

January 2014

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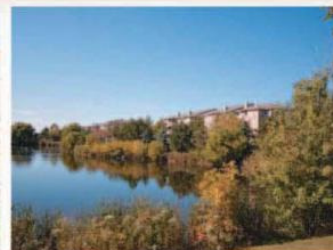
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Inside Bloomingdale

The key to your community

Inside

- 10 Pediatric Dentist Opens Shop**
- 14 Lancers Have Magical Season**
- 18 Bikers Reflect on God, Grace**
- 21 Derby Dames Apprenticeship**
- 25 Holidays Light Up Bloomingdale**

Departments

5 From the Editor

What's special this month — in the magazine, and the area.

7 Around Town

People, places, problems, good causes and occasions.

23 Gotta Go!

Best bets for upcoming concerts, shows and events.

25 Snapshots

Community residents share their photos with readers.

27 Calendar

Your guide to music, theater, kid stuff and lots more.

30 And Another Thing ...

A fond farewell from this month's issue of the magazine.

On the Cover

Members of the Lake Park Lancers soccer team work to score a goal during a game this past season.

Photo courtesy of Darren Mack



You could be a community contributor!

Chris LaFortune, communications director for Adventist Midwest Health, shares a story of motorcyclists who reflect on God at their retreat. Join the conversation; email articles, photos and ideas to the address below.

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14

Photo courtesy of Lake Park High School



18

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21

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25

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Message from the Editor

Happy New Year, Bloomingdale. The new year is a time for new resolutions or the creation of new traditions, but at Lake Park High School the new year ushers in the hope of a continuing tradition — domination of the DuPage Valley Conference in boys soccer. The Lake Park Lancers soccer team is coming off a banner season, which saw it go undefeated in the conference and compete in the state tournament for the first time. The team fell short of winning state with a fourth-place finish, but a standard for excellence has been set. Anthony Passi, the coach, reminisces on Page 14 about a magical season.



In addition to celebrations of success at Lake Park, the ladies of the DuPage Derby Dames, who graced the cover of our November issue, are celebrating achieving the status of Apprentice Affiliate in the Women's Flat Track Derby Association.

As always, we ask for you to continue sharing your stories with us at Inside Bloomingdale. Email your stories and any photos you wish to share. Our goal is to make the magazine a reflection of the community. If you enjoy receiving Inside Bloomingdale, become part of the publication.

Alex Keown

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AROUND TOWN

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Are You a Tea Cup, or a Coffee Mug?

Can you condition yourself to handle stressors with greater ease and not crack like a thin cup?

by Lucia Matthews
Community contributor

My mother once commented that when it comes to tolerating stress, some people are as fragile as a porcelain tea cup and others are as sturdy as a ceramic mug. While I appreciate her analogy, my psychological perspective prompts me to provide a better understanding of the capacity to manage stress.

Whether the source of stress is financial, occupational, a relationship or health related; comparing oneself to a tea cup implies that the coffee mugs of the world have a greater capacity for stress. Such a comparison leads to feelings of dejection, incompetence and frustration.

A more productive approach to increasing your capacity to manage stress is to focus on mental toughness. A distinguishing characteristic among world-class athletes is their unshakable belief in their ability to win. These coffee mugs have learned to block out what is not important and use their mental energy to focus on achieving their goals. Like the athlete, increasing your mental toughness allows you to block out stress long enough to focus on coping in ways that boost your confidence and com-



Dr. Lucia Matthews is a psychologist.
Photo courtesy of Lucia Matthews

petence.

As a psychologist, I've taught many clients how to increase mental toughness. The secret to mental toughness is to learn to make wiser choices regarding stress. The premise is universal in that wiser choices require learning to control your emotions long enough to behave differently.

"But, Dr. Matthews," you might protest. "Changing my behavior is easy! I want to change my feelings!" To which I say, "I don't care how you feel, I care how you behave!" Feelings don't get us into trouble. It's how we behave on our feelings that can be troublesome.

Becoming a coffee mug requires you to acknowledge and validate your feelings. We react emotionally to any situation. Feeling angry about a negative situation makes as much sense as feeling happy about a positive situation. Once you validate your feelings, make the choice to tolerate the feeling long enough to consider wiser behaviors. If you want to lose 10 pounds, and that ice cream is calling your name, but you tolerate the temptation long enough to flush the ice cream down the sink—then you have acted wisely! Wise behaviors are based on rational thought. Like the athlete, conditioning yourself to tolerate stress requires skill and perseverance.

IN BRIEF

About Dr. Lucia Matthews

Lucia Matthews, who moved to Bloomingdale earlier this year, is a licensed psychologist who capitalizes on a wide and diverse set of experiences to help people get what they want. She received her PhD from Northeastern University in Boston. She is the author of the book, "Harriett's Walk: How to Make Wiser Choices for a Better Life."

Prior to establishing her private practice, Matthews was a manager for companies, including IBM and General Motors, and a therapist in a Massachusetts state hospital. As the director of Adolescent Services, she developed programs designed to reunite families by teaching family members how to tolerate their emotions long enough to behave wisely.—*Lucia Matthews*



Photo courtesy of hibu

Family

Tips to Help Baby Sleep All Night

by BPT News Service

For new parents, the idea of a full night's sleep probably seems like a dream. Their world is full of late-night feedings, diaper changes and snuggles in the rocking chair. However, experienced parents have some helpful advice.

Pampers recently sponsored a survey of more than 1,000 moms with little ones ages 3 and younger to find what they're doing so baby rests through the night. Here are some of their responses.

- **Check the diaper.** Start with a dry diaper at bedtime, and diaper technology now provides up to 12 hours of overnight protection, assuring a dry, comfortable sleep.
- **Take a moment to cuddle.** It lets your baby unwind after a busy day

of new sensations. Make sure cuddling time is soothing and relaxes the baby, preparing him or her for sleep.

Sleep is crucial for babies' development and for parents' health.

- **A little white noise never hurts.** Eighteen percent of surveyed parents recommended sound machines. Remember that babies got used to a lot of noise inside the womb and may have trouble falling asleep in total silence. Put the baby to bed drowsy but awake; that will help him or her associate bed with sleep, and the sound machine will provide the white noise he or she is used to.

- **Make reading a routine.** A baby will fall asleep more quickly at night if there's an established routine that he or she can associate with sleep. Read in a soft, soothing voice for a set period, and do it every night.
- **Turn to low-key music.** If a baby does wake up, low-key activities will speed the return to sleep. Dim the lights, speak quietly and move slowly. If baby requires a parent's presence for a longer period — such as for feeding — soft, smooth music is a great choice.

Helping babies get a good night's sleep is crucial for their development and for parents' health. Remember that little ones are flooded with new stimulation every day and the best thing parents can do to encourage sleep is establish a soothing routine for the child.

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Community

Celebrating 50 Years

by Helen Price
Community contributor

The 50th Anniversary Party for the Bloomingdale Garden Club was truly a wonderful event.

Close to 150 attendees enjoyed an evening filled with laughter and good cheer, fine dining, music and fond memories. Members created table centerpieces.

Some party highlights included a celebration of our senior members Esther Ahlrich, Jane Czyzewski, Jo Dabrowski, Mary Fortino, Dolores Franson, and Vivian Krotz. Three additional senior members were unable to attend, but fondly remembered – Marian Jonas, Wanda Malek and Bessy Wesesku.



