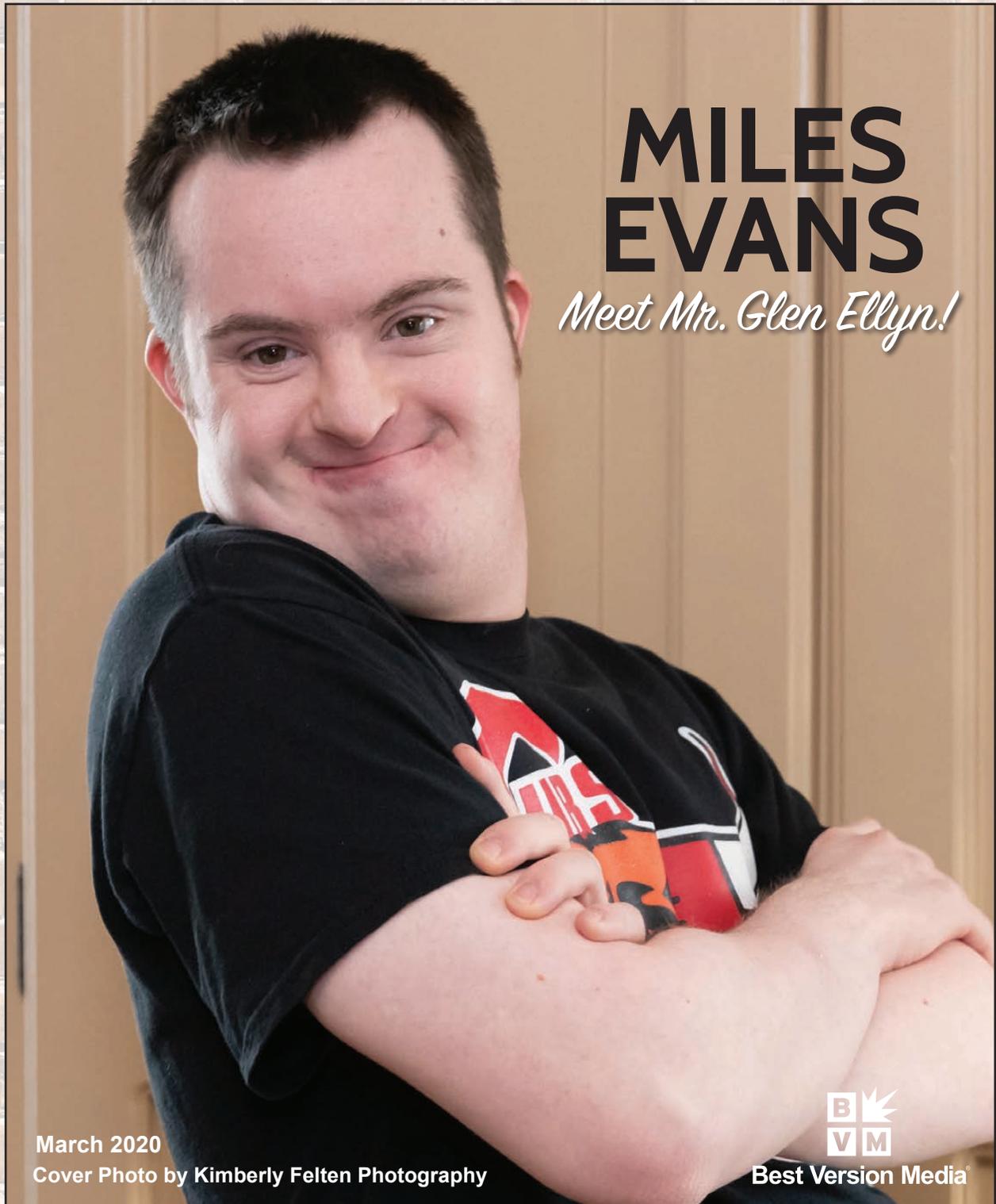


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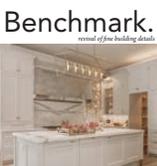
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*Neighbors of Glen Ellyn* is growing: four more content-rich, informative pages for you to enjoy! Based on our valued reader's input, we've added the new "In This Issue" index to give a preview of what's inside. Check out our new "Out and About" calendar, highlighting local entertainment and lastly, turn to the new, exciting "Speaking of Sports" calendar, highlighting Glenbard West sports events. Keep the great ideas coming! This is your magazine!

Congratulations to all the winners at this year's Glen Ellyn Community Awards! I was personally touched by all the paying it forward these folks do to make our community what it is today. Really impressive!

Then, if you don't know it already, the prestigious Frida Kahlo exhibit is coming to Glen Ellyn! This is a really big deal. The fundraising gala took place and what an event it was. Details inside!

Please welcome Courier Travel, a long-standing, Glen Ellyn community travel service, as our newest sponsor addition!

This publication is brought to you by all the sponsors inside. Please reciprocate your appreciation by using their businesses for your future needs. Thank you, sponsors!

Bye-bye for now,  
*Jill Claypool*

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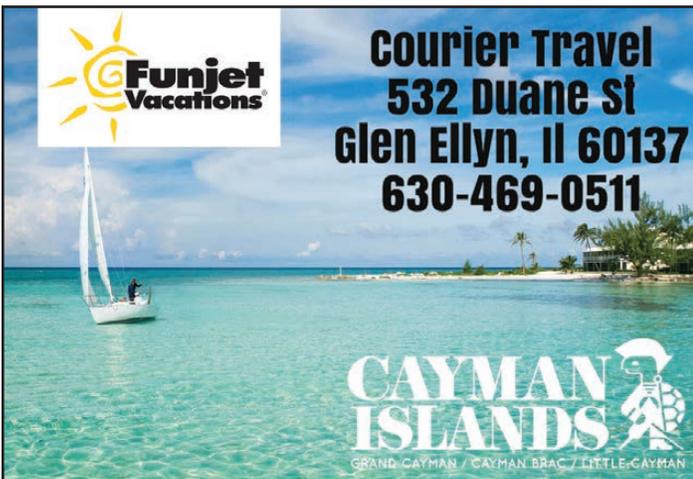
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# SPRING IS AROUND THE CORNER. REALLY, IT IS!



