette Muisenga and Gary Lehnert; and many cousins.

He was preceded in death by his grandpar-



Smith

ents, Peter S. Kimball and Jack and Gail Smith; and his aunt, Denise Lehnert.

The funeral Mass is at 10 a.m. Saturday, Nov. 2, at St. Issac Jogues Church, 306 W. Fourth St., Hinsdale. Interment is private.

In lieu of flowers, memorials may be made online to American Foundation for Suicide Prevention at <https://afsp.org/chapter/illinois>.

Sullivan Funeral Home in Hinsdale handled the arrangements.



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Home haunt delivers curb a-squeal

Teen transforms family domicile into a spine-chilling attraction for a good cause

By Ken Knutson

kknutson@thehinsdalean.com

Something creepy lurks at the dead end of Canterbury Court.

The underworld has taken over this dark corner of Hinsdale, disfiguring a lovely home into Massacre Manor. Tombstones, skeletons and giant spiders greet brave visitors looking to test their fear factor.

The haunted house is the brainchild of Leo Dean, a senior at Benet Academy who lives a normal life there with his family when it's not Halloween season. Leo explained that the concept was birthed, well, out of his birthday.

"I've got a Nov. 4 birthday, and 13 years ago we just started getting Spirit Halloween props and putting them in the garage for my birthday party," Leo said. "I got really into set design and building interactive sets. In the past two years I've really taken it seriously and made a full walk-through experience."

He spent much of spring and summer last year planning the layout and preparing props, renting a large tent to expand the space and enhance the level of spookiness. This year's edition was more about refining the ghastliness.

Leo led a tour through the frightening walk, which starts in the front yard and winds around the side of the house. Without divulging spoilers, sensory stimulation

abounds with virtually every step as one awaits the unexpected. Leo's handiwork is prevalent, including wall panels he acquired at a haunted house industry convention and restyled for the right effect. He also enlisted friends to serve as scare actors along the way.

A simulated swamp appears ahead, shrouded in an eerie mist, and showcasing the teen's creativity.

"The fog machine pumps fog across the area, and the green laser reflects off it so it looks like rippling water," he said.

Not wanting to mingle with the swamp natives, the path advances to the backyard. Hooded figures in white masks are already there, looking like cast members of the most terrifying opera ever. The red lights projecting on them don't help. Hustle ahead to "Chainsaw Alley" flanked by corn stalks that limit visibility as to what may be lurking behind.

Leo, who dates his interest in haunted houses to middle school, said he delights in the interactive tension they engender.

"There's so much you can hide in the background, and you're only seeing so much of it," he said. "It's really putting people in the show rather than watching the show."

The show also serves a greater purpose, as donations by visitors go the The Lovey Project, the Dean



Massacre Manor creator Leo Dean poses with some of the haunted house's inhabitants. The Hinsdale teen transformed his family's home for Halloween to entertain the local community and raise money for The Lovey Project, which supports children's mental health. (Jim Slonoff photos)

family's philanthropic outreach to provide stuffed animals and other resources for children in need of stability and mental health support. Mom Jen Dean said her son helped inspire the charity as a child.

"It's based kind of on Leo because when he was little he always carried around a stuffed animal because he had a lot of anxiety," Jen said.

Today Leo is a master at making other anxious. The tour now heads inside to nearly pitch black surroundings, heightening the edginess. The frights come from both sudden happenings and the anticipation that something could happen.

"I don't have too many startle scares. I'd rather focus on developing a story," he related. "People really freak out because they don't know where to go, and it's kind of disorienting."

Leo's ability to transform perfectly good doors into peeling, rotting wood and a simple shower curtain into ghoulish decor confer a nightmarish quality. Milk jugs tied in plastic resemble body bags suspended from the ceiling.

"A lot of this is recycled material," he remarked of the budget-friendly yet authentic result. "I try to keep it interesting rather than your typical haunted house."

His favorite elements are the disfigured skeletons he created for gruesome effect using melted plastic. They serve as the perfect backdrop for survivors' selfies.

Leo learned the day before the opening earlier this month that he'd been accepted to the Savannah College of Art and Design to study themed attraction design. His application portfolio featured much of his Massacre Manor work. To generate more donations, Leo created customized gravestones for people to have for their own Halloween collection.

Younger brother Cole was a key haunt helper.

"It's been a really fun experience," Cole said. "Not everyone gets a haunted house in their backyard."

To commemorate the project, Leo had guests sign, appropriately enough, the lid of a crypt. It may be a little big to display in his dorm room next year, but the keepsake will help preserve his gratification.

"I like seeing the kind of wonder in some of the little kids when they go through this, and they want to keep going again and again," Leo said. "It makes me happy and reminds me of how I was when I was their age."

"I get to do what I love and still support a good cause."



Creepy characters, all curated and designed by aspiring designer Dean, give Massacre Manor visitors a rude welcome — and sometimes a heart-stopping greeting.



Hinsdale's Susan O'Bryne (third from left) is one of the "Calendar Girls" in performances set for Nov. 1-10 in Willowbrook. See Page 22 for details. (photo provided)

ARTFULLY DONE

■ Intro to Quilting

Nov. 9
Hinsdale Public Library
20 E. Maple St.
www.hinsdalelibrary.info
(630) 986-1976

The Salt Creek Quilters Guild will teach the basics of quilting, walking participants through piecing a block, making the quilt sandwich, simple machine quilting and binding. Sewing machines will be available to share. Time: 10 a.m. to 12:30 p.m. RR

■ Kokedama: The Art of Japanese String Gardening

Nov. 9
Mayslake Peabody Estate
1717 W. 31st St., Oak Brook
www.dupageforest.org
(630) 206-9566

Spend a relaxing afternoon learning from a biophilia designer the history and techniques of Kokedama, the Japanese art of string gardening. The program is for ages 18 and up. Time: 1 to 3 p.m. Cost:

\$60. RR

FAITH COMMUNITIES

■ Inter-Faith Fellowship lunch

Nov. 13
Union Church of Hinsdale
137 S. Garfield Ave.

Enjoy The Jolly Boys' harmonious tribute to the nation's veterans along with a delicious meal. Make a reservation by Nov. 7 by emailing Elizabeth Jung at ejung@uchinsdale.org. Time: 11:30 a.m. to 1:30 p.m. Cost: \$15. RR

FAMILY FUN

■ Fishing Derby

Nov. 9
Horsetail Lake
104th Avenue north of
McCarthy Road near Palos Park
www.fpdcc.com
(312) 533-5751

Join the village of Palos Park and the Cook County Forest Preserve District for a family-fun morning of fish-

Please turn to Page 18

Assistance League's Premier Fundraiser

NOV 12

2024

AUTHOR CONVERSATIONS

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Marie Raffl
Barb Sheridan



Diabetes: Early detection and management are crucial

Diabetes is a chronic condition affecting millions of Americans, with over 37 million diagnosed and nearly 9 million unaware they have it. Each November, Diabetes Awareness Month aims to raise awareness about this growing health issue, emphasizing early detection, prevention and effective management of diabetes.

Diabetes affects how your body processes sugar (glucose), its main source of energy. Normally, the body uses insulin to help glucose move from the bloodstream into cells for energy. However, when your body can't produce enough insulin or use it effectively, blood sugar levels rise, leading to diabetes. There are three main types: Type 1, Type 2 and gestational.

In Type 1 diabetes, your pancreas doesn't make insulin, necessitating insulin therapy to manage blood sugar. This form often presents early in life and comes with symptoms like extreme hunger, weight loss and frequent urination. In contrast, Type 2 diabetes which accounts for the majority of cases, occurs when your body becomes resistant to insulin. Type 2 develops gradually, and symptoms such as fatigue and blurred vision may go unnoticed initially.

Gestational diabetes occurs during pregnancy due to insulin resistance caused by hormonal changes. Typically diagnosed during routine screenings in the second trimester, it usually resolves after birth. However, women who experience gestational diabetes face a higher risk of developing Type 2 diabetes later in life.

Early diagnosis of diabetes is crucial in preventing complications such as heart disease, kidney disease, nerve damage and vision problems. Regular screenings are essential, particularly for adults aged 35 to 75 who are overweight or obese. The U.S. Preventive Services Task Force recommends these screenings to catch prediabetes or Type 2 diabetes early.