Garden club members enjoyed the centerpiece arrangements at the dinner created by their colleagues.
Photo courtesy of Helen Price

School Board Celebrated

The superintendent of Bloomingdale School District 13 recognized and praised the members of the board of education for their “hard work and dedication.”

The recognition was in conjunction with School Board Members Day, which was Nov. 15.

“The seven men and women who serve on the Board of Education for Bloomingdale Elementary District 13 have truly dedicated themselves to the betterment of our school and community,” said Superintendent Dr. Jon Bartlet. “Not only do they spend countless hours preparing for and participating in the Board of Education meetings, but they also show their commitment through their involvement in and presence at so many of our school programs and activities. They truly care about providing the best possible education for our students while wisely managing the fiscal health of our district.”

District 13 Board members are: Terry McKeown, president; Diane Birkley, vice president; Linda Wojcicki, secretary; Fina Kleo; Susan Lancaster; Cary Moreth; Tamara Peterson.

—Lynn Strevell

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Business

Pediatric Dentist Office Opens in Town

by *Andre Jham*
Community contributor

A new pediatric dental facility is proud to call Bloomingdale home.

Star Smiles Orthodontics & Pediatric Dentistry is excited to announce the opening of a new office conveniently located in the Springbrook Shopping Center, at 148 E Lake St, Ste C, located at the corner of Lake Street and Bloomingdale Road.

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Star Smiles is family-owned by Dr. Andre Jham, and his wife Dr. Raquel Martuchi Jham. They provide complete pediatric dental care for patients from infancy to young adulthood and special needs individuals of all ages, as well as a full range of Orthodontic treatment op-



Drs. Andre and Raquel Jham.
Photo courtesy of Andre Jham

tions. These include Invisalign for teens and adults, Traditional and Clear Braces, and Incognito lingual braces. The new office will employ the latest state-of-the-art technology to ensure children have access to the most conservative and comfortable dental care available.

“As a family-owned dual specialty

practice, I feel we are in a unique position to serve your entire family’s dental and orthodontic needs, said Dr. Jham. “This has been a dream come true for us, and we are looking forward to providing excellent dental care for the community” added Dr. Martuchi.

To celebrate the opening, Star Smiles is offering FREE Orthodontic consultations, and \$500/off Braces/Invisalign (for a limited time). A \$49 special for Pediatrics Exam, X-rays and Cleaning is available (FREE for patients under 2 years).

Appointments are available evenings/ Saturdays, and most insurances are accepted.

For more information about Star Smiles Orthodontics & Pediatric Dentistry, please visit starsmilesorthopedo.com, or call 630 980 8800.

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Health

Regular People Can Get Stress Disorder

by BPT News Service

In recent times, many communities across the U.S. have experienced devastating tragedies — Hurricane Sandy, the shootings in Newtown, the Boston Marathon bombings, and floods, tornadoes and forest fires. Many individuals, families and communities were left reeling.

While most people are amazingly resilient following trauma, for some, the emotional toll these events cause can last much longer.

Post-traumatic stress disorder is a mental health condition that affects millions of individuals worldwide. While it is often closely associated with combat veterans and other members of the military, the fact is it can affect anyone who experiences a traumatic event — and about 60

percent of men and 50 percent of women will experience at least one traumatic event in their lifetime, according to the National Center for PTSD, part of the U.S. Department of Veteran Affairs.

Overall, about 8 percent of men and 20 percent of women will develop PTSD. Most people will have stress-related reactions following a traumatic event.

If these reactions do not begin to go away over time, or get worse, or affect day-to-day life, it may be PTSD.

Symptoms often include:

- Reliving the event through nightmares and flashbacks.
- Avoiding situations could bring reminders of the event, such as large crowds or driving a car.
- Feelings of guilt, fear or shame.

- Feeling keyed up or jittery.

“PTSD is a condition that many people believe only affects members of the military and veterans, but that simply is not the case,” says Dr. Douglas G. Jacobs, founder and medical director of Screening for Mental Health, a nonprofit organization. “We also see PTSD in members of the public, especially among first responders, victims of violence or those affected by natural disasters.”

Jacobs suggests that anyone who went through a traumatic event more than a month ago and just can't get past it take an anonymous assessment at PTSDscreening.org, provided by the nonprofit. By simply answering a series of basic questions, people can determine if they are showing symptoms of PTSD, and if so, where to find the help they need.

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Health

Hospital Earns 'A' for Patient Safety

Adventist GlenOaks is one of 813 facilities to earn such a rating.

by *Chris LaFortune*
Community contributor

Adventist GlenOaks Hospital earned the highest grade possible – an “A” – from The Leapfrog Group, which has released a hospital safety score for more than 2,500 general hospitals across the country.

Adventist GlenOaks Hospital’s safety score is based on the levels of infections, injuries and medical and medication errors. Of the 2,539 general hospitals issued a Hospital Safety Score, 813 earned an “A,” 661 earned a “B,” 893 earned a “C,” 150 earned a “D” and 22 earned an “F.”

Adventist GlenOaks Hospital has undertaken several programs to improve patient safety. As one example, its Surgical Services Department has completed teamwork training as part of the hospital’s focus on promoting a culture of safety, said Maryann Palermo, assistant vice president of patient safety and quality at Adventist GlenOaks.

Teamwork training combines leadership, teamwork and communication tactics to create operational excellence. One such tactic is the post procedural debriefing, in which clinicians review a case together not only to ensure procedures are conducted in a safe manner, but also to identify how opportunities and successes can be used in the future.



Photo courtesy of Adventist Midwest Health

Leapfrog Group

THE LEAPFROG GROUP is an independent, national not-for-profit organization of employer purchasers of health care and the nation’s leading experts on patient safety that administers the Hospital Safety Score.

Pinnacle Award Winner

Adventist marketing team honored.

The Marketing team for the Adventist Health Partners has won three Pinnacle Awards from the Illinois Society for Healthcare Marketing and Public Relations.

The awards were announced Oct. 24 during the organization’s 2013 annual conference. ISHMPPR, an affiliate of the Illinois Hospital Association, is the state’s largest organization dedicated to the advancement of healthcare marketing and communications professionals.

A physician group offering primary and specialty care in more than 70 convenient locations serving Cook, DuPage, and Will counties, Adventist Health Partners is the medical group affiliated with Adventist Midwest Health. Its Marketing team is led by Marketing Manager Rebecca Beardsley of Aurora and includes Marketing Coordinators Trish Reynaert of Westmont and Erin Sheely of Naperville, and Graphics Coordinator Eric Stepien of Plainfield.

The team was recognized for its newsletter, patient literature and print advertising. —*Chris LaFortune*



Photo courtesy of Adventist Midwest Health

Team Wins 13 Awards

More awards won by hospital group.

Adventist Midwest Health’s Regional Communications team has won 13 Pinnacle Awards from the Illinois Society for Healthcare Marketing and Public Relations.

The regional communications team, consisting of Regional Director Julie Busch of Yorkville, Katie Klinger of Hoffman Estates, and Chris LaFortune of Roselle, is based in Hinsdale.