Western  
DuPage  
Landscaping, Inc.

By Matt Haber, Glen Ellyn Resident and Design Director at Western DuPage Landscaping

As I sit here and write this article we've just gotten a nice snow. While nice weather might seem so far away, soon we will be able to enjoy our patios, yards, and the great outdoors again!

If you want to improve your landscape, now is the time to start planning. Otherwise, it might be late summer or fall before you're able to enjoy it.

Having a project on the horizon could mean that it is a good time to think about hiring a design-build firm to help you. Many times when doing a project people will hire a designer and then a separate person or company to implement the design. Hiring a design-build firm ensures that you will be



receiving both services under one umbrella. Whether led by a landscape architect or a contractor, all true design-build firms include both at their core. This can be extremely helpful if you're adding to an existing landscape, working around a new addition to your home, or building a new home.

When working with a single firm from start to finish on an outdoor project one can find many advantages. Working with a design-build firm might be the best fit for you if:

You are overwhelmed by the process — if you are planning your project from scratch and you don't know where to start, choosing a design-build firm can simplify the process. This can reduce the stress of project management, reduce the number of people to deal with, and be more cost-effective.

You want a green project — you may be aware of the green building concept in construction or landscape, but some firms

specialize in these types of projects and offer these types of services. Hiring a firm that has experience in designing and building rain gardens, permeable paver installations, native gardens, or stormwater management can result in a successful finished project.

You want to minimize risks — we all hope nothing goes wrong when we do a project, but if there's an issue, dispute, or mistake, working with a design-build firm puts more legal responsibility for errors, omissions, or defective construction on the firm.

You want to stay on budget — in a situation where there is a design and multiple bids the perceived benefit is that it can save you money on construction. However, securing the initial construction price is not the only factor. Poor communication, excessive change orders, and vague details can quickly cause expensive problems. With a design-build firm, the designer and contractor work together, cutting down on costs and keeping everyone on the same page when it comes to budget expectations.

You want a specialist in construction methods — in a design-build model all members of a project team work together, the designer, project manager, and installations crews.

You're on a tight schedule — working together translates to faster timelines. There are not multiple people to deal with and communicate with, there are fewer chances for disputes and disagreements between the designer and contractor. Collaboration can begin quickly, and changes or additions are easier to manage.

You want a team to work together well — a conflict-free experience is never a given, but when hiring a design-build firm with key people who already know each other and have worked on multiple projects together, working as one can complete the project in a more timely and cost-effective manner.

**For contact information, turn to Western DuPage Landscaping's ad on page 7.**



# Pilates Myths

## TRUE OR FALSE?

By Allison Smith, Club Pilates Owner



The benefits of Pilates are profound, yet these common myths can deter people from crossing the threshold into the Pilates world. As for what the word “Pilates” means... It’s Joseph Pilates’ last name. He is the creator of the apparatus, exercises, and most importantly the principles that have brought this form of fitness to the world to evenly condition muscles and improve body movement and awareness.

### # 1. Pilates looks easy! Also, Pilates looks too hard!

False! The more you continue to practice, the more you understand that it’s challenging for everyone in the best way possible. Every day is different, and every lifestyle is different. The principles of how to effectively move never change. Although breaking a sweat and muscle fatigue levels differ from other forms of fitness, Pilates difficulty is adapted to your body and your needs and won’t leave you feeling beat up or torn down.

### # 2. Pilates is for women and specifically dancers.

Definitely not true! Joseph Pilates started his work with male soldiers and only upon moving to New York did dancers become a target group simply because of proximity. He happened to open his studio next to a ballet studio. His innovative work doesn’t speak of the female abs or the male feet. His principles are about the movement of the human body in its most efficient state - regardless of gender or demographic.

### # 3. Pilates is like yoga.

Well... no. The major reason for this misunderstanding is that there are Pilates exercises done on the mat. Although some movements have similarities, there are also major differences. Pilates starts and ends with efforts being initiated from the core and builds strength in addition to flexibility. While the mental component of Yoga is more reflective and meditative, the Pilates mind-body focus is on making sure your movements are precise and connected to your breath.

### # 4. The machines are like scary torture devices.

They’re actually amazing! Their unique look is due to their beginnings in the 1920s. The Reformer mimics the medical bed that Joseph treated his early patients on, and the Cadillac emulates a bunk bed. The springs derive from the mattress and encourage movement with stability. Nothing scary about that! The equipment is simple and geared more towards efficiency than flare.

### # 5. Pilates is a fad.

Certainly not! Pilates is a lifestyle practice with strong roots and a far reach. Although seeing celebrities practice Pilates is where many people first discover this form of fitness, Pilates concepts are pivotal parts of every physical therapy practice and extend to elite athletes’ cross-training. Moving efficiently, improving range of motion, and rehabilitating injury is definitely here to stay.

Fear is a force that can dictate our choices and belief system. Knocking down those walls is a choice and many times supported by simply educating ourselves. Try a Pilates class! Experience different instructors. Most of all, learn to move from your center versus allowing emotions to drive you. You’ll be left with less stress and an open mind!

For contact information, turn to Club Pilates’ ad on page 17.





# MAKE A DIFFERENCE WITH YOUR PET

By Deborah Kraus of Hinsdale Humane Society

Do you have a pet who might make a great pet therapy candidate? Volunteering with your pet is rewarding and makes a difference in the community. Animals are truly medication without side effects and pet therapy provides mental and physical health benefits to patients, as well as educational advantages to students.

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# EASTER WINE HUNT - HOPPING GOOD WINES!



By Nancy Sabatini, Sommelier

Easter is almost here and families everywhere will be gathering around the table to feast together. Maybe chocolate is your choice for breakfast on Easter morning, or an afternoon ham for your feast. Regardless, this is the time to reintroduce what you have given up for the last 40 days. The Easter meal should be a joyous occasion, and what better way to enjoy good company than with a little wine at the table.

