

# The Hinsdalean

Community journalism the way it was meant to be

Thursday, January 5, 2023

Hinsdale, Illinois

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## A Madrigal evening

The Hinsdale Central Madrigal Singers and musicians from the Chamber Strings and Holiday Winds groups joined forces to present the annual Madrigal Concert Program Dec. 19. Among the singers were Leandra Gruft, Grace McGowan and Juliana Wittrock. Juliana Waters appeared as one of the court jesters. Addition Madrigal singers were Isaac Park, Jacob Zhang, Evan Carlson, Charlie Wittemann, Millan Whittier and Arjun Shah. (Jim Slonoff photo)



**Year in review**  
Nonprofit leaders share recap of year past, wish for year ahead.  
**Page 5**

**Welcome 2023**  
Expert tips help everyone start the new year off right.  
**Page 19**

**Comfort food**  
Warm up with Amy McCauley's shepherd's pie, a winter favorite.  
**Page 21**



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## Board OKs Kensington subdivision gate

By Pamela Lannom  
plannom@thehinsdalean.com

Hinsdale soon will have a new gated community off Monroe Street near Ogden Avenue.

Julie Laux of J. Jordan Homes is purchasing the 2.2 acres on Kensington Court to build eight single-family homes. And the Hinsdale Village Board gave her permission Tuesday night to install a metal sliding gate at the entrance to the subdivision.

Laux told trustees she has worked carefully to come up with a concept that will sell.

"The people I talked to, the gate is very important and to me it's a stopper," she said. "In my mind, this is how the project works."

As part of the adjustment to the exterior appearance and site plan, Kensington Court will be converted to a private street, and fencing will

be installed along Monroe Street and areas on the perimeter of the subdivision.

The Hinsdale Zoning Board of Appeals unanimously approved the request after holding a public hearing in June. The village board also discussed the request as a "first read" at its Dec. 13 meeting.

Several trustees said they are not in favor of gates but recognize the property's proximity to the Kensington School, Hinsdale Orthopaedics and Ogden Avenue.

"I just think that it's a very unique location," Trustee Matt Posthuma said. "Ogden is clearly our busiest street. It's a commercial street. I can understand why someone buying a house there might want something like that."

President Tom Cauley noted the property has not sold since the subdivision was originally approved in 2018 as part of the exte-

rior appearance/site plan review for Kensington School at 540 W. Ogden Ave. And the land was for sale for years before that.

"We have not been able to find someone to develop this lot," he said. "We were lucky to find Kensington to develop the lot along Ogden."

Trustee Michelle Fisher emphasized the importance of the trees and landscaping to the project.

As part of the plan, Laux agreed to preserve four existing trees on Monroe and plant two new trees on that street and four on Kensington Court. She also submitted a landscape plan with a tree, shrubs, grasses and perennials to soften the appearance of the brick wall near the gate.

"This is a very high-end development that I'm proposing here," Laux said. "I want it to be beautiful. I need it to be beautiful. I have to sell it."

Trustee Scott Banke was the single vote against the project. He said a gated community is inconsistent with the neighborhood atmosphere of the village, that it might suggest the community is unsafe and it might play into the perception of Hinsdale as an elitist town.

"In the absence of a gate, I think this is a wonderful project and I would vote yes for it," Banke said.

Laux told trustees she has a reservation agreement on one property and expects to start construction in the spring on two of the homes. Six of the eight will be two story structures and the two closes to Monroe will be three stories. All have two-car garages.

She assured trustees she will do her best to complete construction as quickly as possible and be a good neighbor to other residents.

"I live in town, too, and I want to do right by the village," Laux said.

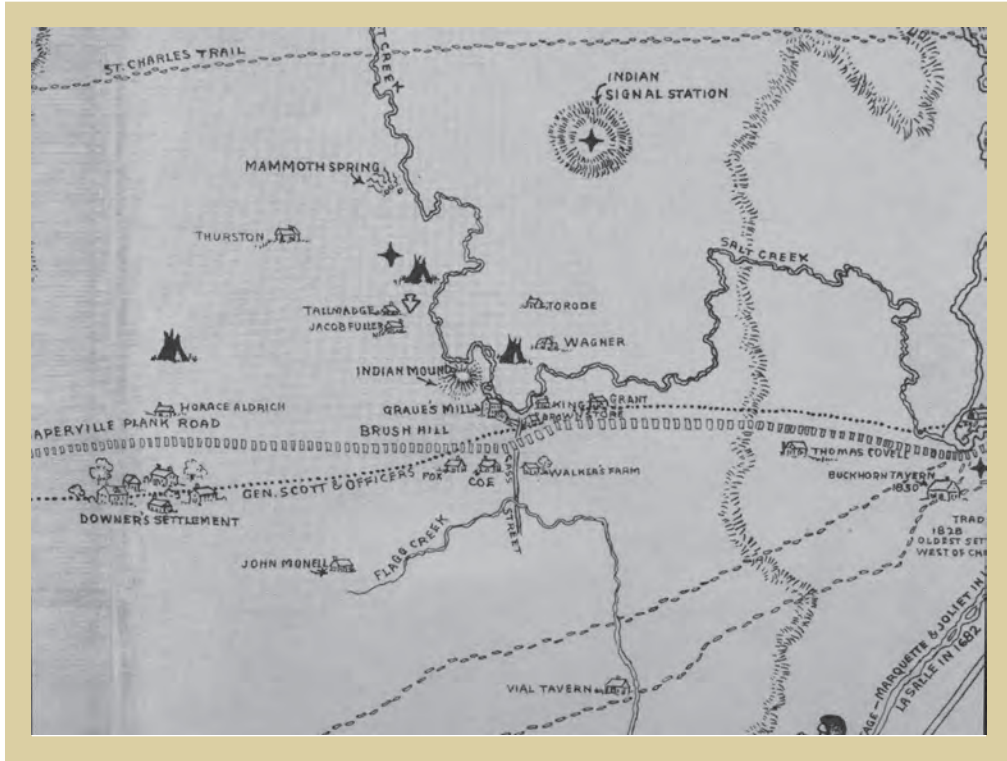
## Setting the pace



Chicago Elite Volleyball Club held its skills camp in late November at The Community House. Under the direction of coach Steve Dowjotas, campers practice some warm up drills. Eventually the kids broke into groups to work on passing, setting, attacking, blocking, serving, defense and movement. (Jim Slonoff photos)



# ONCE UPON A TIME



**Before Hinsdale** — This photo in Sandy Williams' book, "Images of America — Hinsdale," is of the front inside cover of Hugh Dugan's book, "Village on the County Line," which was published in 1949. "At the map's center is what is now York Road and Ogden Avenue. The plank road (Ogden Avenue) is shown running east to west through Brush Hill." For more information on the early days of Hinsdale, see the story on Page 7 and the editorial on Page 10.



**Happy Birthday!**  
Julia Giltner  
turns 14 Jan. 7

## IN THIS ISSUE

ASK AN EXPERT .....	14
CLASSIFIED.....	29
FOOD COLUMN .....	21
NEWS .....	3
OBITUARIES.....	12
OPINION.....	10
OUT & ABOUT.....	20
POLICE.....	8
PROFILE .....	9
PULSE .....	19
PUZZLES .....	37
SPORTS.....	38

## The Hinsdalean

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

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

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

**Photo reprint policy**  
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# Hinsdale nonprofits share 2022 recaps

*Leaders of historical society, humane society and Wellness House reflect on year*

By Ken Knutson

kknutson@thehinsdalean.com

Every January, The Hinsdalean checks in with the leaders of the seven nonprofit agencies in the village, inviting them to share highlights of the previous year and a wish for the new one.

This is the first of two installments. The second on Jan. 12 will feature Candor (formerly Robert Crown), Community Memorial Foundation, HCS Family Services and The Community House.



## Hinsdale Historical Society

One woman took center stage at the Hinsdale Historical Society last year.

“Loie Fuller was the poster child for the HHS in 2022,” said HHS Co-President Kristen Laakso, referring to the Fullersburg native who achieved worldwide fame around the turn of the century as a dancer and inventor.

To commemorate the 160th anniversary of Fuller’s birth, the society partnered with the Hinsdale Public Library to host talks by author Liz Heinecke, chronicler of Fuller’s friendship with scientist Marie Curie, and Megan Slayter, producer of the 2010 documentary “Loie Fuller: Dancing in the Light Fantastic.”

Despite Fuller’s humble origins in a pre-Hinsdale settlement, “she went on to change the world of theater and dance and art,” Laakso said.

The summer Good Old-Fashioned Fun gatherings featured 19th-century inspired games and activities, and, of course, a little Loie.

“We had a volunteer dress up as Loie Fuller and local West Suburban ballet dancers did Loie Fuller dances with the kids,” Laakso recounted.

Taking a cue from Fuller’s use of cutting-edge lighting in her performances, for December’s Holly Jolly Trolley event HHS turned the walls of Immanuel Hall into “The Nutcracker” snow scene through projection mapping.

“It was a way for us to re-envision how we use Immanuel Hall and something that relates to Loie Fuller,” said Laakso, crediting Hinsdalean Matt Stockmal with the striking digital visual and musical experience. “All these things came together to honor this woman, and she brought new life to the

HHS in a way that’s really exciting and unprecedented.”

A successful Women’s Board luncheon in March and Kitchen Walk in May generated critical revenue for maintaining the agency’s vintage properties, which included exterior and interior painting of Immanuel Hall this year. The organization was also able to upgrade its staff by hiring Katharine Andrew as society manager.

“She’s a genealogist and also a distant cousin of (the late celebrated Hinsdale architect) Harold Zook,” Laakso said of Andrew, who begins work full time this month. “She’s young and very skilled. She knows the whole history behind our Victorian collection at the (Hinsdale History) Museum.

“We’re just grateful that we have the means to pay an employee,” added Laakso, expressing thanks to both donors and volunteers. “We have a good strong team.”

Regarding the museum, it is slated for a facelift next year with painting and woodwork repair, along with replacing the HVAC system.

“That Kitchen Walk money goes very quickly,” Laakso quipped.

With Hinsdale marking 150 years of incorporation in 2023, the society will be right in the middle of the festivities with an exhibit at Immanuel Hall.

“We want to show the public how wonderful and rich this town is that we live in,” she said.

The HHS board continues to consider ways to revitalize the Zook Home and Studio at KLM Park.

“We’re trying to maintain it and look toward what that might become in the future,” Laakso said. “I feel confident that we can have a little more (financial) space to move forward with projects like Zook.”



## Hinsdale Humane Society

In 2013, the Hinsdale Humane Society leveraged its 60th anniversary celebration to register a then-record 800 adoptions.

The goal for the 70th will be a little higher, considering the agency processed a stunning 1,852 adoptions in 2022.

“It’s an amazing number,” remarked Jacki Rossi, executive director of the humane society.

## One wish

Nonprofit leaders shared their hopes for 2023.

“I hope that we’re able to pique people’s interest in village history and increase enthusiasm around the society throughout Hinsdale’s 150th celebration.” — Kristen Laakso, Hinsdale Historical Society

“Through celebrating our 70th anniversary, we hope to bring more awareness to our shelter and continue to highlight the wonderful work that we’ve done.” — Jacki Rossi, Hinsdale Humane Society

“My wish is for a deepening sense of community and coming together in the year ahead, because the more we can be together, the more people we can serve.” — Lisa Kolavennu, Wellness House

The society also performed 3,000 spay and neuter surgeries, another record, and Rossi is especially proud of its 98.4-percent live release rate.

“That measures favorable outcomes for any animal that comes through the shelter,” she explained. “That’s due to our animal care team doing training and enrichment while (the pets) are here. We work really hard on supporting their mental health.”

About 4,600 youth took part in humane education programs, including an inaugural winter camp that launched in December.

“We had 64 spots and they sold out,” she said.

More than 3,100 pets were provided with food and medical assistance, and the shelter welcomed about 1,500 pet therapy visits. To help cover the cost of the historic demand, the society held a first-ever Save Our Shelter (SOS) campaign for several months in the summer and fall. “I cannot tell you how touched we are by the outpouring of support we received,” Rossi said. “We did end up in the black for the first time in a few years.”