Once diagnosed, managing diabetes becomes part of daily life, but with the right tools and support, you can live a healthy and fulfilling life. Your health care team will create a personalized plan, typically including lifestyle changes, blood sugar monitoring and possibly medication.

Managing diabetes starts with lifestyle adjustments, and nutrition plays



Jessica Zlotek
Healthbeat

a critical role. Maintaining a balanced diet rich in whole grains, fruits, vegetables and lean proteins can help regulate blood sugar levels. Establishing a regular eating schedule also prevents spikes and dips in blood sugar.

Regular physical activity is another key component. Exercise — such as aerobic workouts, strength training, and staying active throughout the day — not only helps

control blood sugar but also supports overall cardiovascular health and aids in maintaining a healthy weight. Reaching or maintaining a healthy weight further improves blood glucose control, reduces cholesterol and lowers blood pressure. Even a modest weight loss of 5 to 10 percent can significantly impact managing Type 2 diabetes.

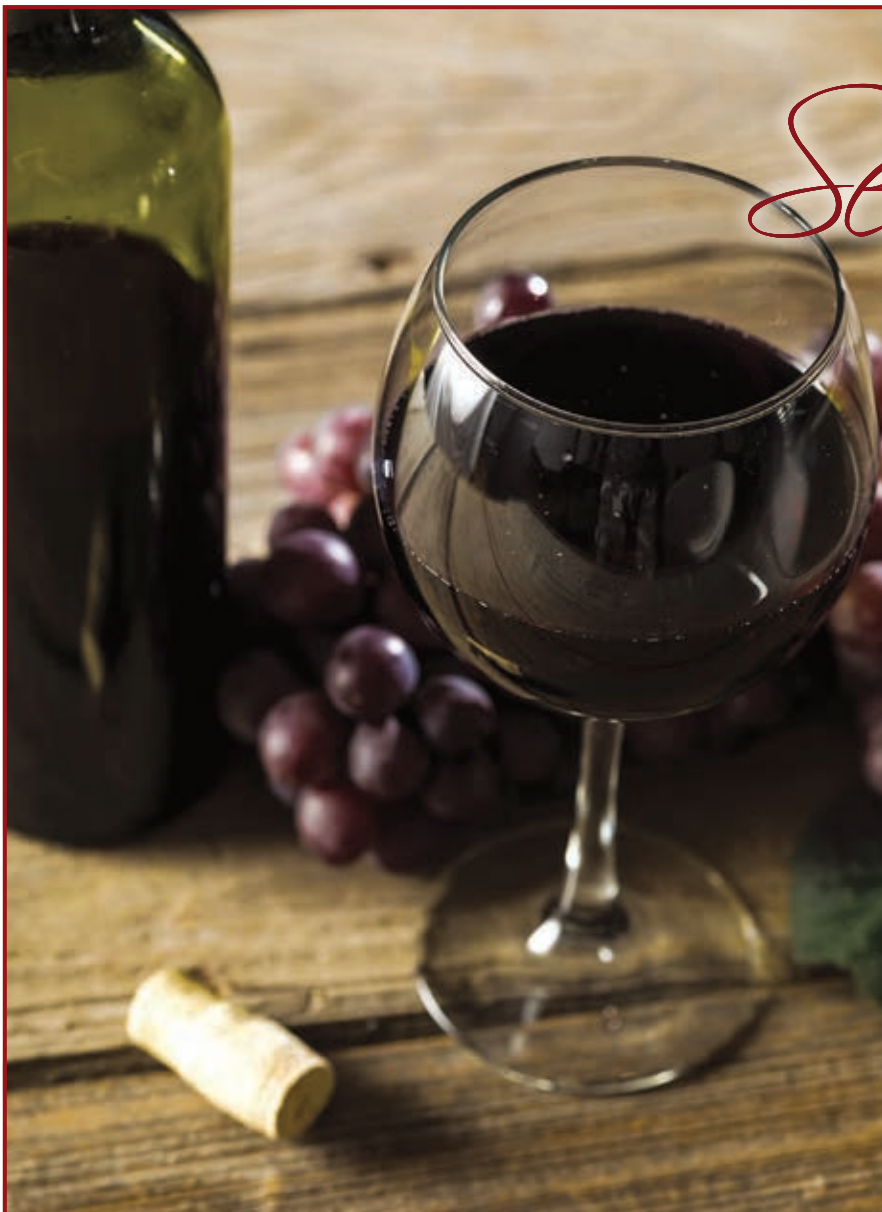
In addition to lifestyle adjustments, regularly monitoring your blood sugar is essential for understanding how different foods, activities and medications affect your condition. For those with Type 1 diabetes, insulin therapy is critical. People with Type 2 diabetes may also need medication to manage their condition if lifestyle changes alone

aren't enough. Whether prescribed insulin or oral medications, taking your medications as directed is vital to avoid potential complications.

Diabetes is a chronic condition, and poorly managed diabetes can lead to serious health complications. By adhering to your treatment plan and attending regular check-ups with your health care provider, you can catch and address potential issues early. It's also essential to take special care of your feet and teeth, as diabetes increases the risk of infections and complications in these areas.

Diabetes is complex, but you do not have to navigate this journey alone. Your health care team, including primary care providers, diabetes educators, dietitians and pharmacists, is there to provide resources and support. Together, they can help you make informed decisions about your health, answer your questions and assist in managing your condition effectively. Early detection and proactive management are vital to living a fulfilling life with diabetes.

— *Jessica Zlotek, RD, LDN, is a registered dietitian nutritionist with UChicago Medicine AdventHealth Medical Group in Hinsdale.*



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PULSE

Continued from Page 16

ing. Time: 8 a.m. start.

■ Woodworking with Invasives

Nov. 9
Swallow Cliff Woods-North
Route 83 west of La Grange
Road near Palos Park
www.fpdcc.com
(312) 533-5751

Ages 12 and up can build a walking stick using buckthorn, an invasive species. Hours: Time: 1 to 3 p.m. RR

FOR A CAUSE

■ Haunted Hinsdale

Nov. 1
Calle Cantina & Pour
Destino
114 S. Washington St.
(630) 570-0217

Enjoy an open beer and wine bar, one cocktail and passed hors d'oeuvres at this event to benefit Wellness House. A silent auction and raffle also are part of the fun. Time: 7 p.m. to 12:30 a.m. Cost: \$120, \$250 for VIP ticket with full open bar.

■ Love Like Sean Family Run

Nov. 3
Robbins Park
Seventh & Vine streets
www.raceroster.com/
events/2024/94768/love-
like-sean-family-run

St. Isaac Jogues Parish is hosting this 5K and kids dash event to benefit the Love Like Sean Foundation & St. Isaac Jogues community outreach programs. Times: 9 a.m. 5K, 10 a.m. kids dash. Cost: \$40 for 5K, \$10 for kids dash, \$100 for family 5K

■ Brew it Forward

Nov. 9
Cantigny Park
1S151 Winfield Road,
Warrenville
www.cantigny.org

Celebrate Veterans Day and benefit the Midwest Shelter for Homeless Veterans in Wheaton at this annual fundraiser in Cantigny's First Division Museum Tank Park. Family activities and concessions will be available. Veterans receive complimentary tastings. Hours: 11 a.m. to 3 p.m. Cost: \$10 for

five 3-ounce pours, \$20 for 12 pours; \$15 parking

■ Community House Wine Donation Party

Nov. 14
Pour Destino
back of Calle Cantina
114 S. Washington St.
www.thecommunityhouse.org

Join this night of wine, live music and lite bites in honor of The Community House Holiday Ball wine sale. Guests are asked to bring a bottle (or two) of a favorite wine to donate to the sale, the proceeds of which will support The Community House's programs for children and families in unincorporated areas of Willowbrook through the SPARK youth development initiative. Time: 7 to 9 p.m. RR