“Our communications team plays an important role in fulfilling our overall mission of extending the healing ministry of Christ,” said David L. Crane, president and chief executive officer, Adventist Midwest Health. “They tell the story of our hospitals to our patients and our home communities, and also work hard to ensure our employees remain informed on the latest news within our organization.”

The team was recognized for a public relations project, employee communications, website design, several video production projects, including one on the changing face of healthcare, and a writing project. —*Chris LaFortune*



Photo courtesy of Adventist Midwest Health

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Lake Park Boys Soccer Team Enjoys a Banner Year

Lancers dominate their new conference, but fell short in the state tournament with a fourth-place finish.

by Alex Keown
Editor

Cries of “Who’s got your back? I’ve got your back!” carried across the pitch on a nearly nightly basis when the Lake Park High School boys soccer team took the field this past fall. The Lancers’ war cry was at the heart of this cohesive unit’s paramount success this past season.

The 2013 Lancers won more games and went further in tournament play than ever before in school history, winning the DuPage Valley Conference title and ending up with a fourth-place finish in the Illinois High School Association 3A state tournament.

Winning season

Describing it as a magical season, Lancers coach Anthony Passi said he would stare at the 3A Schaumburg Sectional trophy the team won in November just to remind him of how well his team performed — despite the predictions and expectations of high school athletics prognosticators. Other schools in the conference and area traditionally field strong soccer teams,

but Lake Park isn’t usually thought of as being at that same level. But, Passi said, that was something this team planned to change.

“All the kids said to me was, ‘We want to get to state. Not regionals or sectionals. We want to get to state.’”

—Anthony Passi, Lake Park coach

“Each game it seemed like we had to prove ourselves as worthy. Nobody thought Lake Park would be good enough, but we consistently made progress all year long and it showed — we got to state,” Passi said.

Still stinging from a loss in the first round of the divisional playoffs in 2012, the players committed themselves to honing and developing their skills through the off-season in preparation for 2013 competition, Passi said.

“It really hurt last year when we lost in the first round,” Passi said. “You have to get your work done in the off-season. They bought in and took the challenge. Seeing what they did, how focused and dedicated they were, it was great to see. All the kids said to me was, ‘We want to get to state. Not regionals or sectionals. We want to get to state.’”

Passi said the students, anchored by 16 seniors, threw themselves into fulfilling that desire of making it to state this past season. And they succeeded in spades.

Continued on next page



The Lancers protect their goal during a game this past season.
Photo courtesy of Darren Mack



The Lancers celebrate a victory during the 2013 season.
Photo courtesy of Darren Mack



The Lancers fight for a goal during a game this season.
Photo courtesy of Darren Mack



The Lake Park Lancers completed the 2013 season with a DuPage Valley Conference Championship and a fourth-place finish in the state.
Photo courtesy of Lake Park High School

Continued from previous page

The Lancers racked up a 21-win season, including 14 shutouts and 12 consecutive wins during one stretch. They also won the DuPage Valley Conference title in their first year after leaving the Upstate Eight Conference. After winning the conference, the team advanced to the Conant Regional final and defeated Wheaton Warrenville South 3-0.

After that victory, the team advanced to the sectionals for the first time since 1993, Passi said.

Prior to the 3A Schaumburg Sectional title game, Passi said,

A 20-Year Hiatus

1993

The last time the Lake Park Lancers boys soccer team competed in the Illinois High School Association sectionals.

the players found the plaque from the last time the school vied in sectionals. They used that as motivation toward a 1-0 win over St. Charles East and then a 2-0 victory over Larkin in the Bartlett Supersectional.

After winning the supersectional, the team moved on to the state title round — the first time in school history that the team qualified to vie for that title.

“In my 26 years coaching, this was by far the best year.”

The Lancers finally lost 3-0 to Wheeler in the state semi-finals. Passi said he has seen some schools a bit deflated in a third-place game because they’re not playing for the title, but the Lancers were “fired up and wanted that third place.”

Even though the team fell short of claiming that third-place spot after a loss to Naperville Central, Passi said that, following the game, the team was able to truly enjoy all the accomplishments of a banner year.

“That one game didn’t define us. We should be proud of all the accomplishments we had this year,” Passi said.

Coaching high school

A 26-year veteran teacher, Passi took over as head coach two years ago. For a large portion of his career, Passi said he did not want to assume the mantle of head coach of a team because it would take him away from his young family. Now that his children are in their late teens, he said he jumped at the opportunity to coach the Lancers when it arose.

With the magic of the season, Passi said he was glad he took



Coach Anthony Passi led the Lancers to a conference championship and a fourth-place finish in the state.

Photo courtesy of Lake Park High School

the position.

“At 26 years, you always think about taking a varsity team to state. It’s pretty cool ... and I hope it’s something the kids never forget. I hope it’s something the freshmen and sophomores use to get hungry and want it, too,” he said.

Several of the Lancers’ seniors will leave Lake Park and play at the collegiate level, including Mike Catalano, who will play for the University of Wisconsin-Madison.

“It’s nice these kids will be able to take it to the next level,” Passi said.

Although the season is over, Passi said he is already looking at next year. He said there are a number of junior varsity players who will be stepping up to varsity and many of the returning players will be assuming leadership roles. Next year, though, still depends on the athletes themselves.

“It’s a matter of what the kids will do in the off-season. Are they setting their goals now? Are they getting prepared? A competitive high school team means the kids are working all year long,” he said. “We have to fill some shoes, but we can do it. Next season people will look at Lake Park with more of an open eye.”

Tell us
what you

THINK

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Lancers’ Results

Lake Park’s season ended with a loss to Naperville Central, 2-1, in the playoffs. Here is a look at the rest of its games.

Addison Trail High School W 5-2
Huntley High School T 3-3
Downers Grove North W 7-0
York High School W 4-1
Conant High School T 0-0
St. Charles East High School L 5-1
Glenbard North High School W 1-0
Wheaton North High School W 4-1
Prairie Ridge High School W 8-0
Maine South High School W 3-0
Palatine High School T 1-1
Naperville North High School W 1-0 (OT)
Glenbard West High School W 1-0
St. Ignatius High School L 2-1
Wheaton Warrenville South High School W 1-0
Naperville Central High School W 2-1
West Aurora High School W 4-0
Redmond Park High School W 4-0
Bartlett High School W 5-1
Wheaton Warrenville South High School W 3-0
Elk Grove High School W 2-0
St. Charles East High School W 1-0
Larkin High School W 2-0
Wheeling High School L 3-0



The Lancers lost the third-place game in the state playoffs, 2-1 to Naperville Central High School.

Photo courtesy of Lake Park High School

Bikers Reflect on God, Grace

Motorcycle retreat in the mountains of North Carolina gives riders from Adventist GlenOaks Hospital and others necessary time to reflect on the works of the Lord.



The group of nearly 100 bikers enjoyed a fall in the mountains of North Carolina and Tennessee during a four day ride and retreat sponsored by the CEO of GlenOaks Adventist Hospital.

Photo courtesy of Adventist Midwest Health

by *Chris LaFortune*
Community contributor

Through the tranquil hills and valleys of North Carolina and Tennessee, the roar of nearly 100 motorcycle engines reverberated over four days in September.

The crowd of motorcyclists took part in the Fourth Annual SDA Rider Retreat, hosted by Bruce C. Christian, chief executive officer of Adventist GlenOaks Hospital, a faith-based, mission-driven hospital serving Chicago's western suburbs.