She said needing to make the plea for assistance was not something leaders took lightly.

“It was humbling to go to the community and ask for money,” she said. “People not only donated money, but children donated their birthday present money and people brought us food.”

The generosity has furnished the organization with a solid footing from which to springboard into its 70th year.

“It’s up to us to build off what we’ve learned so that we can continue to be around and continue to offer our community all the amazing and much-needed programs,” Rossi stressed. “We need to expand our donor outreach and not expect everyone just to come to us.”

The pet foster program — more than 50 participating households and growing — has helped divert pets from the shelter who are better nurtured in a home setting.

“We’re working really hard to keep animals out of the shelter so that there’s room for the dogs and cats that need it,” Rossi said, noting foster care enables the shelter to have dozens more animals in its inventory than sheer shelter capacity permits.

And being the facility that 14 different communities rely on means that demand likely will not go away.

“That vision of being a vital resource for the Chicagoland area and meeting the need to help people and their pets will never end,” Rossi said.



## Wellness House

Lisa Kolavennu, chief executive director of Wellness House, said there’s one word that sums up 2022 for the organization, dedicated to coming alongside those on the cancer journey.

“Resilience just comes to mind — seeing the resilience of those who use our programs in difficult times has been inspiring,” Kolavennu said. “And our staff has been able to adjust to unique challenges and circumstances.”

As with many nonprofit agencies that provide in-person programs, the pandemic posed unprecedented hurdles for the agency. Finally being able to return to in-person programs this past year was especially sweet, Kolavennu said.

“Definitely one of the highlights was opening our doors back up and having people in the building connecting,” she said. “Being a source of support for so many has been a big highlight for us.”

And people were ready to return, compelling the organization to keep pace.

“We did more of just about everything that we do — more support, more nutrition, more exercise classes,” Kolavennu said.

Returning to a restriction-free

*Please turn to Page 6*



## NEXT WEEK

### Hinsdale High School District 86 Board

6 p.m. Thursday, Jan. 12  
Hinsdale Central High School  
55th and Grant streets  
www.d86.hinsdale86.org

### Hinsdale Plan Commission

7:30 p.m. Wednesday, Jan. 11  
Memorial Building  
19 E. Chicago Ave.

On the draft agenda: sign permit review for 50 S. Washington (Caviar & Chevre) and 14 W. First (Elevare MD, schedule public hearing for 2 Salt Creek Lane (Mouse Motors/McLaren dealership)

## COVID level back to medium in DuPage

The DuPage County Health Department reported 11 new cases of COVID-19 in Hinsdale over the past week, bringing the total number of cases in the DuPage County portion of Hinsdale to 4,390, compared to 4,379 last week. The Cook County Health Department no longer reports on cases specific to Hinsdale.

The number of cases per 100,000 population in DuPage was 21.5 on Dec. 31,

compared to 24.5 on Dec. 27. The community level has returned to medium in DuPage County.

District 181 has not reported cases since Dec. 21, when winter break began. The district has reported a total of 168 cases since school opened.

District 86 is on winter break and has not reported any new cases at Hinsdale Central since Dec. 16, when the student total was 73.

## Hinsdale nonprofits share 2022 recaps

Continued from Page 5

Wellness Walk in May was extremely gratifying.

"Being able to do an in-person, fully together walk that was a successful event was wonderful," Kolavennu said.

Online programs remain a vital platform to broaden the agency's reach. Kolavennu cited a talk in April by Duke professor Kate Bowler about her book, "No Cure for Being Human," sharing her experience of being diagnosed with stage IV colon cancer diagnosis at age 35.

"We were really fortunate to have her speak with us. Nearly 300 people joined online to listen to her message and talk with her," she recounted. "That was an exciting and unique event for us."

People from across the country are able to participate thanks to remote access, Kolavennu said, as well as those who may have trouble traveling to the facility.

"We talk about our deepening commitment to access and increasing access and

doing it in an equitable way," she said. "That's an important part of what we're doing strategically, called 'All people with cancer thrive.' We want to increase our outreach to the community all throughout the Chicagoland area."

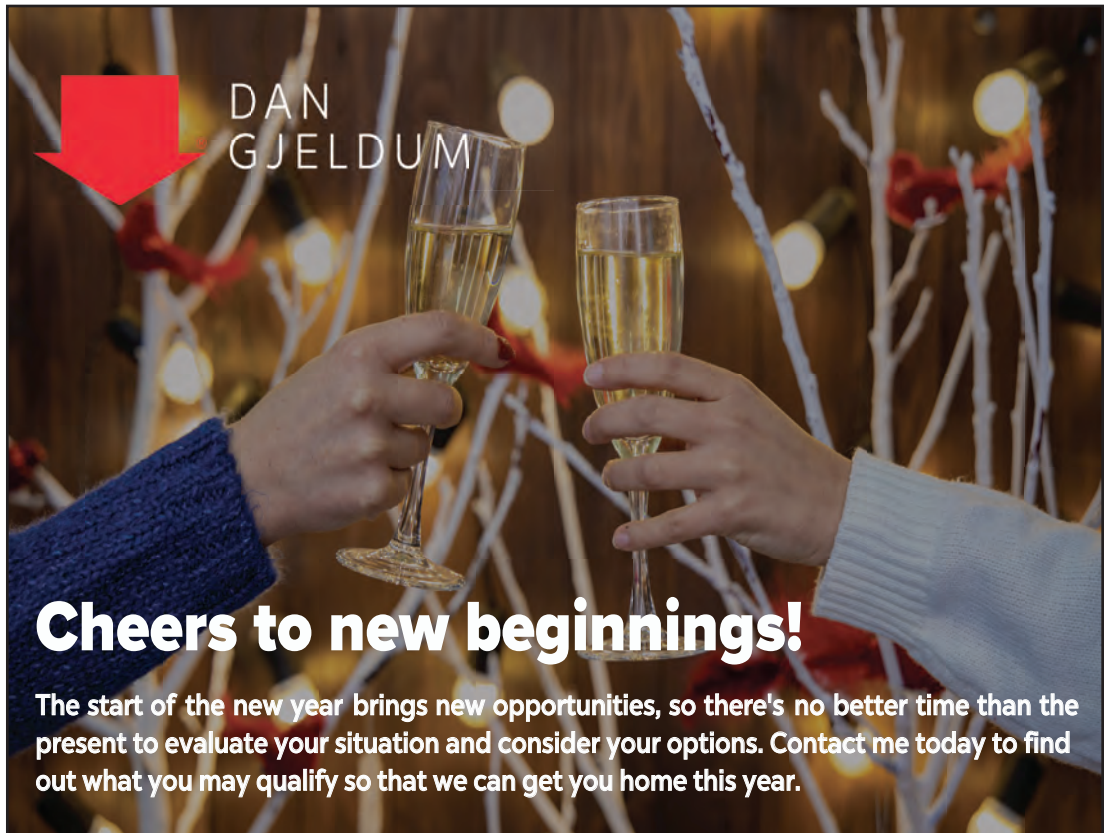
The Wellness Ball in October proved to be a ringing success, Kolavennu reported.

"Almost 500 members of the community supported the ball this year," she said. "It was a resounding show of support for the importance of what we're doing."

She offered thanks for the volunteer leaders of the organization who give of their time and their talent.

Kolavennu reiterated her gratitude for staff and volunteers who's commitment through a difficult season has been critical.

"Cancer is relentless, and it has not stopped nor slowed down," she said. "I'm profoundly grateful for the people who come to work every day at Wellness House."



DAN GJELDUM

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# Robbins key figure in village's history

By Pamela Lannom  
plannom@thehinsdalean.com

From street names to park names, clues to the village's history are everywhere in town.

Ayres Street is named after Anson Ayers (who later changed the spelling of his last name), who purchased 80 acres in Hinsdale that he knew would become residential property.

Katherine Legge Memorial Park was a gift from Alexander Legge to memorialize his wife, who died unexpectedly before they had a chance to build their dream home on the 52 acres on County Line.

Robbins Park pays homage to William Robbins, an early settler who is known as the village's founding father.

Those who have been around a long time recognize other names from the village's early days as well, such as William Whitney, John

Bohlender, Arthur Mann, Robert Slocum and Joel Tiffany. The men were among the 37 signers of the petition to incorporate.

That petition led to a vote on whether the area should incorporate. Sixty-two ballots were cast on March 29, 1873, with only two voters objecting to the plan.

Tiffany became the first village president in 1873, followed by Robbins as the second in 1874.

The village's population at the time was estimated at 300 to 500 people, according to Hugh Dugan, author of "Village on the County Line: A History of Hinsdale, Illinois."

As The Hinsdalean begins a year's worth of coverage on village history, it seems appropriate to focus this first article on Robbins.

A native New Yorker, he moved to McHenry County in 1824 at the age of 20, according to Timothy Bakken's "Hinsdale," published in 1976. After spending time in

California searching for gold, he became a businessman and arrived in Illinois a wealthy young man.

Robbins paid almost \$9,000 for his 640 acres, which stretched from Chicago Avenue to 55th Street and Madison Street to County Line Road. Construction began on his mansion, which he called "Woodside," in 1863. The house still stands, altered by additions, at 425 E. Sixth St.

Robbins' home has achieved some notoriety of its own. Among its former residents were Orland Bassett, known for developing American Beauty roses for the commercial market; and former U.S. Rep. Judy Biggert and her husband, Rody.

Robbins eventually abandoned the idea of farming and focused his energy on establishing a town. The plat of the village of Hinsdale was drawn on Sept. 22, 1865.

"Robbins' purpose in platting the

village was two-fold: streets and lots, even on paper, gave confidence to buyers, and seemed some sort of assurance that a town was eventually going to evolve on the scattered hills by the railroad tracks; and it also made conveyances of land vastly easier, cheaper and quicker for all concerned," Bakken wrote.

Many buyers found the area appealing and land was selling so well that Robbins made his first and second additions to the town in 1866 and 1871.

He continued to sell land for many years. In addition to serving as village president, he donated property to three churches and built a school.

Although the time he spent in Hinsdale diminished over the years (he had a home in Chicago and traveled extensively), he did spend his final days in Hinsdale. He died June 20, 1889, and is buried at Bronswood Cemetery.

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# POLICE BEAT

Hinsdale police distributed the following reports Jan. 4.

## Arrest for cocaine, suspended license

Curtis Hernandez, 27, 121 Hudson St., Westmont, was arrested for possession of a controlled substance and driving on a suspended license at 12:16 a.m. Dec. 22 in the 600 block of West 55th Street. A small quantity of cocaine was recovered from the vehicle.

## DUI arrest

Jungpeng Hao, 35, 13535 S. Torrence Ave., Chicago, was arrested for driving under the influence of alcohol, failure to yield turning left and driving too fast for conditions after an accident at 10:02 p.m. Dec. 26 at 55th Street and Route 83.

## Motorist arrested after fleeing stop

John Ward, 53, 2339 Woodbridge Way, A1, Lombard, was arrested for driving with a revoked license and fleeing to elude after police attempted to stop him at 8:43 a.m. Dec. 21 for an illegal turn at Ogden Avenue and Monroe Street. He fled the stop at a high rate of speed but was contacted later that morning and turned himself in.

## Arrest for suspended license, warrant

Andrew Woodard, 33, 5942 W. Race Ave., Chicago, was arrested for driving with a suspended license and a failure-to-appear warrant for a DUI at 2:02 a.m. Dec. 31 at Route 83 and 55th Street.

## Police pursue suspicious vehicles

- A vehicle wanted in connection with overnight burglaries in other jurisdictions was spotted by a patrol officer at 3:10 a.m. Dec. 28 at Ogden Avenue and Route 83. The vehicle fled, leading officers on a pursuit northbound on Route 83 before it was terminated due to speed. It was last observed heading inbound on the Eisenhower Expressway.
- Two vehicles in the 400 block of East Ogden at 3:57 a.m. Dec. 29 fled westbound at a high rate of speed westbound after being observed and pursued by a patrol officer. The officer was patrolling in the area of the village's car dealerships after an attempted dealership burglary in another town earlier that night. The pursuit was terminated in Westmont due to speed.