GAME ON

■ Soccer Shots Premier
Thursdays, Nov. 14-March 13
The Community House

Please turn to Page 19

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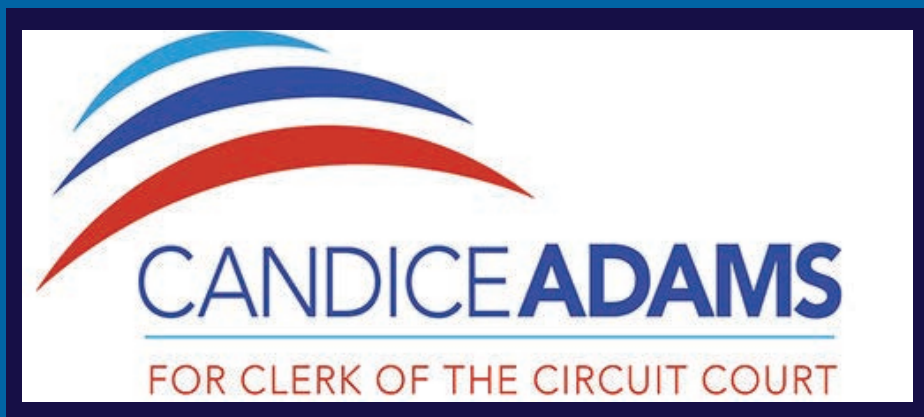
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PULSE

Continued from Page 18

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

Kids ages 5-8 will work on their individual skills, fitness and sportsmanship through fun games and team interaction. Players also will be introduced to competition in a developmentally appropriate manner. Time: 6:10 to 6:55 p.m. Cost: \$365. RR, MD

GRAND GALAS

■ Butterfly Ball

Nov. 9
Embassy Suites
1823 Abriter Court,
Naperville
www.RGAButterflyBall.org
Celebrate 50 years of transformation at the Ray Graham Association's annual benefit featuring a cocktail hour and dinner, with entertainment and uplifting stories on the positive impact made in the lives of individuals with disabilities. Hinsdale's Dominic

Mancini will receive the Legacy Award at the event. Time: 6:30 to 10:30 p.m. Tickets: \$300.

GREAT OUTDOORS

■ Sunrise Hike

Nov. 10
Little Red Schoolhouse Nature Center
9800 Willow Springs Road, Willow Springs
www.fpdcc.com
(708) 839-6897

Join this "before hours" hike to experience the dawning of a new day. Time: 6 a.m. RR

■ Fossil Quarry Tour

Nov. 10
Sagawau Environmental Learning Center
12545 W. 111th St., Lemont
www.fpdcc.com
(630) 257-2045

Learn about Chicago's ancient history through fossils with an indoor presentations followed by a visit to the fossil reserve quarry. Time: 1 p.m. RR

■ Fall Forest Hike

Nov. 11
Waterfall Glen
Lemont Road & 101st Street, Lemont
www.dupageforest.org
(630) 933-7248

Gear up and enjoy some healthy exercise on a quick-paced 3- to 5-mile guided hike through the wonders of the preserves. Time: 8:30 to 10 a.m. Cost: \$5. RR

GREEN THUMB

■ Food Forest Design Workshop

Nov. 2
Morton Arboretum
4100 Route 53, Lisle
www.mortonarb.org
(630) 968-0074

Learn how to grow one's own food sustainably using the principles of forest layering. This holistic approach benefits both the local population as well as the environment. No special knowledge is required. A self-paced online course How to Create a Food Forest also is available. Time: 10 a.m.

to 1 p.m. Cost: \$39. RR, MD

HEALTH & WELLNESS

■ Staying Safe from Environmental Toxins

Nov. 5
Wellness House
131 N. County Line Road
www.wellnesshouse.org
(630) 323-5150

Dr. Jean-Marie Kauth of Benedictine University will discuss the tie that certain toxins have to cancer, ways to guard against harmful environmental exposures and practical steps to keep a home healthier. Time: 6:30 to 8 p.m.

■ Fitness Hike

Nov. 6
Brezina Woods
North La Grange Road south of West Cermak Road near LaGrange Park
www.fpdcc.com
(312) 533-5751

Fitness hikes are for those looking to get some exercise outdoors. Fitness hikes will be faster-paced, covering 5 miles, with little to no stopping or

interpretation. Time: 10 a.m.

■ Acupuncture and Traditional East Asian Medicines

Nov. 7
Wellness House
131 N. County Line Road
www.wellnesshouse.org
(630) 323-5150

Ryan Davenport, senior lead acupuncturist with Endeavor Health Medical Group, will introduce acupuncture and TEAM and discuss the benefits for those going through cancer treatment and/or recovery and how it can help one stay healthy and live a fuller and happier life. Time: 6:30 to 8 p.m. RR

■ The Latest in Menopause Research

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

Hinsdale resident Dr. Pauline Maki will discuss how treatments for menopausal symptoms affect cognition,

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PULSE

Continued from Page 19

mood and brain function, sharing the latest research on the topic. Maki is a professor, director of Women's Mental Health Research Program and senior director of the Center for Research on Women and Gender at the University of Illinois, Chicago. Time: 7 to 8 p.m. RR

JUST FOR KIDS

■ **School's Out trip to Lego Land**
Nov. 4
The Community House
415 W. Eighth St.
www.thecommunityhouse.org
(630) 323-7500

Kids in kindergarten through eighth grade can enjoy a fun-packed day off from school with a trip to Legoland. Time: 7:30 a.m. to 3:30 p.m. Cost: \$90. RR, MD

■ **Taylor Swift Trivia**
Nov. 5
Hinsdale Public Library
20 E. Maple St.

www.hinsdalelibrary.info
(630) 986-1976

Calling all Swifties! Find out if you know Taylor All Too Well with trivia and a fun craft. Time: 1 to 2 p.m. RR

LISTEN & LEARN

■ **Organizing Your Most Important Information**
Nov. 4
Hinsdale Public Library
20 E. Maple St.
www.hinsdalelibrary.info
(630) 986-1976

Angie Rose Randall, CEO and founder of The Orderly Life, will show how to create a "what if" binder for family members containing critical financial, medical and personal documents and information when they need it. Time: 6:30 to 7:30 p.m.

■ **Sagawau Bird Stories**
Nov. 7
Sagawau Environmental Learning Center
12545 W. 111th St., Lemont
www.fpdcc.com
(630) 257-2045
Enjoy the stories of com-

mon and rare birds found at Sagawau and in the Lemont area. Time: 7 p.m. RR

NOTEWORTHY

■ **Salt Creek Chamber Orchestra**
Nov. 3
First United Methodist Church
100 W. Cossitt Ave., La Grange
www.saltcreekchamber-orchestra.com

The orchestra will perform Martines' Overture in C Major, Wagner's "Siegfried Idyll," Honegger's "Pastorale d'Été" and Saint-Saëns' Symphony No. 2 in A Minor. Time: 3 p.m. Tickets: \$25, \$20 for seniors.

■ **Trevor Stephenson**
Nov. 3
Morton Arboretum
4100 Route 53, Lisle
www.mortonarb.org

The harpsichordist will perform and discuss masterworks by three Baroque composers: Bach, Handel and Scarlatti, to kick off the arboretum's

Please turn to Page 21

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PULSE

Continued from Page 20

monthly 2024-23 Chamber Concert series. A post-concert reception with the artist will be held following each performance with coffee, lemonade and hot cider. Time: 2:15 p.m. Tickets: \$42, \$200 for a season subscription. MD

■ **John McCutcheon**
Nov. 9
Unitarian Church of

Hinsdale
11 W. Maple St.
www.acousticren.com
(630) 941-7797

John McCutcheon is a respected and loved folksinger, with his mastery of a dozen different traditional instruments and celebrated songwriting that has garnered seven Grammy nominations. Time: 7 p.m. Tickets: \$25.

■ **American English**

Nov. 9
Theatre of Western Springs
4384 Hampton Ave.
www.theatreofwesternsprings.com
(708) 246-4043

The popular Beatles tribute band will entertain as part of the TWS Performance Series of Fundraisers. Time: 7:30 p.m. Tickets: \$40, \$35 for subscribers and CTWS families with discount code.

■ **Beethoven, Brahms and Barton Pine**
Nov. 10
Elmhurst Christian Reformed Church
149 W. Brush Hill Road
www.elmhurstsymphony.org
(630) 941-0202

The Elmhurst Symphony Orchestra will perform Brahms' Violin Concerto featuring guest soloist Rachel Barton Pine on violin in a


program that also includes Beethoven's Symphony No. 7 and Rossini's overture to "The Barber of Seville." A pre-concert talk will be held at 1:45 p.m. Time: 3 p.m. Tickets: \$12-\$45.