The SDA Rider Retreat took riders through the winding roads of the Smoky Mountain region, through lush green wooded areas, with hills, mountains and still lakes as the backdrop.

Fellowship sessions

Each morning and evening, riders also took part in fellowship sessions, discussing God's message and lessons as

passed down through the Bible.

Throughout, participants had the chance to reflect on the beauty of the works of the Lord, not just during fellowship gatherings, but through the views afforded during the ride.

"The serenity of the SDA Rider Retreat helps remind us that God is whispering to us through the trees, speaking to us over the hills and valleys and calling us over the roar of the engines," said Erin Gerber, administrative director of marketing and service line development at Adventist GlenOaks Hospital.

"He is caring for us during good rides and bad, communing with us through the smiles and hearts of friends and answer-

ing us in the stillness," she added.

The retreat has grown each year, and this year was based at the Fontana Community Church in Fontana Dam, N.C. New to this year's ride was a special Sport Bike Ride, as well as an Old Folks Ride.

"Rarely do we find instances where we can share a fellowship in the same way we can through the annual SDA Rider Retreat," said Christian. "I look forward to taking to the road every year, and I am so happy to be able to enjoy this experience with this growing circle of friends."

Adventist participants

This year's ride included a contingent from Adventist Midwest Health, including Erin Gerber, Adventist GlenOaks Hospital Assistant Vice President of Administrative Services Rich Roehr, Adventist Midwest Health Regional CREATION Health and Wellness Manager Kim Stricker and Adventist Midwest

Health Vice President of Ministries and Mission John Rapp.

During the retreat, Christian shared a personal experience, through which he learned to “Let Go and Let God,” turning to the Lord as his guide.

“The serenity of the SDA Rider Retreat helps remind us that God is whispering to us through the trees, speaking to us over the hills and valleys and calling us over the roar of the engines.”

– Erin Gerber, Adventist
GlenOaks Hospital

In that same vein, Pastor Dick Moseley reminded those who gathered for this year’s SDA Rider Retreat that it’s never too late to turn to God and let Him lead our lives.

2014 retreat

Next year’s SDA Rider Retreat will take place from Sept. 11-14, 2014 in Fontana Dam, N.C.

Those interested in learning more about the retreat can contact Gerber at aghmarketing@ahss.org.

Adventist GlenOaks Hospital is located in neighboring Glendale Heights. The hospital and its staff work on wellness projects with multiple Bloomingdale organizations.



Kim Striker and Erin Gerber, both with Adventist Midwest Health enjoy a respite before hitting the road during the SDA Rider Retreat.
Photo courtesy of Adventist Midwest Health

2009

For four years riders of faith have gotten together in the mountains of North Carolina to ride, share their faith and fellowship in the SDA Rider Retreat.

For four days each year, for the past four years, Christian bikers led by the chief executive officer of Adventist GlenOaks Hospital and members of the hospital staff have cruised through the Blue Ridge and Smoky mountain ranges to enjoy fellowship and faith. The bikers discuss God’s message while enjoying the beauty and serenity of his creation in the lush southern mountains. Organizers are already working on the 2014 ride. —**Chris LaFortune**

BUILDING COMMUNITY TRUST

Adventist GlenOaks Hospital has worked with a number of community organizations within Bloomingdale to promote health and wellness. In the fall, the hospital worked with Bloomingdale Fire Protection District and Bloomingdale Public Library, among other organizations, to host a wellness fair. The event drew thousands of residents, who received free flu shots, blood pressure checks, blood sugar screenings, pulmonary testing, cholesterol check vouchers and more. It is due to annual events such as the health fair and other outreach programs that the hospital received a 2013 service award from Bloomingdale Park District. —**Alex Keown**

Tell us what you
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Hospital officials, including CEO Bruce C. Christian, Erin Gerber and Kim Striker, participated in the annual ride.
Photo courtesy of Adventist Midwest Health

Friends Helping Friends

Connection of Friends director details the work that helps those with special needs.



At Connection of Friends, individuals with intellectual disabilities learn skills needed to participate in their communities.

Photos courtesy of Connection of Friends

by Sarah Donnelly
Community contributor

Terry and Ginny Kline In the summer of 2011, Terry and Ginny Kline, the grandparents of two special needs children, began researching the availability of programs for special needs students once they reach high school and as they phase out of mandated educational services at age 22.

They felt that while vocational and life skills programs are taught and reinforced in transition programs, many of these learned skills can be quickly lost because the Klins found that there are limited community-based programs available.

But, the Klins wanted to address the problem they found that as special needs students mature, it becomes increasingly more difficult for parents to keep them meaningfully engaged when not in school.

Wanting something more, the Klins created Connection of Friends, a 501 (c) (3) organization, to provide a place for social gathering with an emphasis on socialization and opportunities for young adults with special needs to participate in their communities.

Opened since, Oct. 1, 2012, Connection of Friends serves the western suburbs including Wheaton, Warrenville, Winfield, West Chicago, Plainfield, Glen Ellyn, Downers Grove and Lisle.

Connection of Friends provides a place for special need participants, ages 16 and older, to engage in social, life skill,

volunteer and recreational activities on a daily basis and Saturday evenings.

Weekly programming emphasizes routine so participants will know what to expect whether they participate every day or a few days a week.

The population includes individuals with autism, Down syndrome, cerebral palsy, seizure disorders and other intellectual disabilities. Connection of Friends is a place where young adults can routinely go and create lasting friendships with their peers.

Since programming centers around socialization, there is an ongoing commitment to provide the necessary supports needed so those skills can be learned and maintained.

Learning how to play a game, taking turns, expressing feelings and completing a sequence of steps for a project are all reoccurring themes.

Volunteer activities, life skills activities, cooking activities, product creation as well as art and gardening projects are all presented visually in sequential steps so participants understand what is being asked of them and can contribute successfully.

Connection of Friends is staffed by a full-time program director, Rose McGowan and program leader, Rebecca Ross with degrees in special education and intercultural studies with a focus on disabilities and a minor in speech pathology respectively. In addition, there are five program assistants that are part-time employees. As the executive director of Connection of Friends, I work to provide overall organization direction.

Connection of Friends is located at Hope Presbyterian Church, 1771 S. Wiesbrook Road in Wheaton, and operates Monday through Friday with varied options of Noon to 6 p.m. or Noon to 3 p.m. or 3 to 6 p.m. Saturday Night Socials are held from 6 to 9 p.m.

Dames on Course for WFTDA

Roller derby team accepted as an apprentice affiliate of the organization.

by Jenny D'Amico
Community contributor

The Women's Flat Track Derby Association is proud to announce today that the DuPage Derby Dames have been accepted as an "Apprentice" affiliate of the WFTDA, the governing body for women's amateur flat track roller derby.

The Dames have been working hard for this moment since the inception of the league in 2010, and are honored to have taken the next step in becoming a full WFTDA Member League.

As an apprentice affiliate of the WFTDA, the DuPage Derby Dames join the ranks of more than 250 all-female, skater-owned-and-operated leagues worldwide that have united to lead the growing sport of women's flat track roller derby.

WFTDA apprentice leagues are matched with veteran member leagues who guide them in the processes and requirements necessary to become a full member of the Association.