## Meds stolen from vehicle

Prescription medication was removed from the center console of an unlocked vehicle on Dec. 28 while the vehicle was parked in the 800 block of South Vine Street. The items were found discarded down the block.

## Vehicle burglarized

A resident of the 600 block of South Bruner Street saw a teenage male exit a black Honda on Seventh Street and then run up his driveway and enter his vehicle through an unlocked door at 11:17 p.m. Dec. 29. The Honda then fled westbound on Seventh. Nothing was taken from the victim's vehicle.

## Side mirror damaged

The side mirror of a vehicle was damaged in the overnight hours of Dec. 18 while it was parked in the 10 block of Camberley Court.

*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](mailto:news@thehinsdalean.com) to provide us with documentation. Information will be updated online and in the next issue of the paper.*

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# 60 SECONDS

■ “We’ve seen that sometimes students who are doing well on national and state assessments are not always making their way into honors and AP classes.” – **Jessica Hurt**

## Promoting student learning still goal for assistant principal

As assistant principal for curriculum and instruction at Hinsdale Central High School, Jessica Hurt knows every day will include a few surprises. A particularly happy surprise came recently when she got a phone call informing her that she had been named the Assistant Principal of the Year for the DuPage Region by the Illinois Principals Association.

Hurt didn’t even know that Principal Bill Walsh had nominated her for the honor, which recognizes individuals who meet a long list of criteria involving advocacy for education and support of student learning. She is now busy completing an application that will allow her to continue in the association’s search for State Assistant Principal of the Year. The winner of that award will be announced in just a few months.

Hurt, who is in the final steps of earning her doctorate in education from Northern Illinois University, is in her 20th year in education and her 16th year at Hinsdale Central. Prior to coming to Central as an AP government and world cultures teacher, Hurt taught

at Oswego and Oswego East high schools.

She said she applied to Central on a whim, but soon found a place that has allowed her to make big strides on her path toward becoming a principal.

Hurt said she believes her willingness and ability to change for the better helped with her selection by the IPA.

“We always want to grow and get better,” she said.

Rather than rest in what’s comfortable and working, she finds ways to move forward and to grow. Those skills became crucial in the face of the COVID-19 pandemic.

“The pandemic really tested us,” she said, and forced everyone at Central to make quick changes that would maintain standards while also supporting the needs of adults and students.

Throughout her time at Central, Hurt has worked to find new ways to support students for whom school isn’t always easy. The earned honors credit classes, for example, provide a path for students to test the waters of advanced classes.

“We’ve seen that sometimes students who are doing



### JESSICA HURT

GRADUATE OF GENEVA HIGH SCHOOL • MARRIED A FELLOW SOCIAL STUDIES TEACHER • LIVES IN DOWNERS GROVE WITH HER HUSBAND, SON AND TWO RESCUE DOGS • CELEBRATED WINTER SOLSTICE IN A CABIN WITH HER FAMILY

well on national and state assessments are not always making their way into honors and AP classes,” Hurt said. Earned honors credit is a pilot program that offers four regular-level classes that contain opportunities for students to demonstrate honors-level skills. Hurt said the classes are intended to be an on-ramp for students who are hesitant to embark on the

school’s higher-level courses. “We have a lot of students who are on that frontage road,” Hurt said.

Hurt said she welcomes opportunities to work with students directly. Whether it’s through Central’s principal-student advisory committee or meetings with students who have questions and concerns about their own personal curriculum,

Hurt said she is dedicated to helping students learn.

As Hurt works toward her goal to become a high school principal, she hasn’t lost sight of why she entered the field of education.

“I miss teaching so much,” she said “My favorite place to be is working with students.”

— story by Sandy Illian Bosch, photo by Jim Slonoff



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# OPINION

EDITORIAL

## Full year of coverage marks 150th anniversary

Happy 150th anniversary, Hinsdale!  
Of course, it's a little early to extend a happy anniversary wish, seeing as the village's incorporation date is April 1, 1873.

But this is the start of the sesquicentennial (a fancy word for 150th) year, and we're excited to celebrate the occasion by sharing more about the village's history with readers.

The question is, where to begin?

Hugh Dugan spends the first 92 pages of his 1949 book, "Village on the County Line," writing about Hinsdale's history prior to its incorporation. He begins with a description of the area when the land was submerged in a shallow sea.

Twenty-seven years later, Timothy Bakken gets to the point much earlier — on Page 26 of his book simply called "Hinsdale." He dispenses with 40 years of history, starting in 1833, in a six-page timeline and begins with the arrival of William Robbins in Hinsdale in 1862.

Bakken also provides a colorful detail about what transpired after residents voted 62-2 in favor of incorporating.

"The ballots were carried over to Wheaton

on April Fool's Day — tradition has it that Judge Dudley was found nursing a beer in a Naperville bar — and Judge Dudley certified the results and declared that 'said proposed village ... shall from henceforth be deemed an organized village.' "

In addition to these two books, information about the village's early days can be found in a 344-page special section The Doings published Oct. 5, 1995, marking the newspaper's Centennial, which contained a thorough history of the village as well. Three years later, another Doings special section commemorated the village's 125th anniversary. (Two members of our staff worked on both of those publications.)

Many of the stories, from those on new public improvements like paved streets and electric lights to the affect of the first World War, could be found in the history of almost any town in the area.

Others, especially those about some of the village's most significant or colorful residents, are quite unique.

And those are the stories we are most excit-

ed to share over the next year. A piece on Robbins, considered the village's founding father, kicks off the 52-week series on Page 7 of this issue.

We'll approach the village's history in a variety of ways, with articles, photos and "Did you know?" pieces. Page 7 also will be the place to find out about special events that various groups are hosting to mark the anniversary.

Then, later this year, The Hinsdalean will publish a special section filled with stories and photos to provide a more comprehensive look at village history.

Between Dugan's and Bakken's books, The Doings' Centennial and 125th special sections, our own 16-plus years of coverage and the archives at the Hinsdale Historical Society, we have access to more information than we could ever include.

We'll do our best to include the most relevant and interesting bits of history. If there's something you would like to learn about, send an email to [news@thehinsdalean.com](mailto:news@thehinsdalean.com).

So get ready, both to learn more about this village we all love — and to celebrate!

COMMENTARY

## Even 'nonresolutions' not attainable for me

I was excited to learn, while working on the Pulse feature this week, that I am not the only one who struggles with New Year's resolutions.

I found all sorts of encouraging statistics. Twenty-five percent give up their resolutions after a week, 64 percent after the first month. Only 9 percent of resolvers are successful — and only 41 percent bother to make them in the first place.

After decades of failure making resolutions, I tried a new strategy two years ago. I made a "21 for 21" list of nonresolutions, following a suggestion by Gretchen Rubin, author of "The Happiness Project."

A year ago I reported that I could mark "done" next to only four items and pledged to do better with my "22 for 22" list.

I included five specific items I did not accomplish that I put back on the list.

1. Bake a pie from scratch
2. Walk 21 days every month
3. Drive to Bloomington for an

impromptu lunch with my best friend

4. Make macarons
5. Clean out the basement (again!)

Well, you might guess what I am about to say next. I am not able to check a single item off that very short list.

I did walk a lot. I spent New Year's Eve with my best friend in Bloomington. I ate pie made from scratch (by Jim Slonoff) and bought macarons (from Toni's). Does any of that count?

I hesitate to comment on the state of the basement, especially before we have all our Christmas decorations tucked back under the stairwell. But it's not good.

I've tried many different approaches to items that end up as the subject of my resolutions, such as putting the basement in order or learning to play guitar.

I followed Eric Zorn's advice in 2015 to abandon the plan to spend 30 minutes a day on something,



Pamela Lannom

as finding an entire half hour is just too difficult. He said try 10 minutes instead. I applied his recommendation to my work in the basement. I made it four days.

Someone I know recently suggested a 10 percent approach. If you're reading 30 minutes a day, add three

minutes. Walk 1.1 miles instead of a single mile. Eat 10 percent less candy and 10 percent more broccoli. I like it. But I worry its specificity will lead me to neurotic record-keeping in my new 2023 planner.

Perhaps the best words of wisdom — for me, anyway — are from a Jan. 1 Facebook post on how to live in 2023.

"More sleep. More music. More tea. More books. More sunsets. More creating. More long walks. More laughter. More hugs. More dreaming. More road trips. More fun. More love."

What a great list! I really like

sleep and tea and books and hugs and, well, all of those things. And none of them involve dragging bags of garbage and recycling to the curb. And the word "more" — rather than a specific percentage — means no measuring is involved.

I can even apply this approach to my previous lists, making them much more attainable.

1. More pie
2. More walking
3. More time with my best friend

4. More macarons  
And No. 5, well, I might have to reframe it completely. If I could see the top of the pool table or have a clear path to throw a dart, the basement could be a means to "more fun" in 2023.

Perhaps I'll put on a pot of tea, ask Alexa to play some relaxing piano music and dream of the day that work is done.

— Pamela Lannom is editor of *The Hinsdalean*.

Readers can email her at [plannom@thehinsdalean.com](mailto:plannom@thehinsdalean.com).



# OPINION

## GUEST COMMENTARY

### A new twist to an old tradition

I have never been a fan of New Year's resolutions. The way I figure it, if you want to partake in self-improvement activities, why wait until Jan. 1? The date is utterly immaterial. But the pathetically predictable resolutions are the things that really irk me.

Like losing weight. I already know I could use to shed a few pounds. That scenario is the same on New Year's Day as it was on the Fourth of July. I've made the effort in the past, and yet here I am once again, lamenting over the amount of food I ate during the holidays.

Find more time to exercise. There's always been plenty of time to exercise no matter what the date on the calendar says. There are also plenty of excuses. What I really should do is find less time to lay on the couch. But I shouldn't make it too unattainable.

Honestly, do I really need to learn a new hobby, take up yoga or read more books? Actually, that last one would be a no-brainer. I haven't read an entire book since sophomore year of high school. Even one book in 2023 would be an improvement.

The truth is, for many of us, the concept of a New Year's resolution just winds up being a setup for failure. How many of them wind up lasting no more than a month or two?

That's why this year I've come up with a brilliant solution. Instead of making



John Bourjaily

promises I know I can't keep, I've decided to start bad habits that I know will never last. That way, when I quit them, I can proudly boast that I achieved all of my resolutions.

For starters, I think I'll start smoking. There's no way that one will last more than a few hours. I'm overwhelmed with the feeling of satisfaction already.

I'm also going to take everything out of the drawers in my house and put them somewhere else. Nothing infuriates me more than not being able to find something that wasn't put back properly. Reorganize in the New Year? No problem. It'll be done by lunch time.

I think I'll also quit watching football on TV. That way, when I spend the next three weekends on the couch watching game after game, I can tell my wife I overcame my affliction of never watching football again. I can see the look of pride on her face right now.

See? It's really not that difficult once you put your mind to it. I will knock off so many resolutions this year, no one will believe it! Heck, I might even read a book. Doubtful, but you never know.

Good luck with your own unique resolutions, and Happy New Year!

— John Bourjaily of Golfview Hills is a contributing columnist. Readers can email him at [news@thehinsdalean.com](mailto:news@thehinsdalean.com).

## LETTERS TO THE EDITOR

### Note to village board: charity should begin at home

Our community had an amazing opportunity to directly help our own residents and those from surrounding communities recovering from alcohol and drug abuse. But rather than support Trinity Sober Living homes, the Hinsdale Village Board has fought for over three years and spent over \$1.5 million in legal fees to prevent Trinity from owning a home in Hinsdale. Per Michael Owens, executive director of Trinity Sober living, the audience served is private pay and 90 percent of its clients live within 10 miles of the home.