ON STAGE

■ **'The Play That Goes Wrong'**
Nov. 1-3

Please turn to Page 22

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PULSE

Continued from Page 21

Nazareth Academy
1209 W. Ogden Ave.,
LaGrange Park
www.nazarethacademy.com

As a local theater troupe debuts its performance of a 1920s whodunit, things quickly go from bad to utterly disastrous, with everything from falling props, collapsing scenery, an unconscious leading lady, a corpse that can't play dead and actors who trip over everything — including their lines. Times: 7 p.m. Nov. 1 & 2, 2 p.m. Nov. 3. Tickets: \$15, \$10 for students.

■ **'Calendar Girls'**

Nov. 1-10
Westview Hills Middle School
630 65th St., Willowbrook
www.westmontparks.org/wpa

Based on a true story, this charming comedy depicts a group of Yorkshire women who pose for a calendar to raise money for leukemia research. After Annie loses her husband, she and best

friend Chris resolve to raise money for a settee in the local hospital's waiting room. The two women persuade their friends to join them in creating an "alternative" Women's Institute calendar, in which the subject-matter is tasteful nudes of middle-aged women. (Any nudity in the show is implied, not actual.) The unexpected success of their efforts brings chaos and change to their small community. Cast members include Susan O'Byrne of Hinsdale. Time: 7:30 p.m. Nov. 1, 2 and 7:30 p.m. Nov. 2, 2 p.m. Nov. 3, 7:30 p.m. Nov. 9, 2 p.m. Nov. 10. Tickets: \$15.

■ **'Disney's The Little Mermaid'**

Nov. 6-Jan. 12
Drury Lane Theatre
100 Drury Lane, Oakbrook Terrace
www.drurylanetheatre.com/the-little-mermaid
(630) 530-0111

Dive beneath the waves with Ariel, a young mermaid with a captivating voice and an insatiable curiosity, as she defies her father and makes a

daring deal for the chance to create the world of her dreams on land. Enjoy the beautiful score including favorites like "Under the Sea," "Part of Your World," and "Kiss the Girl." Times: 1:30 p.m. Wednesdays, 1:30 and 7 p.m. Thursdays, 7 p.m. Fridays, 3 and 8 p.m. Saturdays and 2 and 6 p.m. Sundays. Tickets: start at \$52.95.

■ **A Conversation with Kathryn Grody & Mandy Patinkin**

Nov. 10
McAninch Arts Center
College of DuPage
425 Fawell Blvd., Glen Ellyn
www.atthemac.org
(630) 942-4000

Grody, an award-winning actress and writer, and Patinkin, star of TV, stage and film, will share hilarious nuggets of their "uninterrupted togetherness," including family stories, professional anecdotes and glimpses into their 40-plus years of mostly marital bliss. The program will be moderated by their son, Gideon Grody-Patinkin. Time:

Please turn to Page 23



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Winter 2024-2025
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- Printing and mailing a completed paper request

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- Printing and mailing a completed paper request

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FRIDAY, NOV. 1, 2024 - 2 p.m.

*If you have previously submitted information,
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Vet's name: _____

Branch of military: _____

Rank: _____

Years of service (e.g. 1941-45): _____

Location of service: _____

Hinsdale resident: YES NO

Name of person submitting info: _____

Phone number: _____

Relationship to vet: _____

The Hinsdalean

7 West First St., Hinsdale, IL 60521
news@thehinsdalean.com

You can sponsor a page of veterans; please email Tina at tinaw@thehinsdalean.com

PULSE

Continued from Page 22

3 p.m. Tickets: \$75-\$100.

■ 'The Wickhams: Christmas at Pemberley'

Nov. 14-Dec. 15
McAninch Arts Center
College of DuPage
425 Fawell Blvd., Glen Ellyn
www.atthemac.org
(630) 942-4000

As the events of Miss Bennet unfold upstairs at Pemberley, the servants below find themselves in the midst of a different holiday scandal. George Wickham, Lydia's incorrigible husband and Mr. Darcy's sworn enemy, has arrived to disrupt the celebration. A pre-show discussion with the director and designers will be held at 6:45 p.m. Nov. 14; a post-show discussion with the director and cast will be held on Nov. 22. The Dec. 5 show will include an ASL performance. Times: 7:30 p.m. Thursdays to Saturdays, 3 p.m. Sundays. Tickets: \$44, \$42 for seniors.

■ The Fall Workshop

Nov. 15-17
Theatre of Western Springs
4384 Hampton Ave.
www.theatreofwesternsprings.com
(708) 246-4043

The Directors' Workshop presents its Fall Workshop featuring "Harry and Doris" by Robyn Dana Guest and "Thou Shalt" by Jack Calvert. Times: 8 p.m. Nov. 15 & 16, 2:30 & 7:30 p.m. Nov. 17. Tickets: At-will donations. RR

SENIOR SCENE

■ Getting Started on Medicare

Nov. 1
Westmont Community Center
75 E Richmond St.
www.villageofhinsdale.org/pr
(630) 789-7090

This free Medicare education program will provide knowledge and peace of mind in choosing the right health plan. The program is intended for those who will soon be eligible for Medicare, are already on Medicare but losing their group retiree benefits, who serve as a caregiver to a Medicare beneficiary or who would like to learn more about all parts of Medicare. Time: 1 to 2 p.m.

SIGN UP NOW

■ Pickleball Event

Nov. 7
Net Game
145 Plaza Drive, Westmont
www.candorhealthed.org/events/pickleball-2024

Candor Health Education is hosting this fun doubles pickleball social, with drinks and food. A pro will give seasoned players winning tips and organize a lesson for beginners. Come with a partner or get paired up. Time: 5 to 8 p.m. Tickets: \$75.

■ Little Red Rocks

Nov. 7
Little Red Schoolhouse Nature Center
9800 Willow Springs Road, Willow Springs
www.fpdcc.com
(708) 839-6897

Perform or listen to music and poetry during an open mic night at sunset. Time: 5 to 7 p.m. RR

SPECIAL EVENTS

■ 'The Nutcracker'

Nov. 2
Hinsdale Public Library
20 E. Maple St.
www.hinsdalelibrary.info
(630) 986-1976

Watch Clara come alive with a story and brief performance of this holiday classic presented by the Hinsdale Dance Academy. Then take pictures with the dancers after. Time: 10 to 10:30 a.m.

■ 'Ignition' Book Discussion

Nov. 9
Sagawau Environmental Learning Center
12545 W. 111th St., Lemont
www.fpdcc.com
(630) 257-2045

Celebrate National Native American Heritage Month by exploring cultural views on fire, including Pawnee traditions. Time: 10 a.m.

■ Pumpkin Smash

Nov. 9
The Community House
415 W. Eighth St.

The Rotary Club of Hinsdale invites all to bring their pumpkins and gourds to be "smashed" before being taken to compost heap, rather than put in a landfill to rot and release methane gas. Time: 8 am. to noon.

■ Rescue Fest/Holiday Market

Please turn to Page 24

PULSE

Continued from Page 23

Nov. 10
The Community House
415 W. Eighth St.
www.MidwestRescue.org
Midwest Rescue of Illinois is hosting its annual event where visitors can meet adoptable pets, talk to local rescues and shelter volunteers, discover unique crafts, pet supplies and other finds, and enjoy food trucks, fun and games. Visitors should leave their own pets at home. Hours: 11 a.m. to 3 p.m. Admission: \$1, free for ages 11 and under.

■ **Books & Brunch**
Nov. 12
The Abbington
Route 53 & Butterfield Rd.,
Glen Ellyn
www.alcw.org
Join Assistance League's annual fundraiser for a luncheon and conversations with authors Jonathan Eig, Luis Urrea and Libby Fischer Hellmann, moderated by Andrea Thome. The event also will include a silent auction, a raffle and boutique shopping.

Time: 10 a.m. to 2 p.m. Tickets: \$125.

STEPPING BACK

■ **Salvation Army in the Great War**
Nov. 1-27
Mayslake Peabody Estate
1717 W. 31st St., Oak Brook
www.dupageforest.org
(630) 206-9566

This exhibit chronicles the Salvation Army's efforts during the lifetime of F.S. Peabody, who was a great supporter of the group. The second floor location is accessible only by stairs. Hours: noon to 3 p.m. weekdays, 9 a.m. to 1 p.m. Saturdays.