Traditional Easter menus often center around roasted ham, lamb, or prime rib.

For ham, the best "tried and true" companion wines are an off-dry Riesling or a Gewürztraminer. Both wines tend to offer fresh, flavorful profiles with enough sweet fruit to balance the salty meat. The acidity is also a nice support for the combination and it won't compromise the flavor in either the ham or the wine.

It's easy to find Rieslings that offer both good value and high quality. Consider a French Alsatian wine from the Trimbach family or a German dry Riesling, like the one the Gunderloch Family makes. Gunderloch Riesling is known for its mineral-laden, old-world character and enjoyable acidity that flatters any food. A bright Finger Lakes, New York, Riesling from Ravines Winery or a dry Riesling from Hyland Estates from McMinnville, Oregon, are nice choices and easy on the wallet.

I always like to welcome my guests and lighten the mood with a glass of bubbly. A glass of champagne or sparkling wine usually puts a smile on their faces. This style pairs well with many foods for endless possibilities. Look for dry, light wines to match with light hors d'oeuvres. The combination of light foods and the high acidity in dry wines stimulates the palette.

When looking at pairing all of these types and styles of food, I think Rosé is the perfect companion. If this is a celebration of spring, why not lighten it up a bit? And let's drink wines that hinge toward the change in temperature, brighten our moods, and make the ham taste even better. The first 2019 Rosés are reaching the market and bringing racy freshness and vibrant strawberry and watermelon fruit.

One last rule to follow regarding wine and food pairing: there are no rules. These are just suggestions or guidelines. Sometimes the best pairing is the one that is the complete opposite of what should be right. Don't be afraid to experiment and to try new ideas and wines. One thing is for certain though: the best pairing is the combination of family, friends, and Easter dinner.

*When wine is involved, nothing is difficult. Cheers!*

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# Spring FORWARD!



By Margaret Giffin & Margi Hamilton of Keller Williams Premiere Properties, Glen Ellyn Residents

We all know the term “Spring Forward.” To most it means moving those clocks up, finally daylight returning to warm and re-energize our evenings – but in real estate it sets off a series of questions that can feel overwhelming.

You are seeing “coming soon” and “for sale” signs popping up – often referred to as the Spring Market. Obviously not weather-related but a term used to describe the start of the peak season for buying and selling property. It sets off a plethora of questions. Should we be listing now? What will it take to get my house ready to sell? Or maybe you’d like to test the market and invest in real estate?

Whatever your motivation there are several factors to keep in mind. First: Where would you go and do you have a place to buy/move?

It might help to look in to where you’d like to buy to see if it makes financial sense. Will there now be Homeowners Association fees? What are the yearly taxes? In some cases those costs might tell you right away that overall costs will increase instead of decrease. Think about calling a realtor in to give you a free analysis on your home – a true competitive analysis in the current market.

Second: Maybe you already have an analysis of your home. But you ask, “What work do I have to do to fix it up? Do I have to spend money on remodeling or pay money to stage it?”

The answer to this question is unknown until the property is reviewed in person. Our response would be don’t spend money on anything until you have called a realtor. A good agent will always tell you the things you should spend money on and those that you shouldn’t in order to get the most money out of



your sale. There are many items that won’t necessarily make you more money or make your house more appealing. Let a qualified agent come in to analyze; they should be able to make a clear list of the things you must do before selling and those that would help it sell in today’s market.

Let us tell you our favorite question (or least favorite): *“How is the market right now?”*

Glen Ellyn is not so bad! It’s a desirable location – that hasn’t changed. At this point in time the buyers are slowly coming out. In Glen Ellyn, we are shaping up to have a great Spring! But remember, Spring is not the timeframe as on the calendar. Spring Market in Glen Ellyn typically ramps up in January and goes strong into the beginning of summer. We just never know when the proverbial “faucet” will turn off and the buyers go on summer break before school starts!

So pick up the phone - it can’t hurt. You never know, we may even know of a buyer already looking for a house just like yours!



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Miles Evans working at  
Blackberry Market

STORY BY TIM RUSSELL PHOTOS BY KIMBERLY FELTEN PHOTOGRAPHY

*We would like to thank Synergy Builders for sponsoring this month's feature.*



Miles Evans, age 20, is a lifelong Glen Ellyn resident and active volunteer in the community. He lives with his parents, Dave & Julie Evans, and has an older brother named Nate who lives in Queens, NY.

Miles graduated from Glenbard West High School in 2018 and currently attends Developmental Education classes through Continuing Education at COD &

District 87's Transition Program. For work, Miles is a busser at Blackberry Market in downtown Glen Ellyn and has been since December of 2018.

## Glen Ellyn Volunteer

Miles has been an avid volunteer since age nine. His initial volunteer gigs at Sunrise Assisted Living of Glen Ellyn, DuPage PADS, & Congregation Etz Chaim allowed him to give back and develop job skills for competitive employment. While his first gigs were selected for him by his parents, in recent years he has started taking the lead in suggesting volunteer gigs based on his interests. He currently volunteers as a member of the Glen Ellyn Lions Club, an usher at McAninch Arts Center, an assistant track coach and assistant scorekeeper for Glenbard West Athletics, and a self-advocate volunteer for National Association for Down Syndrome. World Down Syndrome Day is on March 21, a wonderful opportunity to celebrate the abilities of people like Miles!

Living close to downtown Glen Ellyn and public transportation allows Miles to stretch his independence and do many things on his own like walking to work, restaurants, the library, the barber, the bank, in addition to taking PACE buses and Metra. With Glen Ellyn being so friendly, safe, and walkable, Miles is able to accomplish these things despite some challenges that come with having Down Syndrome. Glen Ellyn very much embraces Miles and Miles is a big fan of his hometown!