More than just an opportunity to help those in our area recovering from addiction, this is an ideal way to teach our chil-

dren about real tangible giving and caring. This is not dropping a dollar in a Salvation Army bucket or leaving a toy at a distribution center. This is seeing, interacting and helping our neighbors in need. Why is the village board so opposed? Hinsdale and its citizens are clearly a charitable group — we have a food bank and we hold numerous charity events for many causes. I can only surmise the board is embarrassed to recognize this is a local issue and would rather spend over a million dollars to push these recovering neighbors away, out of sight, rather than support them. Shame on you. — Jim Wagoner, Hinsdale

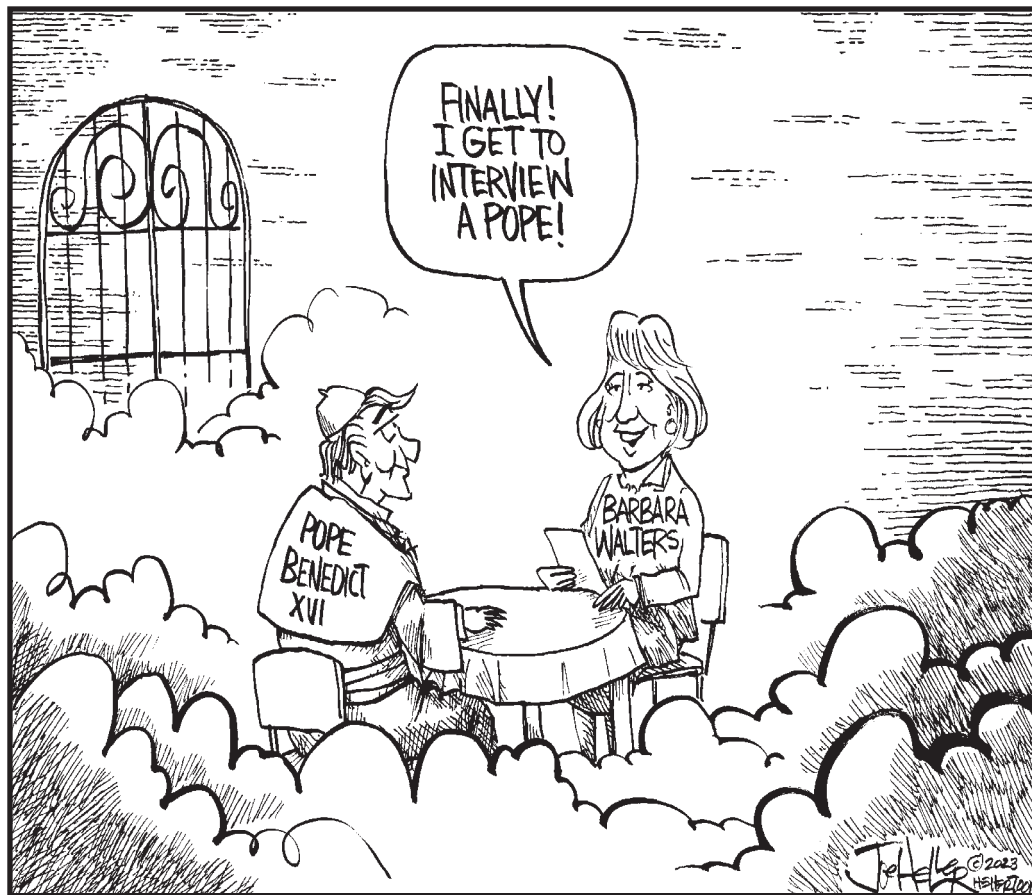
### Leaving keys in unlocked cars is a dangerous practice

In my years as a clinical social worker (now retired), I worked with many young offenders who told me, "If I see a nice car unlocked with keys, I will take it. If the owner doesn't care enough to lock it, I'm entitled to it."

It appears Hinsdale is becoming a field of operation for like-minded criminals. When you leave your luxury car unlocked

with fob available, you are inviting criminals into our community and putting your family, friends, neighbors and kids at risk.

If you no longer want your luxury car, why not just contact a thief and have them come and pick it up? That would be safer for everyone, including the thief. — Vivian Walsh, Hinsdale



## LETTERS POLICY

### Requirements

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

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

### Submission

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

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

### Questions?

Call (630) 323-4422



# OBITUARIES

## Helen Elizabeth Bouchard

Helen Elizabeth Bouchard, 96, formerly of Hinsdale, passed away Dec. 27, 2022, after a distinguished journey from the Great Depression through the COVID pandemic.

Helen, the daughter of Ernest and Helen Clancy and sister to "Bud," grew up on the South Side of Chicago, where she attended St. Barnabas and Longwood Academy. In those early years, and especially during the Great Depression, she learned the importance of love, compassion and service, which she reflected throughout her life.

After graduating from high school, she began employment at the Inland Steel Co. in downtown Chicago in 1944. She wrote letters to Inland Steel employees who were deployed overseas during World War II. One serviceman in particular, Robert Clayton Bouchard, would change the trajectory of her life. Upon his return from Japan, they began dating and married in 1948. Together they had seven children: Robert, Craig (Melissa), Cheri (Bob McEwen), Rick (Julie), Jim (Heisa, Carolyn), Kathryn (Craig Chval) and Scott (Lynn), raising them in Kansas City and Chicago's suburbs.

Helen was the ultimate mother, with each child believing they were her favorite. Helen was adored by her 22 grandchildren: Kai, Justin, Patrick, Shale, Cambelle, Braidy, Jennifer, Robbie, Jim, Bill, Ryan, Nick, Natalie, Clayton, Aubrey, James, Robert, Lauren, Craig, Luke, Tawnee and Helena; as well as 13 great-grandchildren: Aria, Charlotte, Selene, Elise, Elenna, Ivy, Lily, Remy, Marlowe, Tommy, Evelyn, James and William. Helen loved spending time with her extended family: her brother, Bud (Jean) and their children, Tom, Joe, Linda, Carol, Joan, Bob and David Clancy; and her brother-in-law, Dick (Helen) and their children, Larry and Ann Bouchard.

Helen insisted that her children pursue an education, and along with her beloved husband Bob, she devoted herself most passionately to

the schools her children attended, including St. John of the Cross and Hinsdale Central High School, where several of her children played on championship teams. Starting in 1965, her generosity, strength, work ethic, hospitality and kindness created a legacy that remains at Hinsdale Central to this day, via the Bouchard Family Fitness Center and Helen Bouchard Scholarship, as well as the fact that three of her children were inducted in the Hinsdale Central Hall of Fame for their contributions to the school and community.

Beyond their education, Helen instilled in her children the importance of living a life filled with meaning and contribution, something she modeled throughout her life. She was always on her feet serving others or helping with children and grandchildren, setting the stage for the contributions they all would make to their communities. Her door was always open and her home was filled with joy and chaos as it was the home for play, laughter and competition. Throughout it all, Helen was always calm, cool, smiling and thrilled to engage with all who entered. In her presence, everyone felt loved, heard and important.

Thank you to those who cared for and invested time to visit Helen in her later years, especially Kathy and Mona; her friends in the St. John of the Cross community, especially Jane; her neighbors, especially Alyce; and her friends and caregivers, especially Linda, Wander and those at Plymouth Place.

A funeral Mass was said Jan. 3 at St. John of the Cross Church in Western Springs. A celebration of life will take place in June 2023.

In lieu of flowers, memorials may be made to the Hinsdale Central Foundation for the Helen Bouchard Scholarship at P.O. Box 296, Clarendon Hills, IL 60514 or call (630) 286-9678.

Hallowell & James Funeral Home in Countryside handled the arrangements.

## Julie Rae Jones

Julie Rae Jones, 54 of Downers Grove, formerly of Hinsdale and Clarendon Hills, passed away Dec. 30, 2022, surrounded by her family.

Julie was born in 1968 in St. Charles. She married her husband, Daniel, on June 8, 1991. Julie lived in DeKalb while she raised her four children, Jacob, Evan, Sophie and Lily until 2013, when they moved to DuPage County.

She fought cancer with a warrior's spirit for more than three years. In her last weeks she had many friends, and family by her side.

The importance of family in Julie's life cannot be understated. Her five siblings, nieces and nephews stayed in close contact during and beyond her and her children's upbringing. Julie loved her trips to the upper peninsula of Michigan where she and her family were able to spend a stress-free, fun-filled week, a tradition since she was a child.

She dedicated her life to not only her family, but many others. Julie was a daycare provider for more than 30 children and dedicated her life to service. She raised her children, and all whom she watched with an understanding of



Jones

kindness, empathy and a keen sense of humor. Working with children was not only a career for Julie, but a passion. She enjoyed spending quality time with them as much as they spent time with her.

She and her family firmly believe you will be remembered not only for what you have done, but how you treated people along the way. Julie treated everyone she met with warmth, kindness and affection.

Julie is survived by her father, Theophil; her husband, Dan; her children, Jacob, Evan, Sophie, and Lily; her siblings, Michael, Michelle, Anthony, Dan and Elizabeth; many nieces, nephews, cousins, in-laws, and countless friends who all loved her immensely.

A funeral Mass will take place at 10 a.m. today, Jan. 5, at Saint Isaac Jogues Church, 306 W. Fourth St., Hinsdale.

In lieu of flowers, memorials may be made online to Alex's Lemonade Stand Foundation for Childhood Cancer at [www.alexlemonade.org](http://www.alexlemonade.org).

Brian Powell Funeral Directors of Hinsdale handled the arrangements.

*Obituaries continue on Page 15*



Brian Powell, Sr.  
Brian Powell, Jr.

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# ASK AN EXPERT

DR. KELLY RYAN, PSYCHOLOGIST

## How can we promote mental health in the new year?

Physical improvement goals tend to dominate January resolution lists. But one's mental health deserves just as much attention, according to psychologist Kelly Ryan, who said gathering with others plays a big role.

"One of the most important things that we can do to maintain our mental well-being is to connect in meaningful ways with those around us," said Kelly, service line director at Edward-Elmhurst Health's Linden Oaks Behavioral Health, which operates a Hinsdale Outpatient Center at 8 Salt Creek Lane.

She encouraged people to use technology like FaceTime or Zoom to make eye contact when an in-person meeting isn't feasible. And try to ease up on the "social" media sites.

"We're seeing a lot more mental health concerns because social media work against that face-to-face

community," Ryan said.

Setting goals is helpful, as long as they don't set one up for failure.

"Break them into small, digestible pieces. Ask yourself, 'What am I going to do today? What is smallest step possible that I can take toward that goal,'" Ryan advised. "That's moving you in the right direction."

To make mornings less hectic, pick out tomorrow's outfit or prepare lunch the night before.

"I like to tell people to be kind to their future self, so you're not forced to decide between things at the last minute," she said.

And fight the urge to either dwell on bygone disappointments or future challenges, which saps appreciation for the present.

"There are a lot of issues that can arise when we spend too much time focusing on the past," Ryan said.

She suggested developing a practice to regularly return to mindfulness of the here and now, like embracing the moment every time you're at a red light.

"It can be really helpful to decide for yourself to just keep bringing yourself back to the present and being mindful to the times and experiences that bring you joy," Ryan said.

Creating a gratitude practice is a way to keep grounded.

"I like to think of three things I'm grateful for each day and put them in a journal," she offered. "It's kind of cool to look back though that journal and see all the things."

Anticipating plans like an upcoming trip provide a nice source of excitement. But also try to find daily delights, Ryan counseled.

"Don't wait for that moment," she said. "Each day plan a pleasant experience like watching a show with a loved one, just something small."

Workplace satisfaction shouldn't be neglected.

"If you're feeling like you don't want to produce at work, I would evaluate that because there's probably something to that," Ryan said. "You need to feel like you're doing things that matter in order to be mentally well."

That may mean trying to build stronger relationships with colleagues, or possibly looking for a different job, she said.

"Advocate for yourself and for what you need to be happy," Ryan stressed. "It's about making time for joy."

— by Ken Knutson



Psychologist Kelly Ryan is encouraged that the topic of mental health no longer carries the stigma it once did and hopes the year ahead brings greater willingness to address it. "I think it's important for people to ask others when they notice signs, to feel comfortable talking about it," she said. (photo provided)

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## OBITUARIES

### Orlida Lopez

Orlida "Orly" Lopez, 89, of Hinsdale passed away peacefully Dec. 24, 2022, with her family by her side.