■ **Waycar Wednesday**
Nov. 6
St. James Farm
2S541 Winfield Road,
Warrenville
www.dupageforest.org
(630) 580-7025

Walk through a 1906 waycar (or caboose) and hear how it was first used on the rails and then by Brooks McCormick

after its retirement. Hours: 11 a.m. to 3 p.m.

■ **Gratitude is Not Enough**
Nov. 7
Cantigny Park
1S151 Winfield Road,
Warrenville
www.cantigny.org

Retired emergency physician Tom Stein, a retired colonel in the U.S. Army Medical Corps., will share the story of Belgian Marcel Schmetz, who at age 10 was walking home from school in November 1943 near a creek and saw the lifeless body of a young woman face-down at water's edge with armed German border guards standing over her. For more than three years, Marcel's family and neighbors had been deprived of their basic rights and fundamental needs for survival until liberating heroes from the U.S. 1st Infantry Division ultimately secured their town. Years later he and wife, Mathilde, would dedicate their lives to keeping those soldiers, their sacrifices and their bonds alive for future

Please turn to Page 25

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Continued from Page 24

generations to cherish. Time: 6 p.m. Admission: Free with paid parking.

Off the Page: Richard Munson and 'Ingenious'

Nov. 12
Hinsdale Public Library
20 E. Maple St.
www.hinsdalelibrary.info
(630) 986-1976

Join Hinsdale author Dick

Munson as he discusses his new book, "Ingenious: A Biography of Benjamin Franklin, Scientist," which looks beyond Franklin's diplomatic career to examine his scientific genius. Munson, a library trustee, will discuss this vital part of Franklin's story and his modern relevance in conversation with Karen Keefe, the library's executive director. Copies will be available for library checkout start-

ing on Nov. 12 and also will be available for sale and signing at the event. Time: 7 to 8 p.m.

Salting and Smoking

Nov. 16 & 17
Kline Creek Farm
1N600 County Farm Road,
West Chicago
www.facebook.com/
klinecreekfarm
(630) 876-5900

Learn about the process of salting and smoking pork, and

grinding and stuffing for sausage, that 1890s farmers used to preserve food to get ready for winter. Hours: 1:30 to 3:30 p.m. Admission: \$5 suggested donation per person ages 3 and up.

TEENS & TWEENS

After Dark Escape Room: Clue Edition

Nov. 9
Hinsdale Public Library

20 E. Maple St.
www.hinsdalelibrary.info
(630) 986-1976

Use the clues and puzzles to find out who did it, with what and in what room while the library is closed to the public. This adventure, sponsored by HPL's Junior Advisory Board, is for high school students only, and participants can work in teams of up to six.

Please turn to Page 26



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OPEN HOUSE

Saturday, November 2nd | 11:00AM-1:00PM





Pet pic of the week

Celebrate Adopt a Senior Pet Month and meet 10-year-old Boom. This puggle mix is a friendly, active guy who still has plenty of pep in his step. Boom gets along well with dogs, cats and younger kids. He gets a little worked up on walks, so he would love a fenced yard where he can relax after he's done playing. He is house-broken, neutered, microchipped and fully vaccinated. He is a wonderful size at 23 pounds. Boom is currently in a foster home, so please call Hinsdale Humane Society at (630) 323-5630 to set up an appointment. For more information, visit www.hinsdalehumane-society.org.



Continued from Page 25

Prizes will be awarded to the fastest team to finish. Sign up as a single player or as part of team. Time: 7 to 8:30 p.m. RR

American Red Cross Babysitters Certification

Nov. 16
The Community House
415 W. Eighth St.
www.thecommunityhouse.org
(630) 323-7500

Youth ages 11-15 will get the knowledge, skill and confidence to care for infants and school-age children, using video, activities, hands-on skills training and discussion for a complete learning experience. Participants must be present for the entire class and should bring a sack lunch. Time: 9 a.m. to 4 p.m. Cost: \$110. RR, MD

VETERANS DAY

Veterans Day Luncheon

Nov. 11
The Community House
415 W. Eighth St.

www.thecommunityhouse.org
(630) 323-7500

Enjoy a buffet lunch and be entertained by a Veterans Day tribute performance by the Jolly Boys and Cantate a capella groups. Time: 11:45 a.m. to 1:15 p.m. Cost: \$12, \$10 for vets & members. RR

Veterans Day Ceremony

Nov. 11
Oak Brook Village Hall
1200 Oak Brook Road, Oak Brook

The Oak Brook Historical Society will hold its annual Veterans Day Commemoration Ceremony honoring the service of U.S. Armed Forces veterans, with presentations by local veterans Dr. John Belmonte and Dr. Richard VanVerst, as well as a multi-media tribute and digital honor roll of veterans who have served. A reception will follow. Time: 1 p.m.

*Key
RR - registration required
MD - member discount*



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IN FOCUS



This little light of mine

Armed with mini flashlight projectors, Annie and Madeline Lauzen and Nora O'Malley found the perfect spot in the Hinsdale Public Library to view Halloween images. The girls were visiting the Boo Bash at the library Monday afternoon. (Jim Slonoff photo)

Inter-Faith Fellowship. hosted by:

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INTER-FAITH FELLOWSHIP PRESENTS **Wednesday, November 13, 2024** **The Jolly Boys: A Salute to our Veterans**

The Jolly Boys are back with a salute to our nation's veterans. Please join us in honoring our heroes with this fitting tribute to the men and women who have served and are still serving our country in all 5 branches of the military. The Jolly Boys began a social gathering in 1947 of the local men who returned home from WW2 and have been singing ever since. They have grown into a group that sings all around the Chicagoland area including a White Sox game.

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A community wide organization: Meeting the second Wednesday of each month from October through May.

11:45am – 1:30pm with lunch served at 12noon.

\$15 per person, cash or check at the door.

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MISSION STATEMENT: Inter-Faith Fellowship is community wide and all inclusive. We offer lunch and compelling programs to entertain and educate while providing fellowship. We support charities that help fight hunger and victims of domestic violence.



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CERTIFICATE NO. 79533 was filed in the office of the County Clerk of DuPage County on October 7, 2024 wherein the business firm of **GEEK GUARDS** Located at 211 E. Lake St., Suite 6, Addison, IL. 60101 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: David Acosta, 105 S. Wisconsin Ave., Addison, IL. 60101.
IN WITNESS WHEREOF, I have hereunto set my hand and Official Seal at my office in Wheaton, Illinois, this 7th day of October A.D. 2024.
Jean Kaczmarek
DuPage County Clerk

Published in The Hinsdalean October 17, 24 & 31, 2024.
Each day provides its own gifts. Marcus Aurelius

Public Notices

CERTIFICATE NO. 79535 was filed in the office of the County Clerk of DuPage County on October 15, 2024 wherein the business firm of **BonVoyage Cruise Outlet** Located at 854 Marston Ct., Glen Ellyn, IL. 60137 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: Randy Piscopo, 854 Marston Ct., Glen Ellyn, IL. 60137.
IN WITNESS WHEREOF, I have hereunto set my hand and Official Seal at my office in Wheaton, Illinois, this 15th day of October A.D. 2024.
Jean Kaczmarek
DuPage County Clerk

Published in The Hinsdalean October 24, 31 & November 7, 2024.

CERTIFICATE NO. 79534 was filed in the office of the County Clerk of DuPage County on October 8, 2024 wherein the business firm of **AWAKEN THE JOURNEY** Located at 2424 Concord Drive, Woodridge, IL. 60517 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: Liborina Lopez, 2424 Concord Drive, Woodridge, IL. 60517.
IN WITNESS WHEREOF, I have hereunto set my hand and Official Seal at my office in Wheaton, Illinois, this 8th day of October A.D. 2024.
Jean Kaczmarek
DuPage County Clerk

Published in The Hinsdalean October 17, 24 & 31, 2024.

Legal Notices

VILLAGE OF HINSDALE

REQUEST FOR PROPOSAL AUDIT SERVICES

NOTICE IS HEREBY GIVEN by the Village of Hinsdale, DuPage and Cook Counties and State of Illinois that proposals will be received for Professional Auditing Services.

Sealed proposals will be received up to **4:00 P.M., Friday, November 22, 2024** in the office of the Finance Department, Hinsdale Village Hall, 19 East Chicago Avenue, Hinsdale, Illinois, 60521. Proposals received after that time shall be returned unopened.