WFTDA Apprentice leagues are considered "pre-members" of the WFTDA and have access to many of the resources and benefits of full WFTDA membership.

Additional bout

In addition to this exciting news, the Dames competed in an additional year-end intra-league exhibition bout on Dec. 7 at the Coachlite Skate Center in Roselle.

This post-season matchup will mark the first competitive play appearance of several skaters who have recently graduated from the Dames' training program. The Dames regular season ended in October.

The Dames participated in Bloomingdale's Septemberfest Parade in 2013.

The Women's Flat Track Derby Association is the governing body for women's flat-track roller derby, and a membership organization for the leagues to collaborate and network.

The organization created and maintained the first standardized ruleset for the flat-track game, now in its fourth edition.

The WFTDA also serves as the sanctioning body for games, hosts tournaments, sets safety standards and provides insurance to athletes and leagues.

There are currently 197 WFTDA member leagues and more than 98 apprentice leagues worldwide.

BY THE NUMBERS Roller derby is a popular sport in the suburbs and across the U.S.

FORMATION

2010

First year the Dames hit the track.

APPRENTICES

98

Number of apprentice league members.

LEAGUES

197

WFTDA full member leagues in the U.S.

TEAMS

250

Approximate number of clubs worldwide.

ROLLING WARRIORS

About the Derby Dames

The DuPage Derby Dames roller derby league, formed in 2010, is the premiere all female flat track roller derby league in the western suburbs of Chicago, and part of the modern women's roller derby phenomenon. The league's mission is to provide the women of their community with an opportunity to get involved in the exciting, fast-paced sport that fosters respect and builds confidence. The Dames promote athleticism and camaraderie among their skaters through competitive sport, regular practice, and do-it-yourself management. They are 100 percent skater owned and operated. —*Jenny D'Amico*

Tell us what you
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The Dames have skaters from across the suburbs.
Photo courtesy of Steve Jurkovic

Hard Water Can Be Tough on Home Appliances, Wallet

Water softeners can extend the life of water heaters and clothes washers, and make them more effective.

by BPT News Service

Nearly 90 percent of American homes have hard water, according to the U.S. Geological Survey — that is, water containing high levels of calcium and magnesium. Texas, New Mexico and Kansas are among the states with the hardest water. This type of water reduces the foaming ability of shampoos, conditioner and soaps and can leave residue in the hair and on the skin even after rinsing. Hard water also prevents detergents from sudsing, and the resulting residue can deteriorate clothing.

Water picks up the calcium and magnesium from rocks and soil as it travels through the ground.

Hard water can also leave mineral buildups in pipes and nasty brown rings in sinks and toilets. And, it has been a boon for the hair-products business.

Impacting your wallet

Hard water can also cost homeowners money. Research by the Battelle Institute found that, with hard water, showerheads lost 75 percent of their flow rate in less than 18 simulated months because of scaling that had built up inside the fixture.

Water heaters are also sabotaged by hard water. When using softened water, researchers found that all the water heaters that were tested were able to maintain 100 percent efficiency over a simulated 15-year lifetime, but with hard water, the efficiency of gas and electric water heaters dropped by 25 percent — requiring that heaters run longer than normal to produce the hot water a home needs, and thus boosting energy bills.

In some cases with instant tankless water heaters, hard water caused them to fail completely because scaling had completely plugged up the works after only 1.6 years of simulated use. That's about one-tenth the normal life of the appliance.

Another study conducted for the Water Quality Research Foundation found that, for washing machines, the most important factor in removing stains was water softness. Reduction of water hardness was up to 100 times more effective at stain

removal than increasing the detergent dose or washing with hotter water.

Homeowners can take steps to eliminate the scaling buildup with a water softener; salt-based systems are considered the most effective for the price. To make hard water into soft water, the calcium and magnesium have to be removed. These softeners work by running the incoming hard water through a resin filter that traps the calcium and magnesium that's in the water, as well as any iron, manganese or radium ions and replacing them with sodium ions.

Anyone who's not sure whether a home has a problem with hard water can buy a do-it-yourself water testing kit; the kits are available at most hardware stores. Another option is to have a water treatment professional do the testing. The Water Quality Association's website — wqa.org — lets people search by company name, state or ZIP code to help find a professional in any area of the U.S.



Hard water — with high levels of calcium and magnesium — takes a toll on home appliances, such as washing machines.

Photo courtesy of BPT News Service

GOTTA GO!

See. Do. Enjoy.

Jan. 11



Photo by Alex Keown

Take a Closer Look at Some Photography

Grab your critical eye and head over to the Bloomingdale Park District Museum to examine a plethora of photographs in the annual A Closer Look photo contest from Jan. 11 to Feb. 15. Photographers from across the western suburbs enter this show featuring contemporary artistic photography, according to the park district's website. Photographers age 18 and older are eligible to enter the contest.

A special reception will be held Jan. 17 from 6 to 8 p.m., at the museum. For young photographers, the park district will hold a seminar March 29. Photographer Judy Kinal will lead the seminar for youths ages 12 and older. Participants are asked to bring their own digital camera. For dates, times and fee, call 630-539-3096. —**Alex Keown**

The museum is located at 108 S. Bloomingdale Road. The venerable structure is the village's oldest building. Hours are 4-8 p.m. Wednesdays, 10 a.m.-4 p.m. Thursdays and Fridays, and noon-4 p.m. Saturdays.

Jan. 15



Photo by Alex Keown

Snowflakes Serenade Concert at the Library

Warmly welcome winter with a free performance by Grammy-winning cabaret singer Heather Braoudakis at the Bloomingdale Public Library from 6 to 8 p.m. Wednesday, Jan. 15. Braoudakis is a member of the Chicago Symphony Chorus and performs throughout Chicagoland. She works with multiple organizations, including American Girl Theater, Grant Park Symphony Chorus and the Lyric Opera Center for American Artists.

mybpl.org
630-924-2735

Jan. 17



Photo courtesy of hibu

Alternative Rocker Bob Mould Performs at the Prairie Center

Rock guitarist Bob Mould, who was instrumental with the sounds of alternative rock bands such as Husker Du and Sugar will perform at the Schaumburg Prairie Center for the Arts, 202 Schaumburg Court, on Friday, Jan. 17. The concert will begin at 8 p.m. Tickets range from \$34 to \$36 and can be purchased at secure.ticketage.net or 847-895-3600, Monday through Friday, from 8 a.m. to 6 p.m.

ci.schaumburg.il.us
847-895-3600

Jan. 25



Photo courtesy of hibu

Rik Emmett of Triumph Takes the Stage at the Arcada Theatre

Rock guitarist Rik Emmett, who gained fame performing songs such as "Lay it on the Line" with the band Triumph, will perform an acoustic concert at the Arcada Theatre on Saturday, Jan. 25, at 8 p.m. The theater is at 105 E. Main St. in St. Charles. After his days with Triumph, Emmett released his first solo album "Absolutely" in 1990. Following that he has experimented with multiple styles of music. Tickets start at \$29.

oshows.com

Entertainment

Actors Hone Their Craft

Rehearsals underway for debut of 'Superior Donuts.'

by Alex Keown
Editor

There is a hum of activity at the Village Theatre Guild in neighboring Glen Ellyn as actors from across the suburbs prepare for the debut of "Superior Donuts" in March.