Orlida was born in Santiago de Cuba in 1933 to Clara Luz Piedra and Juan Serrano. She was the youngest of 15 children, including 13 girls, and was preceded in death by her siblings, Ramon, Isabele, Eva, Milagros, Quisqueya, Clara, Yolanda, Antonia, America, Eva, Esther, Magdalena, Mirtha and Anarda.

Orlida obtained her college degree in education and taught elementary school in Cuba before moving to New York, where she met Albert Lopez, the love of her life, in 1955. They were married in Havana in 1957, and moved to New York. As newlyweds they took in her young unaccompanied nephews as part of "Operation Pedro Pan," helping them learn English and integrating them into schools. Orlida and Albert Sr. had three children, Albert Jr., John and Cary.

In 1983, they moved to her beloved Key Biscayne, Fla., where Orly often could be found walking on the beach in the mornings, attending daily Mass or tending to her legendary mango trees. Sadly, Albert passed away in 1997 after 40 years of marriage. After his passing, she successfully ran Uniworld International



Lopez

Exports for a number of years, before focusing her love and attention on her five grandchildren.

Orlida was a member of St. Agnes Church of Key Biscayne where she was an active volunteer for over 30 years, providing her with community and friendship. She also served as a volunteer teaching English to new immigrants on Key Biscayne. In 2017, Orly

moved to Hinsdale to be closer to her family, where she was always in awe of the neighborhood Christmas lights in December and flower-filled yards in the summer.

Orlida is survived by her children, Albert Jr. (Elisa), John (Karen) of Hinsdale and Cary (Steve); and her grandchildren, Kathryn (Nick), John Michael, Isabella, William Albert and Albert Louis; and many nieces and nephews.

Visitation will be held from 3 to 7 p.m. Sunday, Jan. 8, at Maspons Funeral Home, 3500 SW Eighth St., Miami.

A funeral Mass will be held at 11 a.m. Monday, Jan. 9, at St. Raymond's of Penafort, 3475 SW 17th St., Miami.

In lieu of flowers, donations may be made to the Alzheimer's Association, 225 N. Michigan Ave., Floor 17, Chicago, IL 60601 or online at [www.act.alz.org](http://www.act.alz.org).

### George Edward Musil

George Edward Musil, 89, of Westchester peacefully passed away at his home Dec. 21, 2022.

He is survived by his wife of 62 years, Marilyn Musil; his children, George (Laura), Rick (Elizabeth) and Scott (Renee) Musil of Hinsdale; his grandchildren, Kylie, Lucas, Luke, Libbie, Anneliese, Christian and Noela; and one sister, Nancy Veverka.

He was preceded in death by his sister, Doris Obzera.

George served in the United States Army

during the Korean War and was awarded the National Defense Service Medal, United Nations Service Medal and the Korean Service ribbon.

He was a proud member of the International Brotherhood of Electrical Workers for more than 30 years. He also spent many years as a Westchester Little League Coach.

Interment was Jan. 3 at the Abraham Lincoln National Cemetery in Elwood.

Brian Powell Funeral Directors of Hinsdale handled the arrangements.

### Janice Claire Snyder

Janice Claire Snyder, 76, a longtime resident of Hinsdale and Golfview Hills, passed away peacefully Dec. 12, 2022, after a long struggle with heart disease and dementia.

Jan was born in 1946 following her father's return from naval duties in the South Pacific during World War II. She was raised on the South Side of Chicago, the oldest of four children, and met her future husband, Jerry, in 1966 on a fix-up date during a fall Notre Dame football weekend. After graduating from St. Mary-of-the-Woods College, she and Jerry married in 1969. Jan was the mother of two, grandmother of nine (with one on the way) and aunt to many.

She was a teacher for 35 years, most recently at Hinsdale Central High School, where she retired in 2015. Jan was one of the founders of Everest Academy in Lemont, and a mentor to innumerable students throughout her career. She was a painter and avid reader who was active in Right-To-Life, prayer and



Snyder

rosary groups. She loved EWTN, FOX & the Sinfonietta and visited 21 countries throughout her lifetime.

Most importantly, Jan made friends feel like family and she always held family close to her heart. For years, she opened her home to family members that needed assistance. Jan was gentle, kind and joyful to all she met.

She inherited her life-long acceptance and patience from her father, Jack Keene, who was a double amputee and who never complained about his disability.

Jan is survived by her husband Jerry; her daughter, Susanna (James) Houska; her son, Matthew (Juliette) Snyder; her grandchildren, Ellie, Olivia, Mary Grace, Jimmy, Maggie, Nolan, Liam, Jack and Charlie; her sister, Mary (the late Gibson) Fagan; and her brothers, John Keene and William (Joan) Keene.

Services were held at Sullivan Funeral Home and St. Isaac Jogues Church in Hinsdale.



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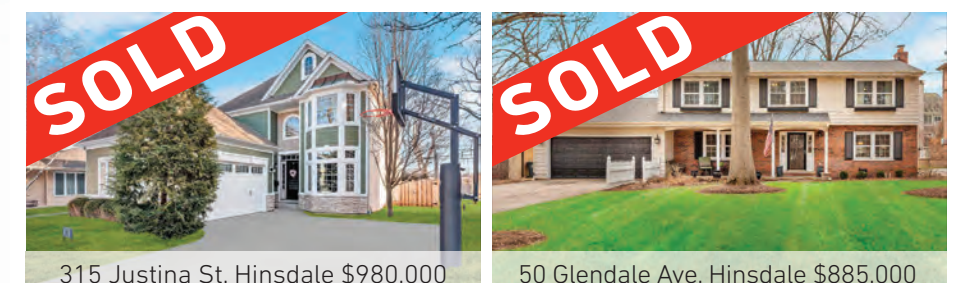


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## Tips for a stellar start to 2023

*Locals share their thoughts on everything from cooking at home to improving well-being*

**By Pamela Lannom**  
*plannom@thehinsdalean.com*

Progress not perfection.

Perhaps you didn't achieve all of your New Year's resolutions in 2022 and aren't keen on setting any new ones this year.

No worries. We talked to local experts in a variety of fields — from real estate to religion — who shared a few simple suggestions to get 2023 off to a great start.

Here's what they had to say.

"I think beginning a new year starts with authentic reflection. So that means taking an honest look at the previous year, reviewing your ups and downs, your accomplishments and how you imagine the new year. Get creative! Use colors pictures, and words that resonate with you. Then, you create a plan. Start with small, measurable goals and go from there. Make time to move your body, explore ways to reduce your stress and prioritize your well-being." — **Jadyn Chipman, exercise and stress management programs manager, Wellness House**

"Wisdom isn't weakness. Sometimes in life and in fitness, we try to push things too hard. Our goal is to push it to the limit, not over it. Over the limit gives us setbacks. You'll spend weeks and months recovering from an injury or figuring out what you did wrong in life when you go over the limit. Know when to throttle back and take a moment to breathe. That's how you make your gains real gains instead of momentary achievement." — **Scott Grove, owner, Hinsdale Fitness Club**

"Cooking at home is often healthier and less expensive but it takes time and creative energy. Even if you love to cook, there are days when getting dinner on the table is a challenge. What I have learned over the years is to be more realistic about how much time I have and what my family actually wants to eat. Cooking on Friday nights used to be my kryptonite until I made a change. Fridays are now a fun food night when I usually make simpler gastro pub inspired sandwiches or tacos — healthier versions of things that we would eat if we were going



**One in four people** quit within the first week of setting a New Year's resolution, and 80 percent of resolutions are abandoned by February, online sources say. Instead of setting an unattainable goal, try following one of more of the tips offered by local experts.

out for dinner. If you love what you are eating then you will be more likely to cook and enjoy the experience." — **Amy McCauley, home cook and The Hinsdalean's food columnist**

"Everyone should review their cash balances in their various accounts — checking, savings, wherever — to make sure they either are in money funds that are having some nice yields right now or move them into money funds or T-bills. If you have a 401K or a retirement plan, you should maximize your contributions. Markets were down 20 to 30 percent last year. Historically when you have a big decline, the following year you have a recovery. Things are on sale right now. You should look at all your credit cards and review all your automatic deductions. So many of us have \$4.99, \$5.99, \$9.99 deductions that you accumulate over time. You ought to call your insurance agent, get a copy of your policies and review your deductibles and coverages. Sometimes just a minor adjustment really gives you better coverage for not a lot of money a year." — **Dave Pequet, owner, MPI Wealth Management**

"In my tradition there is no principle more central than grace. Everyone could use a little more time and space, a chance to try again or an acknowledgment that perfect might not be possible this side of heaven. Knowing how much God loves us, in 2023 let's offer grace to everyone we meet, not forgetting to save some grace for ourselves." — **Katie Hines-Shah, senior pastor, Redeemer Lutheran Church**

"When considering how parents can have a great start to the new year, the words recognition, repair and recovery come to mind. Children do best when their emotions are recognized or validated by their parents; it can be magical when parents name the feelings then stop talking, rather than try to solve the problem. When things go sideways, always repair — a parent who owns his/her part helps a child feel seen and models self-reflection and personal responsibility. Parents and kids will inevitably be stressed as the quiet of the holidays fades away. Cultivating self-compassion, connections with friends who "see" you, breath work, journaling and any form of exercise are just a few things that aid in recovery from a

stressful circumstance. Most importantly, imperfect parenting with a return to equilibrium is exactly what your children need to see as they navigate the inevitable bumps that 2023 and life will bring." — **Cara Hurley, licensed clinical psychologist**

"The new year is a great time to get out of a reading slump or shake up your 'To Read' pile. The end of the year brings with it many 'best of' lists, which are great resources for finding your next read. Try reading a genre you don't usually go for or use a reading challenge like Book Riot's Read Harder Challenge to help expand your horizons. Audiobooks and graphic novels definitely count for reading, too. Finally, ask a librarian what they've been enjoying and recommending!" — **Meghan Hall, adult services librarian, Hinsdale Public Library**

"Most people when they are selling their houses have been in their houses for years. Declutter. If you're not going to take something with you when you move, start getting rid of it so it's one less thing to do when the house sells. I think really looking at your mechanicals, and if they are at the end of their life cycle, consider replacing them. Especially with interest rates being higher, people are not going to have excess money to spend on their house when they buy it. Do an inspection and find out what maintenance things need to be take care of in your house. A downspout hanging off the side of your house to you is no big deal, but it is to a buyer. Painting everything white is still a seller. You're competing with newer houses. As clean and crisp and white as you can make it, the better." — **Kris Berger, real estate broker, Compass**

"Be full of yourself. To truly practice unconditional love for yourself, 'Forgive yourself often' is a motto that can help. Take some time to recognize what you need more (or less of) to demonstrate this love. We should all have more stillness, more creative, more nature etc. Less people-pleasing, less draining behavior, less comparison, for instance." — **Bridget Juister, owner, B Holistic Way**



# PULSE



**Pete Mulvey** is the next performer in the monthly Acoustic Renaissance series at Unitarian Church in Hinsdale. See Page 26 for details on his Jan. 7 concert. (photo provided)

## FAMILY FUN

### ■ Pinecone Suet Feeders

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

Kids ages 6 and older can learn about birds that call Cook County home during winter and leave with a feeder. Time: 10 a.m. to noon. RR

### ■ Archery: Families

Jan. 8  
St. James Farm  
2S541 Winfield Road, Warrenville  
www.dupageforest.org  
(630) 933-7248

Beginners and experienced archers ages 8 and up are invited to learn safety tips, proper shooting techniques and basic skills. Equipment will be provided. Time: 11 a.m. to 12:30 p.m. Cost: \$5 per person. RR

## FOR A CAUSE

### ■ Blood Drive

Jan. 8  
St. Isaac Jogues Church  
411 S. Clay St., Hinsdale  
www.sij.net  
(630) 323-1248

St. Isaac Jogues invites donors to participate in its semi-annual blood drive and receive a Vitalant "Winter Donor" long-sleeved T-shirt or 200 bonus recognition points. To make an appointment, call (877) 258-4825 or visit [www.Vitalant.org](http://www.Vitalant.org) and use group code ORD00E06. Walk-ins are also welcome. Hours: 9 a.m. to 2 p.m.