## Music

If Miles had a motto, it would be, "Life is better with music!" He'll spend hours in his room listening to music, and is a huge fan of the Beatles. Miles is a classic rock & blues aficionado and especially loves attending live music. The Jazz Up Glen Ellyn Festival is always a highlight of his summer.

Miles's brother Nate is almost eight years older than Miles and helped him to become the music aficionado he is today. Nate is largely responsible for Miles's love for the Beatles and other classic rock and blues and helped him develop his love of live music before he moved away to New York City.

Miles is planning a trip to England within the next couple of years, hoping to visit many Beatles locations in London and Liverpool, to explore more of England's musical history, and to see some live music performances. He is quite the anglophile, especially when it comes to music.

Besides listening to live and recorded music, Miles enjoys making music on his drum and harmonica, reading, following Chicago sports (Blackhawks, Bears, and Cubs), and collecting fun socks.

## Work

Miles landed his first paycheck job in December 2018 at Blackberry Market in downtown Glen Ellyn as a busser. His sociable personality along with volunteer experience, school-related job training, and his own photography business helped him get the job.

## Activities

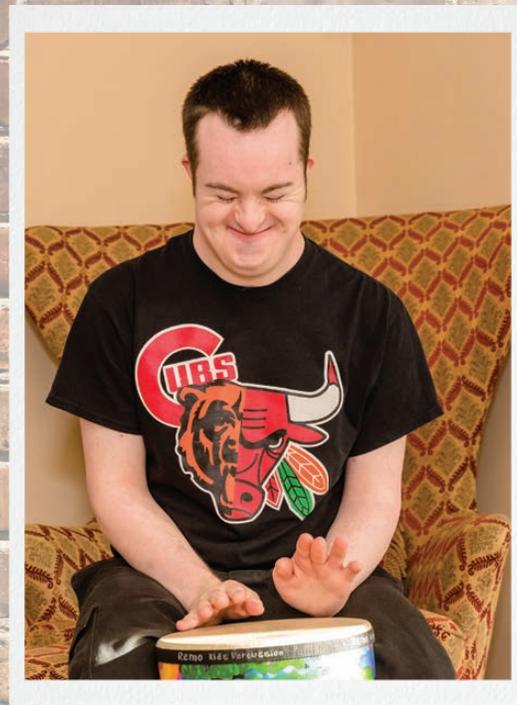
Miles likes to keep busy with fitness, Special Olympics track (he was also a four-year Glenbard West track athlete), a book club at the Glen Ellyn Public Library, spending time with friends and family, attending overnight summer camp, and exploring his music interests.

## Camp

Miles attends overnight camp in Wisconsin four weeks each summer, and has been going since he was 10 years old. The Evans family is Jewish, and overnight camp is very popular in the Jewish community. Miles's older brother had attended camp and Miles decided that he wanted to as well. After a little searching, his parents discovered Camp Chi (pronounced "shy"). A faith-based camp that integrates spirituality with classic camp activities, it is known as a place that brings together people with and without disabilities. Miles has a wonderful time every year, making lots of friends that he keeps in touch with throughout the rest of the year. Now that he is an adult, he attends the camp in a hybrid role as both a staff member and camper. The experience gives him a lot of independence and helps push the envelope of his problem-solving skills, which is something he embraces.

## Childhood Halloween

"Miles loves Halloween and finds joy in choosing his costume each year," said his mother, Julie. "In 2010, he decided to be a mail carrier. Miles has befriended many carriers around Glen Ellyn, including Dave, our downtown carrier; Pete, his former neighborhood carrier; and Sue, a former postal worker at our downtown Glen Ellyn post office. Each of them generously offered items for Miles to wear for his costume. Sue let him borrow a USPS sweater and name tag. Dave and Pete let Miles borrow a mailbag and personally delivered it to Miles at home in their mail truck! His costume was very authentic and he wore it proudly. The postal workers were thrilled with Miles's costume choice."



## Future Plans

Miles plans to eventually move out of his parents' home into a supported living situation, such as an apartment with a roommate. He is considering getting a second job as well, something that, like his position at Blackberry Market, allows him to interact with the public and practice his excellent social skills. He is always looking toward the future, evaluating what will help him to live the fullest life socially, spiritually, and economically.



Miles at Blackberry Market with his manager, Kathy Stolp



## A Few Evans Family Favorites

Hiking at Morton Arboretum, traveling to NYC, attending monthly Bluesday Tuesday shows at Fitzgerald's in Berwyn, reading biographies aloud together, dining at favorite Glen Ellyn restaurants, and watching Chicago & Glenbard West sports teams.



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# “For the Love of Frida” GALA AN EXCITING PRELUDE TO “Frida Kahlo 2020”

By Tim Russell

On Valentine’s Day last month, College of DuPage Foundation, in support of the McAninch Arts Center (MAC) and the Cleve Carney Museum of Art (CCMA), hosted their “For the Love of Frida” benefit gala at Esplanade Lakes in Downers Grove. According to a press release from the College of DuPage, “the successful event attracted nearly 500 attendees and raised more than \$400,000.”

Rick Bayless, seven-time James Beard award-winning chef and the evening’s special guest, created a Frida Kahlo-inspired menu for the evening’s dinner. “It included favorites tamal colado in mole Amarillo, grilled steak in mole negro and more,” the press release stated. “While they dined, attendees were treated to commentary from Bayless, who shared insights about the food and its preparation and origins.”

The gala was a prelude to the “Frida Kahlo 2020” exhibition coming to Glen Ellyn this summer. What follows is a description of the summer-long event from the same press release.