Copies of the Requests for Proposal may be obtained from the Finance Department at the Hinsdale Village Hall, 19 East Chicago Avenue, Hinsdale, Illinois, during regular business hours beginning Friday, November 1, 2024 at 10:00 a.m.

Questions on the RFP may be directed to the Chief Financial Officer via email at cdittman@villageofhinsdale.org.

The Village reserves the right to reject any and all proposals, or to waive any irregularities or any informalities when such waiver would not be detrimental to the best interest of the Village and would not prejudice the proposal process.

Emily Tompkins,
Village Clerk
Village of Hinsdale

Published in The Hinsdalean, Thursday, October 31, 2024.

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MIND GAMES

- ACROSS**
- 1 FRINGE BENEFIT
 - 5 "HUMBUG!"
 - 8 ROCKY OUTCROP
 - 12 JAI --
 - 13 SWELLED HEAD
 - 14 VALENTINE BORDER
 - 15 COOKING AREA
 - 17 GRAY'S SUBJ.
 - 18 WEDDING SETTING
 - 19 RIYADH RESIDENTS
 - 21 PRIDE PARADE LETTERS
 - 24 GI ENTERTAINERS
 - 25 GANGES WRAP
 - 28 INCURSION
 - 30 "TASTY!"
 - 33 ACTRESS THURMAN
 - 34 ORCHESTRAL STRINGS
 - 35 DIRECTOR ANG
 - 36 PROHIBIT
 - 37 GAS CO., FOR ONE
 - 38 PRINTER'S BLUE
 - 39 CORN CORE
 - 41 CRUISING
 - 43 DRAG
 - 46 NEW YORK'S - ISLAND
 - 50 PUNDIT'S PIECE
 - 51 CAUSING ANNOYANCE
 - 54 STALLION'S MATE
 - 55 FLIGHTLESS BIRD
 - 56 REVISE
 - 57 ORG.
 - 58 TRENCH
 - 59 PIXELS

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
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50				51	52	53				
54				55				56		
57				58				59		

- DOWN**
- 1 BRAZILIAN RUBBER
 - 2 MIDEAST AIRLINE
 - 3 HARANGUE
 - 4 CAPITAL OF RWANDA
 - 5 WAGER
 - 6 PAST
 - 7 BEER INGREDIENT
 - 8 SANTA --
 - 9 NOT BY DESIGN
 - 10 "SUPERFOOD" BERRY
 - 11 UNDERSTANDS
 - 16 WORK UNIT
 - 20 GERMAN CAR NAME
 - 22 AUTHOR HARTE
 - 23 SHIRE OF "ROCKY"
 - 25 LONG LUNCH?
 - 26 DOCS' ORG.
 - 27 CATTLE FARM WORKERS
 - 29 MISFORTUNES -- CULPA
 - 31 GENTS
 - 32 RUBIK'S BRAIN-TEASER
 - 34 PHONED
 - 38 FROM DAYS OF YORE
 - 40 "A MOUSE!"
 - 43 "BRAVE NEW WORLD" DRUG
 - 44 IRS EMPLOYEES
 - 45 GET READY, BRIEFLY
 - 47 CHIC BEACH RESORT
 - 48 MONOGRAM PT.
 - 49 PVT.'S SUPERIORS
 - 52 PARISIAN PAL
 - 53 FANATIC

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

Weekly SUDOKU

by Linda Thistle

3		2				5	
	9		1				7
		1		7	6		
		4		5	8		
	2		8	3			4
7		9					1
9				1		3	
		8	7				1
	6	4				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. Tremor; 2. Plush;
- 3. Titles; 4. Lame

Today's Word
SMILE

SCRAMBLERS

Unscramble the letters and then each couple to form four ordinary words. Then rearrange the letters to form the ordinary word, which will complete the gap.



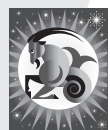
- Shaky
MORTER
- Learn
SHLUP
- Labels
LETTIS
- Mixed
MEAL

TODAY'S WORD

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

HOROSCOPES

November 2024 Horoscopes • Week 1



CAPRICORN

CAPRICORN – Dec 22/Jan 20
Making improvements to your home or living space can give you a fresh perspective, Capricorn. It might just be the change you need to feel revitalized.



ARIES

ARIES – Mar 21/Apr 20
Aries, this week you may find yourself with some extra energy and enthusiasm for new projects. Figure out what you want to get done and think through a plan.



CANCER

CANCER – Jun 22/Jul 22
This week your focus shifts largely toward home and family, Cancer. Now might be the time to address any conflicts in your home life to reinforce family relationships.



LIBRA

LIBRA – Sept 23/Oct 23
Relationships and partnerships are priorities for you this week, Libra. Figure out how you can balance your needs with those of others in your inner circle.



AQUARIUS

AQUARIUS – Jan 21/Feb 18
Don't be afraid to share your ideas and connect with others this week, Aquarius. Staying curious and getting your perspective across may lead to some exciting opportunities.



TAURUS

TAURUS – Apr 21/May 21
Taurus, you may have a strong desire for stability and security. Now is a good time to focus on financial matters and investigate potentially valuable investment opportunities.



LEO

LEO – Jul 23/Aug 23
Leo, this could be a week when you find yourself in the spotlight more than usual. You don't shy away from extra attention; in fact, you will thrive this week.



SCORPIO

SCORPIO – Oct 24/Nov 22
Scorpio, it's a good time to implement new habits or make improvements to your work life. Perhaps the balance has been skewed and you need more time for family?



PISCES

PISCES – Feb 19/Mar 20
Financial matters may come into focus this month, Pisces. It's a good time to look at your budget and make some tweaks, if necessary. Taking on extra work might be an option.



GEMINI

GEMINI – May 22/June 21
Communication will be key for you this month, Gemini. Whether you aim to strengthen existing relationships or start new ones, be clear and honest in all of your interactions.



VIRGO

VIRGO – Aug 24/Sept 22
This is a good week to start organizing and planning, Virgo. The holidays are right around the corner, and you want to be sure that everything you need to get done will be accomplished.



SAGITTARIUS

SAGITTARIUS – Nov 23/Dec 21
This week could be bursting with creativity for you, Sagittarius. If you've been meaning to pursue hobbies or other interests, now is the time to explore and have some fun.

FALCONS 9U GOLD ADVANCES TO SEMIS

The Hinsdale Falcons 9U Gold team improved to 9-0 by defeating Lyons 30-0 in the first round of the Bill George Youth Football League play-offs.

On fourth down of the first series of the game, Bryce Lee got things going when he took a reverse 60 yards to the endzone and then caught a 2-point conversion from Connor Pauley. Later in the first half, Cole Sherwood broke on a Lyon's pass from his position at corner and returned the interception for a touchdown. Noah Jones capped off the effort by catching a 2-point conversion, making the score 16-0 at the half.

Sherwood finished the day with two touchdowns, the second of which came on a 35-yard scamper from his tailback position in the fourth quarter. Pauley rounded out the scoring effort with a quarterback sneak. Hinsdale's line — anchored by Teddy O'Toole, RT Kouba, Michael Cannizzaro, Keats Caruso and Bennett Wilson — dominated the line of scrimmage throughout the afternoon.

Meanwhile, Hinsdale's defense continued its relentless play, recording yet another shutout. Brooks Jaqua set the tone early in the game with a jaw dropping hit on the Lyons' running back. At edge, Dan Campbell and RT Kouba were absolute menaces, essentially shutting down Lyons' outside running game. Meanwhile, Noah Jones manned the middle and consistently pressured the Lyons quarterback along with defensive linemen Michael Dombroski and Wyland Holmes, who were in relentless pursuit of the entire

Lyons backfield throughout the afternoon, resulting in a number of Lyons turnovers. The Falcons recorded three interceptions on the afternoon, two by Sherwood and one by Connor Pauley. At outside linebacker, Cade Phelan and Luke Schroeder along with safety Parker Brey recorded a number of vicious tackles of their own.

The Falcons will face Bartlett in the semifinals this weekend.

11U SILVER TEAM WINS, MOVES ON

The Falcons went into this week with high hopes of a deep run into the playoffs. After defeating the Downers Grove Panthers at Dickinson Field 20-0, those hopes are becoming a reality.