## GAME ON

### ■ Pickleball Weekday Workshop I

Jan 9 & 12  
The Community House  
415 W. Eighth St., Hinsdale  
www.thecommunityhouse.org  
(630) 323-7500

Review basic rules, strokes, scoring and strategy in two 90-minute lessons in a friendly, small-group setting.

Classes are limited to 8 players; participants should bring their own paddle. Additional workshops are offered Jan. 16 & 19 and Jan. 23 & 26. Time: 10:30 a.m. to noon. Cost: \$105. RR, MD

### ■ Chess Forward

Jan. 10-Feb. 28  
The Community House  
415 W. Eighth St., Hinsdale  
www.thecommunityhouse.org  
(630) 323-7500

Kids and teens can sign up for the Competitive Chess or Casual Chess program. Casual Chess is for ages 6 to 11 who know the basic rules of chess and how the pieces move, and each class begins with a lecture on fundamentals, strategy and tactics. Students then play against one another, with feedback from the instructor. Competitive Chess is for those ages 8 to 15 who either have an official rating or desire to play competitive chess, and classes consist of

*Please turn to Page 24*



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# Pieces of my culinary heart

Food is a fleeting experience. Yet, the taste and the thrill of its discovery captures our hearts. A cherished dish or restaurant can uniquely become a part of the fabric of our family's celebrations and who we are.

A few years ago, when my daughters were in first grade, they each had an assignment called "pieces of my heart." The project was a large construction paper heart whose interior was divided into squiggly boxes. Inside each box my daughters wrote what they loved. Its one of those assignments that I treasured because it gave me insight into what my girls were thinking.



**Amy McCauley**  
*Tales from the table*

Their pieces were filled with wonderful words like family member's names, favorite colors and games we played. However, the part I loved was that my daughters both had special places in their heart for certain foods like chocolate, cheese, pasta and ice cream. Girls after my own heart, because I too have places in my soul that belong to amazing meals.

One of those culinary pieces of my heart belongs to this shepherd's pie. It's inspired by a beloved British pub in my hometown of Houston, The Black Lab. We loved the cozy wood paneling, stone fireplaces and the charming British menu. It was our family's place to gather for a New Year's celebration for many years. So, when the owners retired and the pub closed, I was left longing.

My love of their cheddar topped shepherd's pie with its creamy mashed potatoes and gravy was too great to let it fade away. Thus, I set out to recreate the flavors that I missed. This comforting classic is the perfect dish for a snowy January day. So, cheers to the days and dishes gone by. May the new year fill your hearts with good company, great food and delicious culinary adventures!

— Amy McCauley of Hinsdale is the paper's food columnist. Readers can email her at [news@thehinsdalean.com](mailto:news@thehinsdalean.com).

## Cheddar Topped Shepherd's Pie



- Ingredients**
- 2 tablespoons butter
  - 1 medium yellow onion, diced
  - 2 large carrots, peeled and diced
  - 1 garlic clove, minced
  - ¾ cup frozen peas
  - 1½ pounds ground lamb or beef
  - ½ teaspoon garlic powder
  - ½ teaspoon salt
  - ground pepper
  - 1 tablespoon flour
  - 2 tablespoons tomato paste
  - 2 teaspoons Worcestershire sauce
  - 1 cup beef broth
  - 1 cup grated cheddar cheese

- Mashed Potatoes**
- 3 medium russet potatoes, peeled and diced
  - 4 tablespoons butter
  - ½ cup cream or milk
  - 1 teaspoon salt

**Directions**

Preheat oven to 350 degrees. Place the potatoes in a large pot and cover them with cold water. Bring to a boil over medium high heat. Cook for 25 minutes, until the potatoes are soft. Melt the butter in a deep skillet add the onions and carrots. Cook until the onions turn translucent. Add in the garlic and peas and cook until warmed through. Place the vegetables aside in a bowl. Then add the ground lamb to the pan. Season it with the salt, garlic powder and pepper and

cook until browned. Sprinkle the flour over the ground lamb. Stir in the tomato paste and Worcestershire sauce. Next, slowly pour in the beef broth while stirring so the broth makes a sauce. Add the vegetables back to the pan. Continue to cook for 3 minutes until the sauce thickens. Set the lamb mixture aside, while you prepare the potatoes. Drain the potatoes and then

use a potato ricer or mash them in the pan. Add butter, cream and salt and mix until creamy. Pour the lamb and vegetables in a greased 8x8 baking dish. Spread the mashed potatoes over the top and then sprinkle with the cheese. Place the baking dish on a baking pan. Bake for 20 to 25 minutes until the cheese is golden. Serves 4 to 6.

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IN THE U.S. AMONG  
ALL BROKERAGES

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IN HINSDALE SALES

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SALES IN HINSDALE

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\*Source: #1 Team in Illinois among all brokerages ranked by Wall Street Journal RealTrends The Thousand 2022. \*Source: Based on closed transactions from the Midwest Real Estate Data, Southwest Florida MLS, Coldwell Banker Real Estate and other internal sources 1/1/2022-12/30/2022.  



**COLDWELL BANKER | REALTY**



# PULSE

## Continued from Page 20

a high-quality lecture geared toward players with a rating between 500-1,500 followed by supervised time to play. Times: 4 to 5:15 p.m. for Competitive Chess, 5:20 to 6:35 p.m. for Casual Chess. Cost: \$196. RR, MD

■ **Men's Bridge Open Play**  
Tuesdays through April 25  
The Community House  
415 W. Eighth St., Hinsdale  
[www.thecommunityhouse.org](http://www.thecommunityhouse.org)  
(630) 323-7500

Join this group for some fun bridge play and fellowship. Time: noon to 3 p.m. Cost: \$2 per person. RR

## GREAT OUTDOORS

### ■ Beginner Cross-Country Ski Lessons

Jan. 7 & 14  
Sagawau Environmental Learning Center  
12545 W. 111th St., Lemont  
[www.fpdcc.com](http://www.fpdcc.com)  
(630) 257-2045

Ages 12 and up can learn to ski with a certified Professional Ski Instructor of America. The program will only take place if Sagawau's ski trails are open. Call the number listed above or visit Sagawau's Facebook page for ski trail status. Time: 9 a.m. RR

### ■ Winter Insects

Jan. 8  
Sagawau Environmental Learning Center  
12545 W. 111th St., Lemont  
[www.fpdcc.com](http://www.fpdcc.com)  
(630) 257-2045

Participants 14 and older will search for cold-hearty survivor insects that are active through the winter. This program will take place only if Sagawau's ski trails are closed; call the number above to check the status the day of the program. Time: 1 p.m. RR

## HEALTH & WELLNESS

### ■ Weigh to Go: Managing Weight after Cancer

Thursdays, Jan. 12-March 9  
Wellness House  
131 N. County Line Road, Hinsdale  
[www.wellnesshouse.org](http://www.wellnesshouse.org)  
(630) 323-5150

Cancer survivors struggling with weight-related issues following treatment will learn about the behavioral changes needed for healthy weight management. To register,

contact Ellen Nieman at [enيمان@wellnesshouse.org](mailto:enيمان@wellnesshouse.org) or (630) 654-5198. Time: 5:30 to 6:30 p.m. RR

## JUST FOR KIDS

### ■ Spring theater classes

Jan. 9-April 27  
Theatre of Western Springs  
4384 Hampton Ave.  
<https://theatreofwesternsprings.com>

(708) 246-4043

The Children's Theatre of Western Springs is registering youth in kindergarten through high school for its slate of spring semester classes. Classes are either one hour or two hours in length. Visit the website above for a full list of offerings. Students enrolled can be a part of CTWS' spring shows at no additional cost. Cost: \$240

for one-hour classes, \$355 for two-hour classes.

### ■ Explore Nature Day

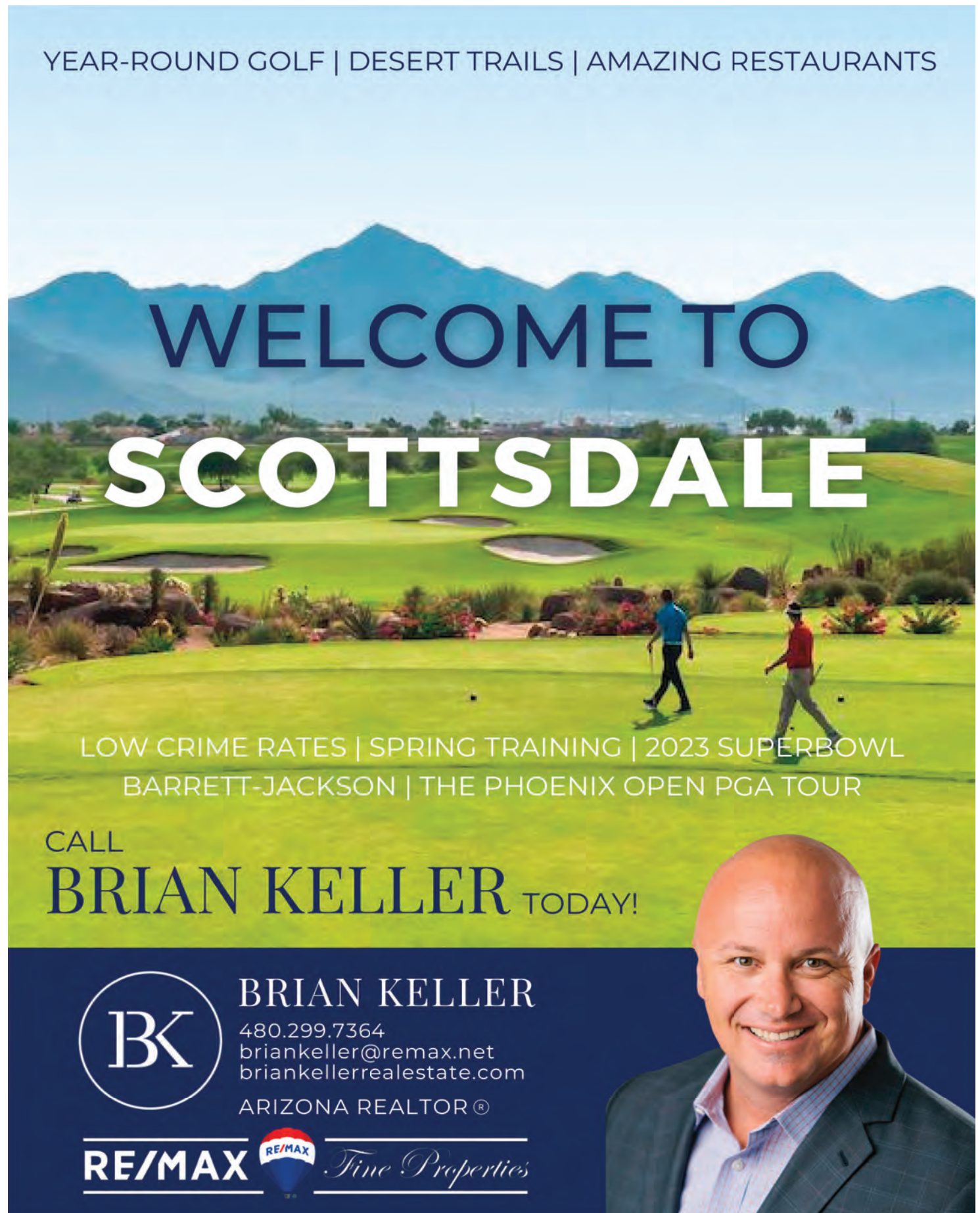
Jan. 16  
Lake View Nature Center  
17W063 Hodges Road,  
Oakbrook Terrace  
[www.villageofhinsdale.org/pr](http://www.villageofhinsdale.org/pr)  
(630) 789-7090

Kids ages 6-10 can meet the nature center's animals and focus on fun nature subjects.