“‘Frida Kahlo 2020’ will be the largest Frida Kahlo exhibition in the Chicago area in more than 40 years, hosted by the Cleve Carney Museum of Art (CCMA) and the McAninch Arts Center (MAC) at the College of DuPage (COD). The exhibition, on view June 1 through Aug. 31, 2020, features a 26-piece collection on loan from the Museo Dolores Olmedo as well as a multimedia timeline, 100+ photographic images from the artist’s life, a family-friendly children’s area and a poetry garden designed by Ball Horticultural Company, enabling museum-goers of all ages to grasp an understanding of Kahlo’s life and work through a variety of contexts. The exhibition and related programming are organized by ‘Frida Kahlo 2020’ Executive Director Diana Martinez (Director of the MAC) in collaboration with Justin Witte, ‘Frida Kahlo 2020’ Curator (CCMA Director and Curator). For more information, visit [frida2020.org](http://frida2020.org) or call 630.942.4000.”



Photos provided by The College of DuPage

Celebrity chef Rick Bayless with Dr. Brian Caputo, President of College of DuPage, and his wife Karen Caputo



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Cost: FREE (\$5 parking)  
cantigny.org

**MARCH 14-15**
**Used Book Sale**
*@Glen Ellyn Public Library*

Purchase quality, gently-used books at discount prices from the Friends of the Library. Book Sales take place in the basement of the Glen Ellyn Public Library.  
Time: 9am-2pm Sat, 1-4pm Sun  
Cost: FREE  
gepl.org

**SAT., MARCH 14**
**Wail of the Banshee:  
Tales of Celts and Druids**
*@Glen Ellyn History Center*

Hear ghostly Irish legends from professional actor and speaker Terry Lynch -- a regular presenter at GEHS -- as he brings scary tales of the Emerald Isle to life. These Celtic stories and myths include Dearg Due (the Irish vampire), The Dullahan (the headless horseman), and Aillen Mac Midgna (a fire-breathing goblin). An entertaining afternoon! Refreshments served.  
Time: 2pm | Cost: \$6  
gehs.org

**MON., MARCH 16**
**First for the Vote:  
How Chicago Women Won  
Suffrage for the Nation**
*@Cantigny Park*

Chicago women made Illinois the first state east of the Mississippi to grant limited voting rights to women in 1913. The women, including Ruth Hanna McCormick, greatly influenced the tactics and achievements of suffragists in other states and helped Illinois become the first state to ratify the 19th Amendment in 1920. This program tells their story with vintage photographs and quotes from the women themselves. Program and parking are free, but registration is required. Call 630.260.8162 or visit Cantigny.org.  
Time: 6:30pm | Cost: FREE  
cantigny.org

**WED., MARCH 18**
**Young Adult Author Event  
featuring Nicola Yoon**
*@Glenbard North High School*

Nicola Yoon's books "Everything, Everything" and "The Sun Is Also a Star" skyrocketed to the top of the New York Times bestseller list, and were awarded as National Book finalists for Young People's Literature. Both novels have been made into major motion pictures.  
Time: 7-8:30pm | Cost: FREE  
glenbardgps.org

**WED., MARCH 18**
**MasterMoms Talk Series -  
MAC Styling**
*@Lake Ellyn Boathouse*

Enjoy fashion? Short on time? Have an interest in complementing your wardrobe as you explore seasonal trends, while making smart investments? Enjoy an evening with Mary Anne Calzolano, fashion stylist and founder of MAC Styling. From wardrobe consulting to personal shopping and vacation packing, MAC Styling suggests items to complement your tastes, complete outfits and produce fresh looks.  
Time: 7-9pm | Cost: \$25  
gepark.org

**THURS., MARCH 19**
**Civic Awareness Series:  
Rebecca Sive**
*@Cantigny Park*

Rebecca Sive, author of "Vote Her In: Your Guide to Electing Our First Woman President," will speak. This event continues a series sponsored by the League of Women Voters of Wheaton. Program and parking are free but advance registration is required due to limited seating. Register at Cantigny.org.  
Time: 7pm | Cost: FREE  
cantigny.org

**MARCH 20-22**
**Winning Works**
*@Museum of Contemporary Art, Chicago*

The Joffrey Academy of Dance, Official School of The Joffrey Ballet, is thrilled to announce the recipients of the tenth annual Winning Works Choreographic Competition: Chanel DaSilva, Tsai Hsi Hung, Pablo Sánchez (recipient of the inaugural Zach Lazar Winning Works Fellowship, named in honor of former Joffrey Board Chair Zach Lazar), and Durante Verzola.  
Time: Varies | Cost: \$30  
joffrey.org

**SAT., MARCH 21**
**Glenbard Parent Series,  
Translate Your Vision  
into Reality & Leadership  
Recognition Ceremony**
*@Glenbard South High School*

Families United in Support of Equity and Excellence for African American Students (FUSE) and the Glenbard Parent Series (GPS) will host a special family event and luncheon, "Translate Your Vision Into Reality" together with a Leadership Recognition Ceremony.  
Time: 11:30am-1pm | Cost: FREE  
glenbardgps.org

**SAT., MARCH 21**
**World Down Syndrome Day**

Check out the "Meet Your Neighbors" article on pages 10-12 for the story of an outstanding Glen Ellyn resident with Down Syndrome.

**MARCH 23-27**
**Register for Spring Zoo Camp  
@Brookfield Zoo**

Hop on over to Brookfield Zoo during Spring Break and explore the zoo with us. This session's theme is "Cultured Animals." Animals are often seen as important to different cultures around the world. We'll explore what some of these cultural meanings are, and how they affect how we interact with animals. Each day we will pick a new culture to learn about. Sign up your camper for a day or two, or sign up for the whole week. Every day is a new adventure of connecting with animals, nature, and new friends.  
cza.org

**WED., MARCH 25**
**The 2020 Census:  
Why It's Important**
*@Glen Ellyn Public Library*

Matthew Green, associate professor of sociology at the College of DuPage, will explain the reason for the U.S. Census and why an accurate count of our population is so important. He will also discuss specific 2020 Census issues and how the census can help us understand American society.  
Time: 7-8:30pm | Cost: FREE  
gepl.org