The Panthers seemed worried about keeping up with the Falcon offense. On their first Possession they displayed a strategy to run the play clock down to the 10 second mark before starting their cadence to snap the ball. They were hoping the limit the time that the Falcon offense was on the field. The problem with that was that the Falcon defense — led by Jack O'Malley, Killian Byrne and Franky Lovato — wouldn't allow the necessary first downs needed to execute the Downers game plan.

Eventually the Falcon offense got their turn.

On defense, the Panthers employed another risky strategy to limit the Falcons. They crowded the line of scrimmage with nine or 10 defenders trying to stop the high-powered Falcon rushing attack, led by Jacob Zager and Danny McFarland. The strategy worked for a quarter and a half, but eventually Zager

found the endzone midway through the second quarter, breaking the 0-0 tie.

Zager wasn't done yet. He opened the second half with a long touchdown run on the first play. After falling behind by two scores and not moving the ball very well against the stiff Falcon defense, the Panthers were under a ton of pressure.

The suffocating Hinsdale defense just would not give Downers Grove any breathing room. Carter Cox, Blake Bazan and Marco Oliverio were relentless in the effort to pitch another shutout. Luke Gray, Mile Lindemeyer, Parker Otzen and Grant Garver wreaked havoc on the Panthers in the second half.

The final nail in the coffin was a nifty touchdown catch by Jasper Maggio.

The team will face Tri City this weekend in round 2.

JV GOLD D1 NOTCH WIN IN PLAYOFFS

It wasn't always pretty, but the JV Gold Falcons got a first-round playoff win, beating Bloomingdale 12-6.

Hyped up and ready for the extra effort playoff football requires, the Hinsdale offense came out of the gates strong. Michael Kipnis found some beautiful holes on the opening drive thanks to the bulldozing big boys up front (Sullivan Camp, Sal Calandriello, Grant Wanless, Oliver Johnson and Ben Kurinsky). Dillon Phelan capped the opening drive with scoring run to make it 6-0 Falcons early. The Falcon defense was in a bad mood as linebackers Grant Kirchheimer and Charlie Lynch delivered punishing hits early with Torsten Wood, Brock Bradley and

Leo Crooks getting constant pressure up front. A long Bloomingdale drive met a swift end with a well-read Logan Sullivan interception. In the second quarter, the Falcon offense couldn't get much going and the Bulldogs found the endzone to knot the score 6-6 at half.

The stalemate continued in the third quarter with both defenses dictating play. Connor Gaylord stood out with a massive pass knock-down from his defensive tackle spot, while Dominic Cresap and Kellan Goodwin provided steady support in the secondary. As the third wound down, Jaxon Uthe screamed up the right side for a field-flipping punt return, which put the Falcon offense in business. Now into the fourth quarter, the Hinsdale offense methodically drove down the field with the drive culminating in a Kipnis touchdown, making it 12-6. Bloomingdale's last-chance drive showed promise, but Angel Roman put a stop to that with a sack and then a game-sealing pass break up on consecutive plays.

Hinsdale, the top seed, will host round two of the playoffs this week against Glen Ellyn with a trip to the Super Bowl on the line.

VARSITY GOLD COMES SO CLOSE

Varsity Gold visited Downers Grove for their final game as Falcons.

"You couldn't ask for a better day for a rematch," barked manager RJ Hull.

The team's message all week: "Give more than you think you have, and come out throwing haymakers!" The Hinsdale defense set that standard. Liam Cranmer,

Brock Willits, Krystian Przychocki and William "Mr. Devious" Smith formed the defensive front. Linebackers Jack "Battlebus" Gray, Max Milburn, Hank "Scary" Scheri and Blake Schnur flew to the ball, halting the Downers' offense. Outstanding hustle by Smith and Gray translated to involvement on 90 percent of tackles. An explosive hit from Milburn forced an early Panther fumble, recovered by cornerback Matthew Stone.

Wolf Pohlenz, Willits, Scheri, Landon Ronaldson, Smith, Luke Altemose, Charlie Koridek and Schnur formed the collective blocking unit. Although outsized, an unbelievable effort escorted rushes from quarterback Keaton Cassell, Gray and Schnur.

Falcon receivers Grant Goodwin, Chase Morris, Bear Kumskis, and Stone had their best game. Cassell was dealing, and great catches on the perimeter moved the sticks. But to the Panthers' surprise, it was tight end Knox Apple throwing the 21-yard touchdown pass to Goodwin! It only took two years, but Apple finally earned the naming rights to the play "Lego City." The kick from Colin Parry was good, but the Panthers quickly answered, tying it up before half.

The Panthers scored in the third quarter, but the Falcons continued to attack with runs from Cassell, and Gray forcing another fumble for Scheri to scoop and nearly score. On the final drive, the Falcons came up just short, finishing the game 8-14.

Despite the tough loss, the Falcons gave a heroic and remarkable performance, truly leaving it all on the field. The coaches, community and parents are beyond proud of these Hinsdale Falcons.



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SPORTS — END ZONE

BY THE QUARTER

1
Hinsdale 14
DGN 14

2
Hinsdale 7
DGN 7

3
Hinsdale 0
DGN 7

4
Hinsdale 7
DGN 14

HINSDALE CENTRAL 28 — DOWNERS NORTH 42



James Skokna is brought down after catching a Riley Contreras pass in the first quarter. The Devils scored on this possession, taking an early 14-7 lead in the first quarter.

OFFENSE - SEASON



Riley Contreras
108 passes, 1,464 yards
74 carries, 322 yards
20 pass TDs, 7 rush TDs



James Skokna
25 catches, 431 yards
5 touchdowns

DEFENSE - SEASON

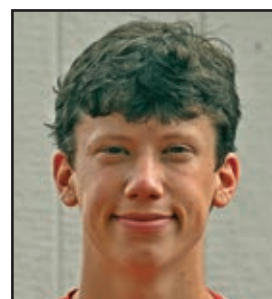


Owen Sunderson
38 tackles, 19 assists
3 TFLs



Noah McCurry
39 tackles, 18 assists
1 forced fumble
2 fumble recoveries

SPECIAL TEAMS - SEASON



Micah Drescher
3/6 field goals
21 punts, 470 yards



Dominic Tresslar
6 punt returns, 181 yards
1 TD

Hinsdale Central's James Skokna and Timas Marchertas team up to bring down a Downers North player Friday night at Dickinson Field. (Jim Slonoff photos)



SEASON RECAP

(2-4 conference, 3-5 overall)

Aug. 30
Central 13 — Naperville
Central 24
Sept. 6
Central 38 — Bolingbrook 22
Sept. 13
Central 16 — LT 21
Sept. 20
Central 56 — Morton 0
Sept. 27
Central 13 — York 21
Oct. 5
Central 14 — Glenbard West
35
Oct. 11
Central 64 — Proviso West 0
Oct. 18
Central 45 — OP-RF 21
Oct. 25
Central 28 — DGN 42

SPORTS — ROUNDUP

STUDENT ATHLETE PROFILE



Ava Young
Clarendon Hills

What was goal for senior year?

To make it as far as we can as a team in the postseason. I like how our team has this very tight connection and feel like we have to do our best for each other.

How do you see your role as a team co-captain?

I try to build up everyone's confidence so we can keep improving and advance further as a team.

What's your specialty on the court?

I'm libero, the player in the back row who picks up digs and specializes in serve receive.

How long have you played volleyball?

Since I was 6. I can remember first learning to do an underhand serve during a youth fall league.

How have you improved over your four years on varsity?

I've learned to focus more on angles when I'm receiving a serve, because that's what most important to the passers so they can set a good pass for the hitter.

Didn't you set the school record for career digs?

Yes. I recently reached 1,250 digs — and still counting.

What's been the key to your success?

I think it's my passion for volleyball. I try to bring up everyone's performance, and I really want the team to be successful.

How would your teammates describe you?

I would say calm, hard-working and determined.

How do you prepare for a match?

I usually listened to some pop music or talk to my teammates. As a team we dance to "Cotton Eye Joe" as part of our routine before home games.

Where are you heading next?

I've committed to play volleyball at University of Illinois Chicago. I'm thinking about studying kinesiology.

Why does head coach Kelly Stapleton like having Young on the squad?

Ava has been the backbone of our varsity team for the last four years. She is a calming force to everyone around her and challenges her teammates to be better every day. Many opposing coaches have commented on how frustrating it is to play against Ava because she gets everything up. I will miss Ava in the program for her consistency, passion for the sport and commitment.