The day's theme is Natural STEAM, and children should dress for both indoor and outdoor activities. Time: 9:30 to 11:30 a.m. Cost: \$22. RR

■ **Little Vet School: Horse**  
Wednesdays, Jan. 18-Feb. 22  
The Community House  
415 W. Eighth St., Hinsdale  
[www.villageofhinsdale.org/pr](http://www.villageofhinsdale.org/pr)  
(630) 789-7090

Please turn to Page 26




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*"Mary Wilson is a phenomenal real estate broker and I would not hesitate to give her my highest recommendation! When my 97 year old mother passed away, we called on Mary for her expertise in preparing our very neglected family home for sale. We were on a limited budget and Mary worked closely with us as well as with the various tradesmen to insure the work was completed to our total satisfaction. Her knowledge of the current market was invaluable as she made her recommendations based on that knowledge. The wording on the listing she prepared was exactly what we needed to garner interest for our Open House which resulted in a contract within 24 or so hours. A shout out to her husband, Bill, who also was an enormous help in "sealing the deal"!!"*

- Rose, Clarendon Hills

*"Mary sold several properties for us. We were very pleased with the sale she negotiated for us on all 3 properties. When we were selling our first property, if we had a showing on a workday, Mary would go to our home ahead of time and put our 2 dogs in their cages before the showing. Mary did everything and more to make us happy during our sales. Mary is a real pro and genuinely wonderful person! We highly recommend Mary and wouldn't consider anyone else when we sell again."*

- Barb, Clarendon Hills

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# PULSE

## Continued from Page 24

Kids ages 6-11 can learn all about horses and their care, including basic horse nutrition, riding styles and gaits. Students will adopt and name a plush horse and role-play basic key responsibilities of an equine veterinarian. Time: 4 to 6 p.m. Cost: \$130. RR

### ■ Little Doctor School

Wednesdays, Jan. 18-Feb. 22  
The Community House  
415 W. Eighth St., Hinsdale  
[www.villageofhinsdale.org/pr](http://www.villageofhinsdale.org/pr)  
(630) 789-7090

In Journey Through the Human Body, kids ages 6-11 will explore the amazing world of anatomy and the systems of the body and how they work with each other to make us work. Time: 5:15 to 6:15 p.m. Cost: \$110.

### ■ Glitzy Girlz: Flashback '80s Neon Glam Dance Party

Jan. 18  
Westmont Community Center  
75 E. Richmond St.  
[www.villageofhinsdale.org/pr](http://www.villageofhinsdale.org/pr)  
(630) 789-7090

Kids ages 4-11 can get a "dated" makeover, decorate a neon bag with paints, jewels and stickers and design a neon bracelet. The night ends with dancing and cool photos with props — and each guest gets a surprise to bring home. Time: 5:30 to 6:30 p.m. Cost: \$35.

### ■ Sports Medicine

Wednesdays, Jan. 18-Feb. 22  
The Community House  
415 W. Eighth St., Hinsdale  
[www.villageofhinsdale.org/pr](http://www.villageofhinsdale.org/pr)  
(630) 789-7090

Students ages 6-11 will explore the roles of an athletic trainer and orthopedic surgeon and learn how to diagnose and treat common sports injuries such as sprains, strains and athlete's foot as well as explore Tommy John surgery and make models of a hand, joint and tendon. Time: 6:30 to 7:30 p.m. Cost: \$120. RR

### ■ First Aid for Kids

Jan. 21  
Clarendon Hills Community Center

315 Chicago Ave.  
[www.villageofhinsdale.org/pr](http://www.villageofhinsdale.org/pr)  
(630) 789-7090

This American Red Cross class for ages 5-9 will teach basic health and safety tips focusing on shock, bleeding, choking, the Heimlich maneuver, burns, poisons and more, with hands-on activities for reinforcement. Students receive a Red Cross certificate upon completion. Time: noon to 1:30 p.m. Cost: \$36. RR

## LISTEN & LEARN

### ■ Get Organized with the Declutter "10"

Jan. 14  
Hinsdale Public Library  
20 E. Maple St.  
[www.hinsdalelibrary.info](http://www.hinsdalelibrary.info)  
(630) 986-1976

Start 2023 off with less clutter and more organization. Professional organizer Kim Cosentino will teach tips and tricks to tackle even the most overwhelming projects. Time: 10 to 11:30 a.m. RR

## NOTEWORTHY

### ■ Pete Mulvey

Jan. 7  
Unitarian Church of Hinsdale  
11 W. Maple St.  
[www.acousticren.com](http://www.acousticren.com)  
(630) 941-7797

The multi-talented Mulvey has built his life's work on collaboration and an instinct for the eclectic and the vital. He folds everything he encounters into his work: poetry, social justice, scientific literacy and a deeply abiding humanism are all on plain display in his music. Time: 7 p.m. Tickets: \$20.

### ■ Celebrating Elvis Presley's Records

Jan. 15  
McAninch Arts Center  
College of DuPage  
425 Fawell Blvd., Glen Ellyn  
[www.atthemac.org](http://www.atthemac.org)  
(630) 942-4000

Hot Club of Cowtown has teamed up with Tyler Hilton, who played the role of Elvis in the blockbuster biopic "Walk the Line," to bring Elvis' hits

from Sun Studios to the MAC Stage. Time: 4 p.m. Tickets: \$35-\$50.

## ON STAGE

### ■ The Winter Workshop

Jan. 13-15  
Theatre of Western Springs  
4384 Hampton Ave.  
<https://theatreofwesternsprings.com>  
(708) 246-4043

The workshop features performances of "The Duck Variations" by David Mamet and "Who Are You" by TWS Active Janet Venzon. Times: 8 p.m. Jan. 13 & 14, 7:30 p.m. Jan. 15. Tickets: At-will donations will be collected. RR

### ■ Little Women

Through Jan. 15  
Mayslake Peabody Estate  
1717 W. 31st St., Oak Brook  
[www.firstfolio.org](http://www.firstfolio.org)  
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Savor anew the tale of Jo, Meg, Beth and Amy in this world premiere adaptation,

*Please turn to Page 27*

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**Continued from Page 26**

written by First Folio artistic associate Heather Chrisler. Times: 8 p.m. Wednesdays & Fridays; 3 p.m. Thursdays; 4 and 8 p.m. Saturdays; with an 8 p.m. performance Thursday, Dec. 22. Tickets: \$29-\$59, \$20 for students.

**SIGN UP NOW**

■ **'Library Edition' Book Club**

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

Join a discussion of "Remarkably Bright Creatures" by Shelby Van Pelt. Copies of the book are available to check out from the book club holds shelf. Time: 2 to 3 p.m. RR

■ **A Conversation with Ross Gay**

Jan. 11  
www.hinsdalelibrary.info  
(630) 986-1976

Kick off the new year with a conversation about joy

with best-selling essayist and award-winning poet Ross Gay, whose most recent collection of essays, "Inciting Joy," will explore the joy of turning our attention to what brings us together and to what we love while talking to performance poet Dan "Sully" Sullivan. The event is made possible by Illinois Libraries Present, a statewide collaboration among public libraries including Hinsdale Public Library. Time: 7 to 8 p.m. RR

■ **Colleen Moore's Fairy Castle**

Jan. 18  
www.hinsdalelibrary.info  
(630) 986-1976

Join Margaret Schlesinger, former head curator at the Museum of Science and Industry, on a tiny virtual tour of Colleen Moore's enchanted Fairy Castle. See up close the hand-painted artwork and delicately crafted miniature artifacts of the castle, and get a glimpse of the conservation project completed in 2014 and a "behind-the-fairytales" story of how the castle

came to be. Time: 7 to 8:15 p.m. RR

■ **Trivia Night**

Jan. 28  
Katherine Legge Memorial Lodge  
5901 S. County Line Road, Hinsdale  
www.hinsdalehistory.org

Make a team of 2 to 10 players, come up with a historically based theme and costumes, and test your knowledge at this Hinsdale Historical Society night of fun. An open bar is included as part of table registration; players bring their own food. Participants should also bring cash for clues and raffles. Time: 7 to 10 p.m. Cost: \$400 per table until Jan. 6, then \$450.

**STEPPING BACK**

■ **Farmhouse Life in the Winter: Family Health**

Through Feb. 27  
Kline Creek Farm  
1N600 County Farm Road, West Chicago  
www.dupageforest.org  
(630) 876-5900

Enjoy a guided tour of the 1890s farmhouse focusing on a common winter experience: taking care of a sick family member. Learn about "sick foods" of the period, how candy was used as medicine and how the first floor bedroom acted as the sick room. Hours: 10 a.m. to 4 p.m. Thursdays to Mondays. Admission: \$5 suggested donation for ages 3 and up.

■ **Emigration from Europe: A Genealogy Class**

Jan. 10  
Hinsdale Public Library  
20 E. Maple St.  
www.hinsdalelibrary.info  
(630) 986-1976

Genealogist and librarian Jaymie Middendorf will discuss popular ports for departure in Europe and how to access available records, primarily focusing on records from 1850 to the 1930s. Time: 7 to 8:30 p.m. RR

**TEENS & TWEENS**

■ **Hot Sauce Challenge**

Jan. 7

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

Middle schoolers are invited to put their taste buds to the test and see how much hot sauce heat they're able to stand. Time: 2 to 3 p.m. RR

■ **Manga and Anime Club**

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

Middle- and high-schoolers are invited to discuss different manga and anime while completing activities and enjoying snacks. Time: 6:30 to 7:30 p.m. RR

■ **Diamond Painting**

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

Middle schoolers are invited to learn how to diamond paint and make a personal

*Please turn to Page 28*



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**Pet pic of the week**

**Albert is a handsome 2-year-old black and white cat who is very sweet and loves to play and snuggle with other cats and is adoptable to families with children of any age. He has been neutered and is up to date on his vaccinations, with an adoption fee of \$75. Please consider adoption.**

There are so many animals in the animal welfare system right now who need help. Thank you to all of the adopters who have come forward to get the animals out during this difficult time.

Visit [www.hinsdale-humansociety.org](http://www.hinsdale-humansociety.org) to fill out an application today or call (630) 323-5630 for more information. (photo provided)



*Continued from Page 27*  
sparkling diamond creation.  
Time: 4 to 5 p.m. RR

**WEE ONES**

■ **Soccer Shots Classic**  
Wednesdays, Jan. 11-March 8  
The Community House  
415 W. Eighth St., Hinsdale  
[www.thecommunityhouse.org](http://www.thecommunityhouse.org)  
(630) 323-7500

Kids ages 3-5 will learn basic soccer skills like dribbling, passing and shooting through creative and imaginative games as well as focus on a positive character trait each session, such as respect, teamwork and appreciation.  
Time: 11:25 a.m. to noon.  
Cost: \$160. RR, MD

■ **Tot Action Theater**  
Wednesdays, Jan. 11-Feb. 15  
Clarendon Hills Community Center  
315 Chicago Ave.  
[www.villageofhinsdale.org/pr](http://www.villageofhinsdale.org/pr)  
(630) 789-7090

Kids ages 3-6 will play games that develop their imagination, musical talents

and ability to move, combining dramatic play with physical activities like dancing.  
Time: 12:40 to 1:40 p.m. Cost: \$65. RR

■ **Toddler Time Music**  
Thursdays, Jan. 12-Feb. 16  
Clarendon Hills Community Center  
315 Chicago Ave.  
[www.villageofhinsdale.org/pr](http://www.villageofhinsdale.org/pr)  
(630) 789-7090

Kids ages 1-5 will have fun wiggling, singing and dancing in interactive classes that develop social skills, nurture creativity, self-expression and confidence through music-based activities. Times: 11:45 a.m. to 12:30 p.m. for Tiny Tunes (ages 1-2), 1:30 to 2:15 p.m. for Melody Makers (ages 2-3) and 12:45 to 1:30 p.m. for Rhythm Rockers (3-5). Cost: \$65. RR

Key  
RR - registration required  
MD - member discount

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**All  
the time.**

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# VILLAGE POSTING BOARD

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

## CLASSIFIED ADVERTISING

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7 West First Street,  
Hinsdale, IL

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

### Hours & Deadlines

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

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

Email:  
tinaw@thehinsdalean.com

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## Crossword Answers

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

## Is this your license plate?

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

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

## Yes, I'm a real Hinsdalean!

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

\_\_\_\_\_  
 Name: \_\_\_\_\_  
 Address: \_\_\_\_\_

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

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



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# MIND GAMES

- ACROSS
- 1 JUSTICE DEPT. AGENCY
  - 4 PHYSICIAN'S NICKNAME
  - 7 GRATING
  - 12 VINTAGE
  - 13 AWAY FROM WSW
  - 14 MOUNTAIN CREST
  - 15 SET AFIRE
  - 16 YOSEMITE PEAK  
FEATURED IN "FREE SOLO"
  - 18 "CSI" EVIDENCE
  - 19 DEWY
  - 20 BILLBOARD
  - 22 SWISS PEAK
  - 23 BLOKE
  - 27 AUTHOR FLEMING
  - 29 ABRASION
  - 31 PLANET CIRCLERS
  - 34 HEART LINE
  - 35 COFFEEHOUSE  
BILL COLLECTOR
  - 37 L-P LINK
  - 38 UTAH SKI RESORT  
"YOO- -!"
  - 41 POTTERY OVEN
  - 45 QUOTABLE YOGI
  - 47 EASTERN PATH
  - 48 BYGONE CADILLACS
  - 52 COPPER HEAD?
  - 53 TIERNEY OF "THE AFFAIR"
  - 54 SUPERLATIVE SUFFIX
  - 55 TEXTER'S CHUCKLE
  - 56 VELOCITY
  - 57 IRISH ACTOR STEPHEN
  - 58 DECADE PARTS (ABBR.)