**WED., MARCH 25**
**Fireside Chats at the  
Arboretum**
*@Morton Arboretum*

Warm up the winter with engaging talks on history, ecology, art, literature, and more by Arboretum and visiting experts. Circle up around the fireplace in the historic Founder's Room in Thornhill Education Center, and enjoy an hour-long talk followed by a Q&A with the week's featured speaker. This week's topic: Adding Up the Green: The Value of Chicagoland's Trees  
Time: 10-11:30am | Cost: \$12-16  
mortonarb.org

**SAT., APRIL 4**
**Brookfield Zoo Goes  
Blue for Autism**
*@Brookfield Zoo*

In partnership with Autism Speaks, we are happy to welcome the autism community for a complimentary day at Brookfield Zoo in recognition of National Autism Awareness Month. To help plan your day, please check out two great resources. We strive to provide the most inclusive guest experience possible: our Accessibility Guide can help! Brookfield Zoo also provides Care Kits on a first-come, first-served basis that can be checked out by families which include zoo visual schedule books, noise-reducing headphones, name tags, and "if lost" ID bracelets.  
Time: 10am-6pm | Cost: FREE  
cza.org

**WED., APRIL 8**  
**MasterMoms Talk Series - Meal Planning with Marcells**  
 @Lake Ellyn Boathouse

We will talk meal planning, how to prep and plan ahead, share recipes, and much more. By the end, you will have the strategies needed to make meal planning a success. Let's get cooking with help from Marcells!  
 Time: 7-9pm | Cost: \$25  
 gepark.org

**THURS., APRIL 9**  
**Thursday Evening Book Club**  
 @Glen Ellyn Public Library

The Thursday Evening Book Club meets monthly. Copies of book discussion titles are available on the 2nd floor near the study rooms. Event Details: *A Woman Is No Man* by Etaf Rum  
 Time: 7-8pm | Cost: FREE  
 gepl.org

**WED., APRIL 15**  
**Next Chapter Book Club**  
 @Glen Ellyn Public Library

Next Chapter Book Club is a community-based book club for individuals with cognitive and developmental disabilities. Members read together, hang out, make friends, enjoy a snack, and have fun. To sign up, please contact our Outreach Librarian.  
 Time: 6:30-7:30pm | Cost: FREE  
 gepl.org

**THURS., APRIL 16**  
**Spring Stroll**  
 @Downtown Glen Ellyn

Celebrate spring with friends. Join us for a runway show of all the latest Spring fashions at Chocolaterie Stam. The show starts at 6:15pm and runs until 6:45pm. Sip bubbly, savor chocolate, and then hit the streets to shop until 8pm. Can't get to all the boutiques that you want? No worries, your shopping promotions are good through Sunday, April 19th. There is a limited amount of tickets that can be purchased online only at [www.downtownglenellyn.com](http://www.downtownglenellyn.com) and will be on sale only until March 27, 2020.  
 Time: 6:15-8pm | Cost: \$10  
 downtownglenellyn.com

**FRI., APRIL 17**  
**Joffrey Gala: Center Stage**  
 @Joffrey Ballet Auditorium Theater

The Joffrey Ballet and co-chairs April Daly and Miguel Blanco, Greg Jenkins, DL and Jazelle Morriss, Eric Schieber and Tony Priore, and Lauren Streicher and Jason Brett invite you to Center Stage.  
 Time: 6:30pm | Cost: \$1,000  
 joffrey.org

**SUN., APRIL 19**  
**The Champion of Trees 10K Run**  
 @Morton Arboretum

Find your inner tree champion at the tenth annual 10K race as you run on a springtime morning surrounded by trees from around the world. Runners will find a challenging course with rolling terrain as they follow the Arboretum's road on the East Side.  
 Time: 8am | Cost: \$47-52  
 mortonarb.org

**APRIL 30**  
**Historic Preservation Annual Award Nominations Deadline**

The Glen Ellyn Historic Preservation Commission supports homeowners and builders who help preserve our Village's historic character. The Commission is now accepting nominations for its annual awards, which recognizes projects completed in 2019. For more information on category definitions or to submit an online nomination form, visit the Historic Preservation Commission webpage or contact the Community Development Department at 630-547-5250. The nomination deadline for all awards is April 30, 2020.  
[glenellyn.org](http://glenellyn.org)



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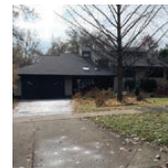
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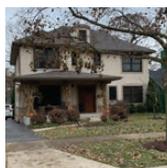
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# IT'S SPRING CLEANING TIME...

By Helen Floyd

No, it's not what you're thinking! I'm talking about spring cleaning for your body, known as detoxification. Our sedentary lives in winter lead to achy joints, dry skin, maybe a few extra pounds attached to us that we don't remember picking up. By detoxifying your body you are addressing the root of all of the above issues.

While both fad and medically-recommended diets dominate the media and social discourse around weight, I am suggesting focusing on something much closer to home: Your body's Lymphatic System.

It is extremely important, widely underestimated and under-appreciated, and it has quite impressive and long-range effects on the way your body works. How? The lymphatic system is closely related to organ and systemic balance, some of the most important functions of your body.

The lymphatic system affects how we store fat because the system is closely intertwined with the gastrointestinal tract. The largest collection of lymphatic vessels in the body, known as the gut associated lymphatic tissues (GALT), surround the gastrointestinal tract. With some simple everyday activities, you may naturally lose weight that can be kept off, reduce aches and pains, and create a healthy microbiome within yourself that can sustain better health and disease resistance.



## BASIC POINTS FOR YOUR (PERSONAL) SPRING CLEANING:

- **Stay hydrated:** Lymph is 95 percent water, so adequate hydration is necessary to keep it flowing. Sip warm water throughout the day. Adding freshly-squeezed lemon to your water can help to flush toxins out of your system.
- **Heal your gut:** Maintain a healthy gut, repair the gut lining, and balance the microbiome. Try adding an organic raw probiotic, organic yogurt, and/or naturally fermented foods to your diet to maintain your gastrointestinal balance.
- **Eat other lymph-cleansing foods:** Foods like pomegranates, cherries, and beets are excellent for reducing inflammation. Raw beets are powerful lymphatic cleansers, and scrub intestinal villi where the lymphatic vessels originate. Drink lemon water for extra detoxification, or snack on cherries and pomegranates for your mid-day snack.