The play, written by Tracy Letts, is the story of Arthur Przybyszewski, a holdover from the 1960s, who operates a rundown doughnut shop in Chicago's Uptown, according to the theater's press release. Arthur's assistant is Franco Wicks, a young, African-American, who is writing his own version of the great American novel. Despite a contentious relationship, Franco and Arthur build an

unlikely friendship.

"The young Franco is eager to add healthy foods, music and a trendier atmosphere to the shop. Arthur wants to keep everything as is. At times, in the play, Arthur reminisces in humorous and poignant ways about his city, his family and his past," according to the press release.

The play is scheduled to run Friday, March 21, through Saturday, April 12.

The theater is located in a historic building that was once a one-room schoolhouse built in 1917. The building is near the northwest corner of Park Boulevard and Butterfield Road in Glen Ellyn. There is seating for about 60 audience members.



The Village Guild Theatre is located on Park Boulevard and Butterfield Road in Glen Ellyn. Photo courtesy of Lee McFadden

Musicians Set Tone for St. Paul Concert Series



First Street Sound performed during the Nov. 23 Coffee House Concert Series
Photo courtesy of Jeremy Heitkam

by Jeremy Heitkam
Community contributor

The first concert in the Paulos Coffee House Concert Series at St. Paul Evangelical UCC took place on Nov. 2, 2013. St. Paul hosted Matt Archibald, Christian singer and songwriter from Gurnee. Matt has toured the world leading worship for thousands. In 2008, his first CD titled, "Where You Are" was released. Matt has served Gurnee Community Church as Director of Worship for nearly 10 years.

The evening opened with five different coffee choices, flavor shot options, fresh made Italian sodas and Crème Sodas and a plethora of delicious snacks and sweet treats. In his first set, Matt treated the crowd to many of the songs from his CD, as well as two comical songs he wrote: "There Aint Nothing Country 'Bout Schaumburg," and "The Song About The Song of Songs." Later in the evening, guests were treated to an impromptu hymn sing, featuring Matt's own styling's of It Is Well With My Soul and Give Me Jesus. Wrapping up the night, Matt returned to the guitar and shared a medley of three songs; one about mothers, one about his father who had recently passed away, and one about our grace-filled status as children of God.

The second concert held Nov. 23, 2013 featured St. Paul's very own First Street Sound, a gospel-jazz ensemble. The group treated listeners to hits spanning the decades, from Sentimental Journey to Mac the Knife. The set list also included gospel favorites such as "Jesus Loves Me," "This Little Light of Mine," "How Great Thou Art" and "I'll Fly Away."

The Paulos Coffee House Concert Series is a ministry of St. Paul Church and takes place in the church's Beecken Room. The next concert takes place Jan. 25, featuring Tim Brinkman, a Christian songwriter and musician. All concerts are free. Fresh ground coffees, teas, specialty drinks and sweet treats are available. For more information call 630-980-9196.

Lights Twinkle, Bringing Holiday Cheer

With a flick of a switch Old Town Bloomingdale sparkled for the holidays during the Nov. 29 Festival of Lights ceremony attended by village dignitaries and a few hundred residents. The cold night was filled with cheer after the holiday figures came alive as the lights blazed across the town square.

At center, Buzz Puccio, president of the park board, left, and Bloomingdale Mayor Franco Coladipietro prepare to pull the switch at the Old Town Festival of Lights with the assistance of some of the younger guests. At left, a display of an elf.

Photos courtesy of Bloomingdale Park District



At left, from left, Buzz Puccio, president of the park board; Bloomingdale Park District Executive Director Carrie Fullerton, and state Sen. Tom Cullerton of the 23rd District, which includes Bloomingdale, enjoy the lighting ceremony during the Festival of Lights. Residents enjoyed the displays, as well as numerous holiday activities throughout the month of December.

Photos courtesy of Bloomingdale Park District

Food

Simple Steps to Slow-Cooker Meals

Appliances have been improved with accurate controls, allowing fresh recipes for comfort foods.

by BPT News Service

Slow cookers — convenient, economical and versatile — are becoming popular again. “This isn’t your mother’s slow cooker,” says Ginny Bean, publisher and founder of Ginny’s catalog and Ginnys.com. “Beyond coming in bright colors and stunning designs, many of today’s models are programmable, with digital timers that start automatically, and a self-adjust feature that switches the temperature to ‘keep warm’ at the end of cooking.”

While replacing a 20-year-old slow cooker with a new model may be a logical place to start, Bean offers these tips for slow-cooker meals.

- **Size matters.** Slow cookers are available in sizes from 1 quart to 8 and one-half quarts. Most manufacturers recommend filling a slow cooker one-half to two-thirds full. Foods will not cook properly if the pot is filled to the brim. Conversely, if the food and liquid level is too low, meals will cook too quickly.

If using a different size cooker than called for in the recipe, adjust ingredient quantities proportionately

- **Plan ahead.** The night before, cut and trim meat, chop vegetables, measure out dry ingredients and prepare sauce; then refrigerate ingredients in separate containers. In the morning, add ingredients to the cooker according to the recipe.
- **Keep a lid on it.** Resist the urge to lift the lid to stir or peek at the meal. Each time the lid is removed, enough heat escapes to lengthen cooking time by 20 to 30 minutes.
- **Check the temperature.** Use a meat thermometer to check that food temperature is at least 140 degrees after four hours of cooking on low. If it isn’t, there’s a problem with that slow cooker; it’s time to get a new one. Also, don’t put frozen ingredients into a slow cooker, as it takes too long for them to escape the food safety “danger zone” between 40 and 140 F.
- **Use cheaper cuts of meat.** That saves money, and these cuts are

actually better for slow cooking, because they are low in fat. Similarly, remove skin from poultry and trim excess fat from other meats for optimal slow-cooker results.

Cheaper cuts of meat are actually better for slow cooking, because they are low in fat.

- **Brown when you can.** While not necessary, browning meat and vegetables before adding them to a slow cooker provides color and a richer flavor.
- **Follow layering instructions.** Vegetables do not cook as quickly as meat, so they should be placed in the bottom of the slow cooker, where food cooks fastest.
- **Stir in spices in the final hour.** Most spices lose flavor when cooked for a long time.

Just as slow cookers themselves have changed over the decades, so have the quality and quantity of recipes. Here is one of Ginny Bean’s favorites.

Gourmet beef pot roast

3 potatoes, sliced thinly
2 carrots, sliced thinly
1 onion, sliced
1 teaspoon garlic salt
One-half teaspoon pepper
1 package instant onion soup
3 to 4 pounds beef brisket, rump roast or pot roast
One-half cup dry red wine

Put vegetables in bottom of a 6-and-one-half-quart slow cooker. Salt and pepper the meat and place on top of the vegetables. Mix together the onion soup mix and wine and pour over the meat. Cover and cook on low for 10 to 12 hours, or on high for 5 to 6 hours. Makes 10 to 12 servings.



Fresh ingredients are healthy additions to slow-cooker meals.

Photo courtesy of BPT News Service

UPCOMING EVENTS

Schedules are subject to change.
Call venues to confirm event information.

Let us know about any upcoming events.
Email us at bloomingle@hibu.com

JANUARY

SATURDAY 11 Photo 2014 Show Opens Noon - 4 p.m.