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

- DOWN
- 1 CREATES ORIGAMI
  - 2 RUSSIAN PANCAKES
  - 3 LUGGAGE  
ATTACHMENT
  - 4 CONSIDER
  - 5 BORROWED
  - 6 DIRECTOR DEMILLE
  - 7 ENGROSSED
  - 8 "EXODUS" HERO
  - 9 FIXED
  - 10 SCH. ORG
  - 11 HANKERING
  - 17 NILE VIPERS
  - 21 MARTIAL ARTS  
WARRIOR
  - 23 SWINDLER
  - 24 GUFFAW SYLLABLE
  - 25 SUITABLE
  - 26 GREEN SHADE
  - 28 SIMILE PART
  - 30 PAINT CONTAINER
  - 31 1959 KINGSTON  
TRIO HIT
  - 32 TEXAS TEA
  - 33 CHOOSE
  - 36 MOTHER OF ZEUS
  - 37 GLOOMY
  - 40 SEQUENCE
  - 42 TUSCANY SETTING
  - 43 HARD WORK
  - 44 SEASONAL SONGS
  - 45 THIN NAIL
  - 46 NICK AND  
NORA'S DOG
  - 48 AMBULANCE INITIALS
  - 49 NAPKIN'S PLACE
  - 50 PAYABLE
  - 51 MINE MATERIAL

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

## Weekly SUDOKU

by Linda Thistle

	8		2			9		
2				1				8
		4		6	5			3
1						8	6	2
		5		9			3	
	9		3		4			1
	6				2			5
8		7				1		
		7		3				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. Enlist 2. Agile;  
3. Broad; 4. Stripe

Today's Word  
**GORILLAS**



"Locate any \_\_\_\_\_?"

### SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Volunteer: SILENT

Quick: GAILE

Vast: ABORD

Band: ESPRIT

TODAY'S WORD

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

# HOROSCOPES

January 2023 Horoscopes • Week 2



**CAPRICORN** – Dec 22/Jan 20  
Think about all the possibilities you have before you, Capricorn. When you consider all of the positives in your life, the negatives just may fade away.



**ARIES** – Mar 21/Apr 20  
Aries, you are willing to take risks and never afraid to try new things. This benefits you as you seek new solutions regarding how to get things done.



**CANCER** – Jun 22/Jul 22  
Could this be the right time to think about making a career move, Cancer? The new year marks a fresh start, and perhaps you have had your eyes on a new work opportunity.



**LIBRA** – Sept 23/Oct 23  
You've been keeping quite busy, Libra, but don't forget to make time to touch base with friends and loved ones from time to time. Keep those lines of communication open.



**AQUARIUS** – Jan 21/Feb 18  
Your name is on the lips of so many people. That is likely because you are affecting change wherever you go. Keep forging ahead because you are helping others.



**TAURUS** – Apr 21/May 21  
Taurus, figure out a new goal to pursue and start to make a list of how to get to the finish line. You may need to recruit a few volunteers to help along the way.



**LEO** – Jul 23/Aug 23  
There's more than meets the eye this week when someone from your past suddenly pops up on your radar again, Leo. Learn all of the facts before you make assumptions.



**SCORPIO** – Oct 24/Nov 22  
Patience is a virtue of which you are in short supply recently, Scorpio. You have no control over the timeline on certain things and that can be frustrating. Wait it out.



**PISCES** – Feb 19/Mar 20  
Now that spending has ceased, take a closer look at how you can budget for the new year. Make your money work for you, Pisces.



**GEMINI** – May 22/Jun 21  
Gemini, when a project at work lands on your desk, you may be ambivalent about it. You appreciate the challenge, but already have a long list of things to do.



**VIRGO** – Aug 24/Sept 22  
Virgo, try to stay in the loop around the office. Doing so might pay professional dividends that could open the door to new possibilities.



**SAGITTARIUS** – Nov 23/Dec 21  
It's time to tackle all of those tasks you have been putting since the end of last year, Sagittarius. If you need help getting organized, reach out to someone you trust.



# SPORTS

## The colder the better for winter sports

*We've got the lowdown for devotees of seasonal pursuits once Mother Nature permits*

Happy Mild Year! That's been 2023's opening act thus far, anyway (quite a contrast from Christmas in the Arctic). But don't fret, winter sports enthusiasts, conditions favorable to keep the skates, skis and sleds from hibernating are sure to eventually return. Hinsdale and its surrounds offer a number of activities to give you that winter workout. Here are a few:

### Hit the ice

The village-operated rink at Burns Field, 320 N. Vine St., will operate when weather permits (four to six consecutive full days of weather below 32 degrees). Posted signs indicate the rink's status: green means safe to skate, red means no skating. When open, the rink is lit for evening activities. Hockey is permitted, and the park will close nightly at 10 p.m. If the rink is open, the warming shelter also will be open week-ends only starting Saturday, Jan. 7. Shelter hours are 10 a.m. to 6 p.m. Saturdays and Sundays — supervised, with free hot chocolate and a fire. Stay updated on rink ice conditions through the village's website at [www.villageofhinsdale.org](http://www.villageofhinsdale.org) and the parks and recreation department's Facebook page at [www.facebook.com/HinsdaleParks](http://www.facebook.com/HinsdaleParks).

### Tread the snowy woods

Explore Fullersburg Woods by snowshoes. Bring your own or rent a pair Monday through Saturday through Feb. 26 at the Fullersburg Woods Nature Education Center, 3609 Spring Road, Oak Brook, when there's plenty of snow on the trails. Rentals are available from 10 a.m. to 4 p.m. (rentals end at 2 p.m.) and are \$10 for the day. Call (630) 850-8110 for availability and visit [www.dupageforest.org](http://www.dupageforest.org) for details.

### Glide along the trails

The DuPage County Forest Preserve District invites cross-country skiers to check out trails at its various properties. When conditions permit, members groom trails for classical and freestyle cross-country skiing at the follow-



**Local cross country skiers** are waiting for winter to crank up its snow machine in order to traverse groomed trails at various DuPage County Forest Preserve District sites. A number of seasonal activities are available throughout the area once weather conditions permit. (photo provided)

ing sites:

Blackwell (Warrenville)  
Danada (Wheaton)  
Greene Valley (Naperville)  
Fullersburg Woods (Oak Brook)  
Herrick Lake (Wheaton)  
Mallard Lake (Hanover Park)  
Meacham Grove (Bloomington)  
Springbrook Prairie (Naperville)  
Waterfall Glen (Darien)

Trail users are asked to take care not to damage tracks that have been set. Visit [www.dupageforest.org](http://www.dupageforest.org) for maps. For information on trail conditions, call the district's outdoor report at (630) 871-6422 and press 3, then press 2.

### Tube down the tundra

Take a thrilling 800-foot ride down the Mount Hoy tubing hill at Blackwell Forest Preserve on Butterfield Road in Warrenville through Feb. 26. It's open from 10 a.m. to 4 p.m. on weekends and school holidays when there's plenty of snow (usually more than 3 inches). Only forest district inner tubes are allowed. Inner tube rentals are at the base of the hill and are \$10 per tube per day (rentals end at 3:30 p.m.). Pay with cash or credit card.

Before heading out, check the @dupageforest Facebook page to find out if the hill is open. It may close early due to extreme cold or severe weather.

### Get your steps in

Those looking for outdoor exercise this winter can join a free fitness hike at a Cook County Forest Preserve District site. The hikes are faster-paced with little to no stopping or interpretation. Registration is required.

The first hike will be a 4-mile trek at 10 a.m. Thursday, Jan. 12, at Teason's Woods on South Willow Springs Road, south of Calumet Sag Road/Route 83 near Palos Park. Register at [www.tinyurl.com/fittw](http://www.tinyurl.com/fittw).

Another excursion will cover 5 miles starting at 10 a.m. Thursday, Jan. 19, at Country Lane Woods on 95th Street, east of Flavin Road/Willow Springs Road near Willow Springs. Register at [www.tinyurl.com/fhclw2](http://www.tinyurl.com/fhclw2).

A third opportunity will be a 4.5-mile hike at 9 a.m. Saturday, Feb. 4, at Cermak Woods, 7600 W. Ogden Ave. in Lyons. Call (312) 533-5751.

— compiled by Ken Knutson

### Play it safe in the outdoors this winter

The DuPage County Forest Preserve District reminds residents to play it safe while enjoying ice fishing, snow tubing, cross-country skiing and other winter activities.

"The safest way to enjoy the outdoors is with another person so you're not alone if there's an emergency," said Dan Jones, longtime district ranger and assistant manager of rangers. "If that's not possible, let someone know exactly where you're going and when you expect to be back."

As a guideline, there should be at least 4 inches of solid clear ice for one person and at least 8 inches for a group. Rangers do not monitor ice conditions in the preserves, so visitors step onto the ice at their own risk.

"It's always a good idea to carry a set of ice picks with you in case you fall through the ice," Jones added.

Ice strength can be affected by wind, snow, rain, sunlight, water levels, underground springs and temperature and can vary greatly over one body of water. Anyone venturing out on the ice should know the signs of dangerous conditions:

- cracks, ridges or faults
- different-colored ice, especially dark gray or black

- ice that looks rotten or porous
- ice covered by snow, water or slush
- running water or bubbles under the ice

"If you fall through the ice, turn toward the direction you came from because that's probably the strongest ice," Jones said.

"Place your hands and arms on the unbroken surface, kick your feet, and try to pull yourself out using ice picks if you have them. Once you're out of the water, lie flat on the ice and roll away from the hole. Get to a warm, dry, sheltered area as soon as possible and call 911."

Visitors should also take care to dress for the weather. Even mild temperatures can cause frostbite and hypothermia, two medical conditions that require treatment. Signs of hypothermia include shivering, exhaustion, confusion, slurred speech and loss of motor skills. Signs of frostbite, which most frequently harms extremities like fingers, toes, ears and noses, include numbness, a white or grayish-yellow skin color or an unusual waxy feeling to the skin. Keep in mind that some people are more susceptible to the cold, particularly children, the elderly and those with circulation problems.

To help prevent injury, dress in layers with moisture-wicking underclothes and outer heat-retaining layers. Wool, silk and synthetic fleece retain body heat better than cotton. Waterproof boots, thick socks, a hat and gloves or mittens help keep extremities warm. A scarf, neck tube or face mask will keep your face warm and help cover as much exposed skin as possible. Traction cleats will keep you from slipping on icy trails.



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