- **Move Your Lymph:** Physical movement propels fluid through the lymphatic channels. Rebounding (bouncing on a trampoline) is one way to decongest the lymphatic fluid in the body.
- **Reduce Stress:** Stress contributes to lymph congestion, so it is important to have an effective routine for coping with daily stress. Try mindful breathing techniques- experiment with meditation, Yoga, Qi Gong or Tai Chi.

## ADDITIONAL POINTS:

- Consider a series of Manual Lymphatic Drainage sessions (MLD) to jump-start your detoxification process.
- Use a far infrared sauna to help the detoxification process, coupled with MLD for even more efficacy.
- Employ Epsom Salts once or twice a week as a soak or a scrub in the shower. The naturally-occurring magnesium in the salt is detoxifying and aids the liver in decongestion. Inexpensive, it can be turned into a wonderfully soothing spa treatment with the addition of 8 - 10 drops of lavender essential oil.

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# AN UPSCALE ESCAPE FOR ALL

By Fred Mueller, Luxury Travel Advisor



It's time to escape to paradise. The Cayman Islands are a great warm weather getaway for anyone looking for sun, fun, great food, and excellent accommodations. Whether you vacation for relaxation or the pull of adventure, the Caymans offer options for any travel style. The Cayman Islands are located just south of Cuba and to

the northwest of Jamaica in the Caribbean Sea. They are comprised of three islands: Grand Cayman, Cayman Brac, and Little Cayman, each offering travelers upscale options in excursions, dining, and hotels.

For the adventure-seeker you will find world-class scuba diving, deep-sea fishing, and wildlife encounters to fuel that adrenaline rush. One well-known excursion is swimming with stingrays at Stingray City; this will get you up-close and personal with these gentle sea creatures. Find options for golf, paddleboard, and kite surfing near Seven Mile Beach. This stretch of sand is one of the most famous in the world, with various options for lounging and exploration.

If relaxation is how you envision your stay in the Cayman Islands, then your tranquil beach vacation awaits. Many of the hotels host world-renowned spa facilities, as well as options for wellness activities like sunrise yoga. Spend your day lounging poolside, or with a book listening to the waves lapping against the shore on the beach. Head to the waters and book a sailboat or catamaran cruise and sip cocktails as you glide above the vibrant blue waters of the Caribbean Sea.



The Caymans offer some of the best dining in the world and are the culinary center of the Caribbean. From fresh, local options at Morgan's Seafood Restaurant, to upscale Italian at Le Vele, foodies will find this island destination a must-visit. Don't forget to experience Camana Bay, near Seven Mile Beach, for casual eats, shopping, and excellent nightlife. Many bars offer exciting libation experiences for an adult's night out or visit the movie theater for some family-time fun.

When you think of luxury, in any form, think the Cayman Islands. This not-so-far-from-home island getaway is the perfect location for your next escape. Let your senses be dazzled by the smell of fresh sea air, the feeling of sun on your skin, and the vibrant colors brought to life by these three islands. For an area that spans only 22 miles in length, there are many adventures to be had on this small island paradise. To many, Grand Cayman is known for its sunny climate, extravagant shopping, and financial district. However, there's a lot more to Grand Cayman than that.



## Here are 12 things NOT to miss in Grand Cayman:

- 1) Visit Starfish Point
- 2) Kiss a wild stingray
- 3) Sip on a mudslide at Kaibo
- 4) Jetski around Grand Cayman
- 5) Walk the Cayman Island Humane Society dogs
- 6) Scuba dive or snorkel the Ex Uss Kittiwake
- 7) Go to Hell, Grand Cayman
- 8) Hire a Paddleboard
- 9) Swim with turtles at Spotts Beach
- 10) Brunch at the Kimpton
- 11) Snorkel with bioluminescent plankton
- 12) Visit the Sister Cayman Islands



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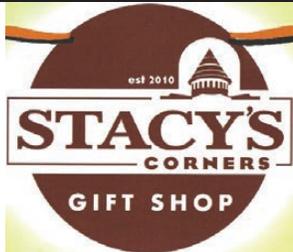




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# AND THE WINNER IS...

By Tim Russell

The votes are in and the winners have been announced for the Glen Ellyn Community Awards! The ceremony took place on Tuesday, February 11, at Abbington Distinctive Banquets. According to the Glen Ellyn Chamber of Commerce, "the evening included the presentation of awards to deserving honorees, reception music performed by harpist Dawn Bishop, a performance by the Anima Glen Ellyn Children's Chorus, red carpet and photo opt station, a three-course dinner, and the announcement of Citizen of the Year!"

And now, without further ado, the winners of the Glen Ellyn Community Awards:



Retail Business of the Year: Olive 'n Vinnie's



Non-Profit of the Year:  
Buffalo Theatre Ensemble Corp.



Service Industry Business of the Year:  
Paul's Shoe Service, Paul Herwaldt



Restaurant of the Year:  
Glen Prairie Local Flavor Fine Food & Drink



District 41 Educator of the Year: Ryan Ignacio,  
Lincoln Elementary School Teacher



District 89 Educator of the Year: Nadia Bardack,  
Westfield Elementary School Teacher



District 87 Educator of the Year: Haresh Harpalani,  
Glenbard South High School Teacher



**Firefighter of the Year:**  
Tom Hefler



**Library Employee of the Year:**  
Tom Malinowski



**Park District Volunteer of the Year:**  
Ron Aubrey



**Police Officer of the Year:**  
Sergeant Norman E. Webber



**Village Employee of the Year:**  
Eva Patricia Taves



**Paul Herwaldt Senior Citizen of the Year:**  
George Mueller



**Youth of the Year:**  
Claudia Pyka



**Distinguish Service Award:**  
Julie Spiller



**Stuart S. Stone Citizen of the Year:**  
Megan Lowrie



# SPEAKING OF SPORTS

By Gregg Voss, Sports Journalist

## GLENBARD WEST

### GIRLS LACROSSE

Monday, March 16, 5:30 p.m.  
Memorial Park

**Vs. Sandburg**

You'll get your first chance to see the team assembled by first-year coach Jerry Considine in this nonconference matchup.  
il.8to18.com/glenbardwest