WHAT: This yearly juried photo show always receives fabulous reviews! Various photographers from all over the local area enter this popular show featuring contemporary artistic photography. (Ages 18+)

WHERE: Bloomingdale Park District Museum, 108 Second Street, Bloomingdale

INFO: Call 630-539-3096 or visit bloomingleparks.org or email bpdmuseum@bloomingleparks.org

SATURDAY 11 Restoration-In-Progress Tours 9:30 - 10:45 a.m.

WHAT: Learn about the past -- and future -- of this historic 1920s Tudor Revival-style mansion

WHERE: Mayslake Peabody Estate, 1717 W. 31st St., Oak Brook

PRICE: \$5
INFO: Call 630206-9588
FAMILY

SATURDAY 11 ESO Classics III Concert - Scottish Fantasy 7:30 - 9:30 p.m.

WHAT: Take a musical tour of Scotland - creating images of rolling green hills, ancient ruins and magnificent castles. Each piece returns you to the beauty of Scotland and melodies of old.

WHERE: Elgin Symphony Orchestra, 20 DuPage Court, Elgin
INFO: Call 847-888-4000

SUNDAY 12 Drop-In Itasca Pokemon League 2 - 4 p.m.

WHAT: Join the fun at the library's Pokemon League! The League will be led by Itasca's resident PokeMom, Kristin Kazenas.

WHERE: Itasca Community Library, 500 W. Irving Park Road, Itasca

INFO: Call 630-773-1699 or email itascal@itasca.lib.il.us
FAMILY

TUESDAY 14 Archival Preservation of Photographs and Documents 7 - 8:30 p.m.

WHAT: Larry Pepper, a photographer specializing in digital restoration, discusses the potential causes of damage and presents strategies to protect your valuable documents. (Adult)

WHERE: Bartlett Public Library (Meeting Room), 800 S. Bartlett Road, Bartlett
INFO: Call 630-837-2855

FRIDAY 17 Klub Friday Night Jr. 7:30 - 9:30 p.m.

WHAT: Klub Friday Night Jr. is a night of fun just for fourth- and fifth-graders, featuring a DJ spinning tunes, games, tournaments and special events.

WHERE: Bloomingdale Park District (Johnston Recreation Center), 172 S. Circle Ave., Bloomingdale
INFO: Call 630-529-3650 or visit bloomingleparks.org or email jason@bloomingleparks.org

FOOD

FRIDAY 17 Now Showing 6:45 - 9 p.m.

WHAT: It's movie night at the Library! New releases will be shown whenever possible.

WHERE: Bartlett Public Library (Meeting Room), 800 S. Bartlett Road, Bartlett
INFO: Call 630-837-2855

SATURDAY 18 Springtime Up-Do's 10 - 11 a.m.

WHAT: Moms! Bring your daughter to this amazing class and learn the skills in order to create a variety of simple up-do's and braids.

WHERE: Roselle Park District, 555 W. Bryn Mawr Ave., Roselle
INFO: Call 630-529-3650 or visit registerb.parksreconline.com or email jo@bloomingleparks.org

MONDAY 20 Little Chef Cook-Off (Tea Party Fun) 9 a.m. - 3:30 p.m.

WHAT: Bring out your inner chef by creating and sampling the goodies you prepare during these one-day cooking classes.

WHERE: Bloomingdale Park District (JRC Kitchen), 172 S. Circle Ave., Bloomingdale

INFO: Call 630-529-3650 or visit registerb.parksreconline.com or email jo@bloomingleparks.org

TUESDAY 21 Micro-Greens 6 - 8:15 p.m.

WHAT: Grow a meal in a tray even on a cold winters day! Learn about nutrition, fresh foods and the fun of growing your own food.

WHERE: Bloomingdale Park District (Johnston Recreation Center-Meacham Room), 172 S. Circle Ave., Bloomingdale

INFO: Call 630-529-3650 or visit registerb.parksreconline.com or email jo@bloomingleparks.org

THURSDAY 23 Soup's On! 7 - 8:30 p.m.

WHAT: Join in by celebrating National Soup Month with this demonstration by Chef Molly Evans. Chef Evans, owner of Savory & Sweet Specialties, will demonstrate the preparation of three soups and offer samples for tasting. (Adults)

WHERE: Bartlett Public Library (Meeting Room), 800 S. Bartlett Road, Bartlett
INFO: Call 630-837-2855

THURSDAY 23 Roller Skating Party 6 - 8 p.m.

WHAT: Celebrate the turning back of the clock as Bloomingdale celebrates its 50th anniversary year in 2014 with a roller skating party.

WHERE: Coachlite Roller Skate Center, 1291 W. Bryn Mawr Ave., Roselle

INFO: Call 630-539-3650 or email jason@bloomingleparks.org

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UPCOMING EVENTS

Schedules are subject to change.
Call venues to confirm event information.

Let us know about any upcoming events.
Email us at bloomingtondale@hibu.com



Photo by Alex Keown

TUESDAY 21 • 7- P.M.

Recalling the Auto Show

WHAT: Chicago Auto Show historian and curator Mitch Frumkin will present a "look back at the 105 editions of the Chicago Auto Show," according to the library website.

WHERE: Meeting Room A at the Bloomingdale Public Library, 101 Fairfield Way.

INFO: Call 847-622-0300 or email artscenter@elgin.edu

MONDAY 3
Mysteries of the Cosmos, Part 2
7 - 8:30 p.m.

WHAT: Join NASA ambassador, Jim Kovac in the continuing exploration of mysteries that are the subject of research today, of questions that challenge our understanding of the cosmos, its past and future, and our place within it. (Adult)

WHERE: Bartlett Public Library (Meeting Room), 800 S. Bartlett Road, Bartlett

INFO: Call 630-837-2855

WEDNESDAY 5
Lego Movie Day
4:30 - 6:30 p.m.

WHAT: Celebrate the upcoming LEGO movie with a party! Create a LEGO craft, eat a LEGO snack and play LEGO games.

WHERE: Bloomingdale Park District (JRC-Meacham), 172 S. Circle Ave., Bloomingdale

INFO: Call 630-529-3650 or visit registerb.parksreconline.com email jo@bloomingtondaleparks.org

WEDNESDAY 5
Naturally 7
7:30 - 10:30 p.m.

WHAT: Naturally 7 is ready to charm Elgin with their rich harmonies, unbelievable ability to replicate instruments and a stage presence that can be felt in every seat of the house!

WHERE: Elgin Community College (Building H), 1700 Spartan Drive, Elgin

INFO: Call 847-622-0300 or email artscenter@elgin.edu

THURSDAY 6
College Education
7 - 7:45 p.m.

WHAT: This class discusses establishing a college savings goal, strategies to help achieve that goal and the features and benefits of 529 savings plans.

WHERE: Bloomingdale Park District (Community Room), 172 S. Circle Ave., Bloomingdale

INFO: Call 630-529-3650 or visit registerb.parksreconline.com or

email rebecca@bloomingtondaleparks.org

THURSDAY 7-8
Daddy Daughter Dance
6:30 - 9 p.m.

WHAT: Spend an enchanted evening with your little loved one and make her princess dreams a reality at the Golden Princess Festival.