— profile by Ken Knutson,
photo by Jim Slonoff

RESULTS

Cross country, boys

Oct. 26 @ IHSA Regional
V places 2nd with 63 points
Miller, 7th, 15:16.42
Gamboa, 8th, 15:21.83
Revord, 9th, 15:24.37
Krueger, 17th, 15:48.1
Tarasi, 22nd, 16:11.01
Kotleba, 26th, 16:20.04

Cross country, girls

Oct. 26 vs. IHSA regional
V places 1st with 28 points
Hodneland, 2nd, 18:19.24
Satre, 3rd, 18:19.72
Kohn, 5th, 18:30.67
Skay, 7th, 19:02.03

Krogstie, 11th, 19:16.47
Gruber, 14th, 19:32.75

Soccer, boys

Oct. 29 @ IHSA Sectional
vs. Downers South
V wins 3-1
Zamalaitis, 2 goals
Szurgot, goal
Oct. 23 @ IHSA Regional
vs. Mt. Carmel
V wins 3-2 (final)
vs. Jones College Prep (semifinal)
V wins 4-0

Swimming, girls

Oct. 25 @ WSC Championship
V places 2nd with 256 points
1-meter diving
Martell, 3rd, 378.3

Driscoll, 4th, 375.6
200-yard medley relay
Hawk, Zinis, Rocca, Brubaker, 3rd, 1:48.44
200-yard free-style
V. Barber, 5th, 1:59.82
L. Barber, 6th, 2:00.4
200-yard IM
Lin, 5th, 2:18.03
Allegra, 7th, 2:21.73
50-yard free-style
Zinis, 1st, 24.23
Brubaker, 8th, 25.42
100-yard butterfly
L. Barber, 2nd, 58.83
Rocca, 5th, 1:00.7
100-yard free-style
Miller, 3rd,

53.47
Tobolski, 5th, 54.75
500-yard free-style
V. Barber, 4th, 5:19.65
Lin, 10th, 5:50.69
200-yard free-style relay
L. Barber, Brubaker, Tobolski, Zinis, 2nd, 1:36.67
100-yard backstroke
Miller, 2nd, 58.61
Hawk, 6th, 1:01.55
100-yard breaststroke
Zinis, 3rd, 1:06.38
Allegra, 7th, 1:12.41
400-yard free-style relay
V. Barber, Miller, Brubaker, Tobolski, 2nd,

3:38.55

Volleyball, girls

Oct. 29 @ IHSA Regional
vs. Jones College Prep (semifinal)
V wins 15-25, 25-19, 25-19
Oct. 23 @ Hinsdale South
V wins 24-26, 25-9, 25-20
Leddy, 11 kills, 2 aces, block, dig, 17 assists
Peterson, 9 kills, 6 digs
Bergin, 7 kills, 10 aces, 7 digs
Barakat, 6 kills, block
Brooks, 3 kills
Jorgenreud, 2 kills, block
Garchar, ace, 2 digs, 16 assists
Young, ace, 15 digs, 2 assists
Neiman, 2 blocks

Instant replay



In a series of plays in the last minutes of the second quarter, Patrick Connors gained 31 yards on one run and eventually scored, tying the Hinsdale Central-Downers Grove North game at 21-21. (Jim Slonoff photo)

SPORTS

Girls overcome obstacles, take third

Central doubles, singles players battle it out to improve on last year's IHSA finish

By Pamela Lannom
plannom@thehinsdalean.com

Hinsdale Central varsity girls tennis coach Shawna Zsinko was feeling pretty good about her team's chances at the IHSA state tournament Oct. 25-26 at Hersey High School in Arlington Heights. After all, the team had won conference and sectionals.

Then her perspective changed.

"When the draws initially came out on Tuesday (Oct. 22), I was a little taken aback," Zsinko said. "Only one of my teams was even seeded — and seeded a little lower than I would have thought. My initial impression, was wow, they didn't want us to do anything in this tournament because they didn't even seed us."

She had one message for her athletes: "You can go in and beat a seed and take their spot."

"That's kind of what they did," she added.

The team improved on its fifth place performance last year at state by coming in third with 19 points, just one point behind second-place Stevenson. New Trier took the title with 35 points.

Leading the way was the No. 1 doubles team of senior Abigail Gambla and junior Sydney Shuster, who came in sixth. The two won six of their eight matches to earn six of the team's points.

"I was very proud of how we did this year," Gambla of Hinsdale said. "Honestly, I achieved my goal going into the season, both individually and as a team. I'm so proud that we placed." She said she and her teammates knew state was not going to be easy after they saw the seeds and the pairings.

"I knew that overall as a team we would really have

to work hard and that every single match would count," Gambla said. "It didn't matter if it was in the main draw or the back draw. Everything counted toward our team points."

Gambla's most memorable match was the consolation quarterfinals against York's CJ Coan and Josie Coan. She and Shuster won in a tiebreaker.

"The team is really good," Gambla said. "Last week we had lost to them in a super-tight match in our sectional final. We really wanted to come back and win this match in such a high stakes tournament."

"We went to a third set and it was even a tight tie-breaker," she added. "We ended up winning 10-7, so super close. It was really amazing to get that win."

Zsinko said the play of Gambla and Shuster showed they should have been seeded higher than 9-16.

"In the backdraw, they ended up beating two of the three 5-8 seeds they played," she said. "I think they proved they deserved to be a 5-8 seed."

"They beat the second New Trier team and they beat the York team they had lost to super close. They did a great job," Zsinko added.

The No. 2 doubles team of junior Lauren Panveno and Sophia Virmani lost in their first round to New Trier's No. 1-seeded Keri Rothenberg and Ariane Lesterhuis before going on to win three matches and ultimately losing in the fourth round consolation match.

"That was pretty brutal," Zsinko said of the first draw. "They had a decent match. They won a ton of backdraw matches."

In singles play, senior Kotryna Tomas made it to



Central athletes and coaches show off the third-place trophy the girls tennis team received at the IHSA tournament Saturday. The team finished one point ahead of fourth-place finisher York and one point behind second-place Stevenson. (photo courtesy of Shawna Zsinko)

the third round consolation match and junior Asha Sarai made it to fifth round consolation play. Zsinko praised the girls for their tenacity.

"(Sarai) had close matches with seeds and she wasn't seeded," the coach said. "Kotryna had some tough matches, too."

Tomas said knowing how important every point was helped her in some difficult contests, including the second round consolation match when she beat Whitney Young's Leena Manadan.

"My third match was a tougher one slightly, because in the second set I had some moments where we had some tight points. I knew I had to pull through for the team. That's kind of what kept me going," Tomas said.

Zsinko said ultimately she was very happy with the results.

"I thought there was no way we were on the podium and ended up getting third — and only a point off from tying for second," she said. "I'm really proud of the girls. They played really hard and they had to overcome some difficult draws. They fought hard and they got us on the podium."

Gambla and Tomas said their teammates did a great job of supporting each other and keeping the energy up.

"Every time we would come off the court, they would run on over and really hype us up after any match," Gambla said.

Tomas said her final match in third round consolation play was late enough that all her team-

mates could be there.

"Even though I didn't win that match, they helped me win the first set and keep fighting as it went on," she said.

Knowing this was their last time playing tennis with Central made the tournament bittersweet, the seniors agreed.

"It's sad that it's over, but the experience I had and the memories I made are really great," Tomas said. "I'm really glad I played for Central and it's definitely something I would do again."

Gambla said she'll miss everyone on the team.

"We've had our ups and downs, but we really pulled through in the end," she said. "I think that's just amazing and speaks to the strengths of our team."

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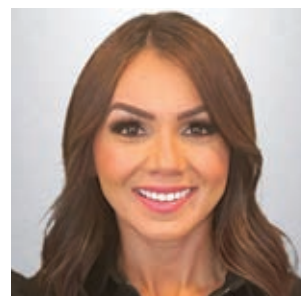
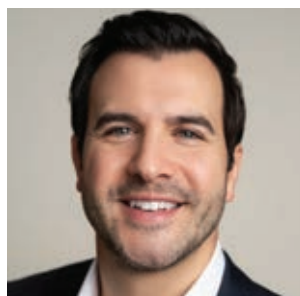



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