### SOFTBALL

Wednesday, March 18, 4:30 p.m.  
Memorial Park

**Vs. Fremd**

The season kicks off for the Hilltopper softballers, who are led by coach Mary McGrane.  
il.8to18.com/glenbardwest



### BADMINTON

Thursday, March 19, 4:30 p.m.  
Glenbard West Field House

**Vs. Wheaton Warrenville South**

The first nonconference match of the year will pit the Hilltoppers against the Tigers, and will come three days after the season opens in the Glenbard West Quad.  
il.8to18.com/glenbardwest

### BOYS LACROSSE

Thursday, March 19, 4:45 p.m.  
Memorial Park

**Vs. Oak Park-River Forest**

After two straight state appearances, Glenbard West would love to make it three in a row under coach Eric Nuss in the West Suburban Conference tournament.  
il.8to18.com/glenbardwest

### GIRLS SOCCER

Thursday, March 26, 6:30 p.m.  
Memorial Park

**Vs. Benet Academy**

This will be the last game of the season-opening Wheaton North tournament for coach Adam Szyszko's team.  
il.8to18.com/glenbardwest

### BASEBALL

Monday, April 6, 4:30 p.m.  
Village Green

**Vs. Lyons Township**

The first West Suburban Silver three-game series of the season kicks off for coach Andy Schultz's crew and it's against a tough opponent in LT.  
il.8to18.com/glenbardwest

# Out & About

**MARCH 13**

### The High Kings at the MAC

@McAninch Arts Center

Back by popular demand after last year's sold-out show, The High Kings return for a St. Patrick's Day weekend celebration. Named Ireland's "Folk Band of the Year," The High Kings are known for their high-energy, versatile multi-instrumentalist skills, bringing a rousing acoustic flavor to brand new songs.

Time: 7:30pm | Cost: \$39-49  
atthemac.org

**SAT., MARCH 14**

### Lewis Black:

#### "It Gets Better Every Day"

@McAninch Arts Center

Actor, author and critically acclaimed stand-up comedian Lewis Black returns to the MAC with his 2020 tour, "It Gets Better Every Day." A passionate performer who is more ticked-off optimist than mean-spirited curmudgeon, he performs more than 200 nights a year to sold-out audiences throughout Europe, New Zealand, Canada, and the United States. Black was last seen at the MAC in March 2019 as part of his "The Joke's On US!" Tour. This show is recommended for mature audiences.

Time: 8pm | Cost: \$65-78  
atthemac.org

**MARCH 20 - APRIL 5**

### Hauptmann

@Playhouse 111, Wheaton

Wheaton Drama presents "Hauptmann", by John Logan. "To kidnap the golden-haired baby of such a great hero? Who could do such a thing? What kind of a monster was this?"

Time: Varies | Cost: \$16-19  
wheatondrama.org

**MARCH 20 - APRIL 11**

### Mothers and Sons

@The Village Theatre Guild, Glen Ellyn

At turns funny and powerful, "Mothers and Sons" by Terrance McNally portrays a woman who pays an unexpected visit to the New York apartment of her late son's partner, who is now married to another man and has a young son. Challenged to face how society has changed around her, generations collide as she revisits the past and begins to see the life her son might have led. Directed by Jackie Meara

Time: Varies | Cost: \$20  
siteline.vendini.com/site/  
villagetheatreguild.org



**SUN., MARCH 22**

### DuPage Community Jazz Ensemble

@McAninch Arts Center

DuPage Community Jazz Ensemble performs dances and concert programs during the academic year as well as numerous off-campus performances.

Its repertoire spans more than a century of large jazz ensemble compositions, including original work from members of the ensemble.

Time: 3pm | Cost: \$7  
atthemac.org



**MARCH 26 - APRIL 5**

### Clue: On Stage

@McAninch Arts Center

On a dark and stormy night, six unique guests, plus a butler and a maid, assemble for a dinner party at the home of Mr. Boddy. When their host turns up dead, it is clear that no one is safe! Guests race to find the killer and keep the body count from stacking up. Based on the popular board game, Clue will keep you guessing and laughing to the very end. Mature Audiences.

Time: Varies | Cost: \$14-16  
atthemac.org

**SAT., MARCH 28**

### Clara Barton

@Cantigny Park, Wheaton

Living history actor and scholar Leslie Goddard, Ph.D., explores the life of Clara Barton, the pioneering Civil War nurse and founder of the American Red Cross. The free program is ideal for families and children ages 10 and up. Advance registration required due to limited seating; call 630.260.8162 or visit Cantigny.org.

Time: 4pm | Cost: FREE (Parking \$5)  
cantigny.org

**APRIL 16 - 22**

### Well

@Wheaton College

Arena Theater at Wheaton College presents performances of "Well" by Lisa Kron. "Why are some people sick and other people well? And why do some sick people get better?" A plucky young woman, clutching her notecards, sets out with her audience to address these questions. The results are at once graceful and awkward ... elegant and confusing ... heartbreaking and hilarious. Just like life.

Time: Varies | Cost: \$9-10  
wheaton.edu

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1620 Sawyer Ave	\$388,500	4	3	0	2/14/20
382 Ridgewood Ave	\$395,000	4	2	1	2/6/20
156 Kenilworth Ave	\$520,000	4	2	1	1/17/20
172 Cranston Ct	\$525,000	4	3	1	1/24/20
455 Stagecoach Ct	\$585,000	4	3	1	2/14/20
917 Winslow Cir	\$640,000	5	3	1	1/24/20
644 Hillside Ave	\$650,000	4	2	2	2/3/20
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