WHERE: Bloomingdale Golf Club, 181 Glen Ellyn Road, Bloomingdale

INFO: Call 630-529-3650 or visit bloomingtondaleparks.org or email rebecca@bloomingtondaleparks.org

FOOD

SATURDAY 8
ESO Classics IV Concert - Tour of Italy
7:30 - 9:30 p.m.

WHAT: Strauss' Aus Italien will continue your journey through the beauty of Italy, leaving you with images of the vibrant culture and

THURSDAY 23
The Church Basement Ladies in A Mighty Fortress Is Our Basement
2 - 4 p.m.

WHAT: The Church Basement Ladies are once again required to face change head-on. Against the changing tide, these pillars of the church stand strong in their faith and in their friendships with more crazy antics, more great new songs and more lessons reluctantly learned.

WHERE: The Hemmens Cultural Center, 45 Symphony Way, Elgin

PRICE: Golden Circle: \$40, Main Floor: \$30, Balcony: \$22

INFO: Call 847-931-5900

SATURDAY 25
American Grands XIX
1 - 2:30 p.m.

WHAT: With 12 grand pianos generously provided by Cordogan's Pianoland and close to 500 local performers, American Grands is a musical spectacular not to be missed.

WHERE: Elgin Community College (Building H), 1700 Spartan Drive, Elgin

INFO: Call 847-622-0300 or email artscenter@elgin.edu

FEBRUARY

SATURDAY 1
Broadway's Next Hit Musical An Improvised Musical Comedy
7 - 10:30 p.m.

WHAT: In the first act, Broadway-ready tunes are improvised based on audience suggestions. The audience votes on their favorite showstopper & the troupe returns in the second act to perform!

WHERE: Elgin Community College (Building H), 1700 Spartan Drive, Elgin



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countryside.

WHERE: Elgin Symphony Orchestra, 20 DuPage Court, Elgin

INFO: Call 847-888-4000

FAMILY

**SATURDAY 8
Watercolors
1-3 p.m.**

WHAT: Learn to paint still lifes, florals, landscapes and more. Instructor provides students with a drawing of various subjects to be traced onto watercolor paper.

WHERE: Bloomingdale Park District Museum, 108 Second Street, Bloomingdale

INFO: Call 630-529-3650 or visit registerb.parksreconline.com or email rebecca@bloomingdaleparks.org

**SATURDAY 8
American English
recreates The Beatles on
Ed Sullivan
7:30 - 10:30 p.m.**

WHAT: Complete with the songs, set, screams and Bob Rumba as Ed Sullivan. Celebrate the 50th

anniversary of The Beatles' world-changing appearance on The Ed Sullivan Show!

WHERE: Elgin Community College (Building H), 1700 Spartan Drive, Elgin

INFO: Call 847-622-0300 or email artscenter@elgin.edu

FAMILY

**WEDNESDAY 12
SchoolStage: "DiNO Light"
9:45 - 10:45 a.m.**

WHAT: Crayon-like creatures light up the darkness in this original heart-rending tale about a good-natured dinosaur discovering the outside world and the meaning of love.

WHERE: McAninch Arts Center, 425, Glen Ellyn

PRICE: \$9

INFO: Call 630-942-4000

FAMILY

**THURSDAY 13
Chicago Auto Show
9 a.m. - 5 p.m.**

WHAT: From concept cars to classics, a trip to the Chicago Auto

Show is sure to please any auto enthusiast.

WHERE: Roselle Park District, 555 W. Bryn Mawr Ave., Roselle

INFO: Call 630-529-3650 or visit registerb.parksreconline.com or email rebecca@bloomingdaleparks.org

**THURSDAY 13
Lunch Bunch
Noon - 1:30 p.m.**

WHAT: Enjoy an afternoon of Larry taking his audience on a trip down memory lane as he performs songs by Sinatra, Bennett, Dean Martin, Perry Como, Andy Williams and more!

WHERE: Bloomingdale Park District Museum, 108 Second Street, Bloomingdale

INFO: Call 630-529-3650 or visit registerb.parksreconline.com or email rebecca@bloomingdaleparks.org

FOOD

**FRIDAY 14
Danny Wright
8 - 10 p.m.**

WHAT: As one of today's finest pianist/composers, Danny defies classification. He specializes in several music styles including Adult Contemporary, New Age, Classical, Broadway show tunes, and Film music.

WHERE: Prairie Center For the Arts, 201 Schaumburg Court, Schaumburg

INFO: Call 847-895-3600

**SATURDAY 15
Mark Bettcher
7:30 - 11 p.m.**

WHAT: Trombonist Mark Bettcher helped to launch the Club series and he returns with his sensational band to celebrate the 20th with an evening of hot jazz.

WHERE: Elgin Community College (Building H), 1700 Spartan Drive, Elgin

INFO: Call 847-622-0300 or email artscenter@elgin.edu

**SATURDAY 15
Old Town School on the
Road featuring Corkey
Siegel's Chamber Blues
7:30 - 10:30 p.m.**

WHAT: Featuring Corky Siegel's Chamber Blues, Michael J. Miles,

and Sons of the Never Wrong. Corky Siegel's Chamber Blues made its first appearance at the Arts Center in April of 1994, and returns as part of our 20th anniversary celebration.

WHERE: Elgin Community College (Building H), 1700 Spartan Drive, Elgin

INFO: Call 847-622-0300 or email artscenter@elgin.edu

**THURSDAY 20
Jewelry Show
10 a.m. - 4 p.m.**

WHAT: Fine and costume jewelry, diamonds, gemstones, watches and more overflow at the winter Jewelry, Fashion and Accessories Show.

WHERE: Medinah Park District, 22W130 Thorndale Ave., Medinah

INFO: Call 630-529-3650 or visit registerb.parksreconline.com or email rebecca@bloomingdaleparks.org

**THURSDAY 20
College Theatre - "The
Bully Plays"
8 - 10 p.m.**

WHAT: Challenging view and experiences with bullying, this anthology of individual tales offers insight and varying perspectives on bullying and what it is to be a victim.

WHERE: McAninch Arts Center (Playhouse), 425, Glen Ellyn
PRICE: Adult: \$10, Senior & Youth: \$9

INFO: Call 630-942-4000

**THURSDAY 20
Downsizing by Design
6:30 - 8:30 p.m.**

WHAT: Have you thought about moving but the idea of going through decades of household items and family memories overwhelms you? Find out the benefits of downsizing and the best methods to make your future move stress free!

WHERE: Fountain View Recreation Center, 910 N. Gary Ave., Carol Stream

INFO: Call 630-529-3650 or visit registerb.parksreconline.com or email rebecca@bloomingdaleparks.org



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AND ANOTHER THING . . .



Photo courtesy of Vince Ackerman

Making the Pitch to End Childhood Cancers

Janine Delaney, a 16-year-old cancer survivor, threw out the first pitch at an October softball tournament featuring the Bloomingdale Blast (10U) team. Vince Ackerman, the manager of the team, said the team is participating in a number of service projects and wanted to donate a portion of the proceeds to CureSearch, the cancer research organization for which Janine

is an advocate.

“As the manager of the team, I have set a goal to help our girls not only become better softball players, but also good people. ... This was the first time where (we) were able to donate back to the community through our efforts.” Ackerman said in an email. —*Alex Keown*



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